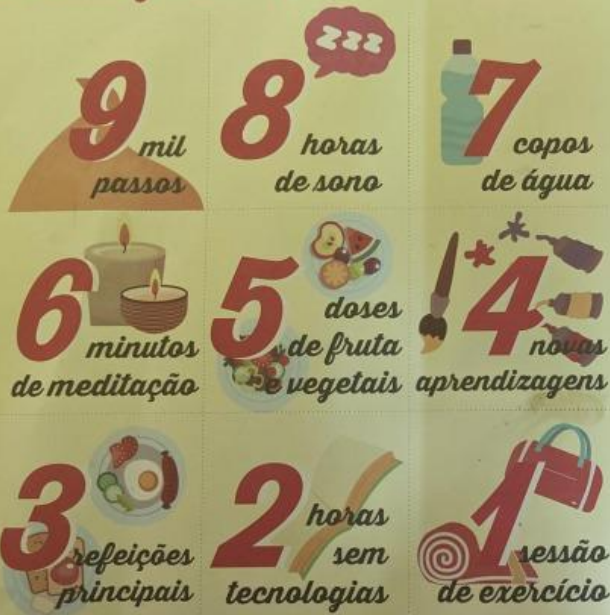


Cronograma para um estilo de Vida Saudável



contagem crescente
diária para obter

equilíbrio

henisa
cash & carry

o melhor para si!

Which circle is blue? _____

Which circle is body? _____

How many exercise sessions per day? _____

How many cups of water? _____

Eight hours of what? _____

Nine thousand what?

How many main meals?

The advice is how to have what?

How many servings of fruits and vegetables?

How many minutes of meditation?