Colegio Cristo Crucificado – "Villa Pilar"
Alfonso XIII, 10 30.151 - Santo Ángel (Murcia)
968 846 680 - www.villapilar.es

HEALTHY LIVING

CHOOSE ✓ (FOR HEALTHY HABITS) OR ✗ (FOR UNHEALTHY HABITS)

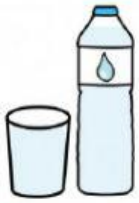
EAT A BALANCED DIET

✓ ✗

SMOKE

✓ ✗

DRINK MORE WATER (AT LEAST 2 LITERS)



✓ ✗

BE ACTIVE (1 HOUR OF EXERCISE AT LEAST)

✓ ✗

TAKE DRUGS AND ALCOHOL

✓ ✗

SLEEP WELL (8 HOURS)

✓ ✗

TAKE A GOOD BREAKFAST

✓ ✗

EAT A LOT OF SUGARY FOODS

✓ ✗

WATCH TV OR PLAY VIDEOGAMES (MORE THAN 1 HOUR PER DAY)

✓ ✗