Healthy Lifestyle

Rules for healthy Lifestyle:

1. Wash your hands frecuently
2. Now, due to CORONAVIRUS, we must wear masks
3. Have check-ups with your family doctor
4. Make sure your vaccinations are up to date
5. Visit your dentist and optometrist regularly
6. Do some exercise for making your muscles and bones strong

Good habits

1. Sleep 10 hours at night
2. Organise your free time (read a book, do exercise, play outside…
3. Do not eat junk food
4. Learn about the health problems tobacco, alcohol…