



**Colegio Cristo Crucificado — "Villa Pilar"**

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## 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)**

