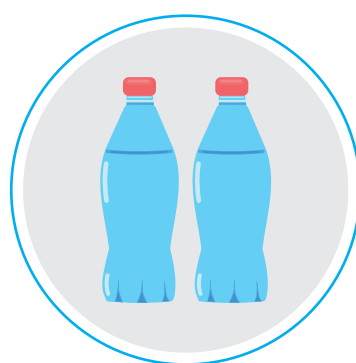


Activate your health!

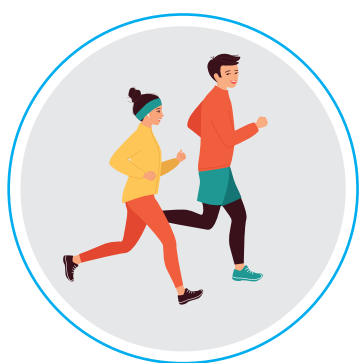
10 actions that will help you improve your health if you do them every day



1
minute to smile
You will always find a reason



2
Litres of water
Ensure you are well-hydrated, especially in summer



30
Minutes of physical activity,
at least.
Walk to work, don't take the lift...



4
Pieces of fruit
Various types, throughout the day



5
Foods
Distribute meals during the day: little and often is best



6
Seconds to inhale and exhale
With deep breathing you focus on the present and can increase the quality of your life



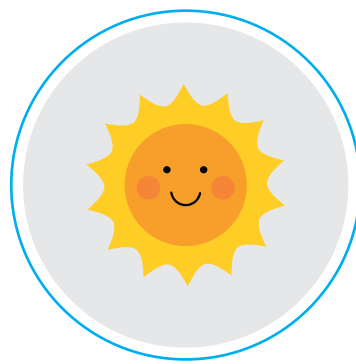
7
Hours of sleep
Lack of rest can cause gastric problems and unbalance your performance



8
Active breaks at work
Don't sit for more than an hour at a time, get moving!



9
Minutes of social relationship
Cultivate your relationships at work: they will help reduce your stress level



10
Minutes of sun
In summer, avoid being out in the sun between 12.00 and 16.00