

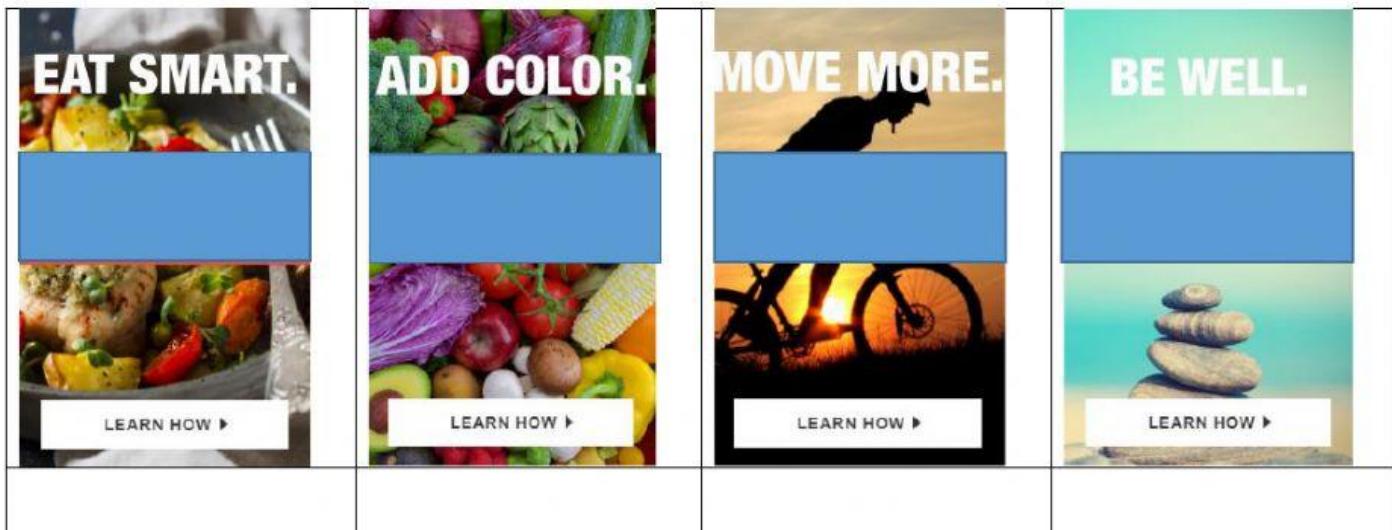
WELCOME TO OUR HEALTHY LIVING UNIT

The benefits of living a healthy and active lifestyle are numerous.

You can decrease your risk of developing heart disease, cancer, stroke and other serious diseases. You can even look and feel better, and you may also increase your longevity.

Make one healthy change in your diet, and once that becomes routine, make another small change.





Infuse more movement into your life for optimal health.

Make healthy, delicious choices wherever and whenever you eat.

Make life more colorful with fruits and vegetables.

Create balance, vitality and wellbeing through self-care.

The do's

- Eat nutritiously
- Exercise daily
- Get plenty of sleep
- See your doctor regularly
- Drink plenty of water
- Meditate
- Reduce stress
- Have positive thinking
- Practice safe sex
- Eat small portions
- Breathe deeply
- Spend 30 minutes outside to get fresh air and sunshine



Universidad Autónoma de Bucaramanga



Use these words to help you complete the tips on healthy habits.

Get
Eat
Positive
stress
regularly
exercise
sex
outside
Nutritiously
deeply
water

The don'ts



Use these words to help you complete the tips on unhealthy habits.

- Don't smoke
- Don't drink alcohol
- Don't use drugs
- Don't skip breakfast
- Don't eat fast food
- Don't hydrate with soda
- Don't fill your body with toxins
- Don't spend time with negative people
- Don't isolate yourself
- Don't sit for more than 2-3 hours at the time
- Don't let computers replace human interaction



isolate
Don't
fast
drugs
drink
computers
hydrate
Nutritiously
toxins
sit
negative

NUTRITION

Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism.

Instructions: Place the foods in the food pyramid according to the amount recommended.

