



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)**

