

Healthy Lifestyles



*** To maintain a healthy lifestyle firstly we must have a good diet. Good nutrition can do a lot more for your health than you realize. Nutrition and healthy living are inseparable concepts.**

*** Secondly, we must include physical exercise in our daily routine. Physical activity, if done properly, can also greatly improve your health and well-being, contributing to a better life quality.**



Why is it necessary to practice physical exercise?

- * **Practising physical exercise prevents several types of problems, such as:**



Heart problems
Diabetes

Obesity
Digestion and bowel problems



It's also good because...



**Models silhouette and reduces
cellulite**
Increases vitality and good mood



Diminishes aggressiveness
Reduces stress and anxiety



Results in a sense of well being
Promotes blood circulation

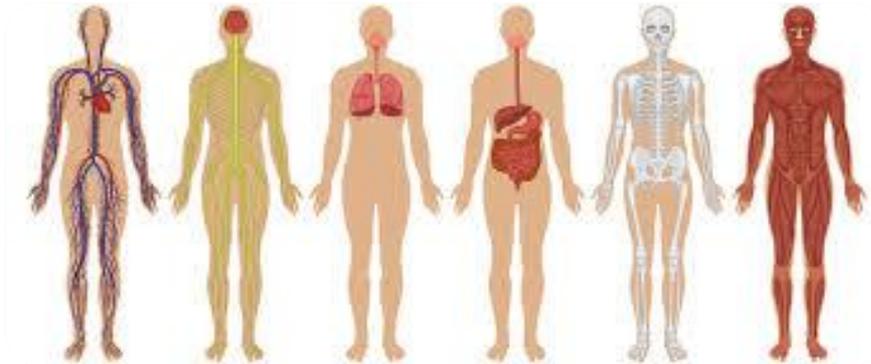
Improves one's respiratory capacity
Increases your body's oxygenation



What are the advantages of a healthy diet?

Healthy eating balances your body and when it is balanced, the risk of infection or inflammation decreases.

So, have a healthy diet because it:



Keeps the body working properly

Prevents diseases

Improves life quality

Provides more energy to the body

Increases life expectancy

Improves sleep quality

Helps weight control



Tips to maintain a good nutrition:



To maintain a good nutrition, we must follow the food wheel. It is an image or graphic representation that helps us to choose and combine the food items that should be part of our daily diet.



Eat more and varied fruit and vegetables, mostly raw.

Drink 6 to 8 glasses of water daily.



**Eat grilled or boiled food
instead of fried food.**

**Have a good breakfast because it is
the most important meal of the day.**





Do not smoke

Avoid alcoholic beverages



Food Wheel





On the Food Wheel, water is in the centre, not only because of its importance for human beings, but also because it is present in all food items in greater or lesser quantity.



Cereals and derivatives, tubers - 28%

This group is the largest in the Food Wheel, and should supply about 28% of our daily needs. It includes cereals (corn, rice, wheat, rye, barley, etc.), its derivatives (bread, toast, cereal flakes, pasta) as well as tubers (potatoes, sweet potatoes, etc.).

These food items are excellent suppliers of complex carbohydrates and are also a source of vitamins, minerals and fibers.



Horticulture - 23%

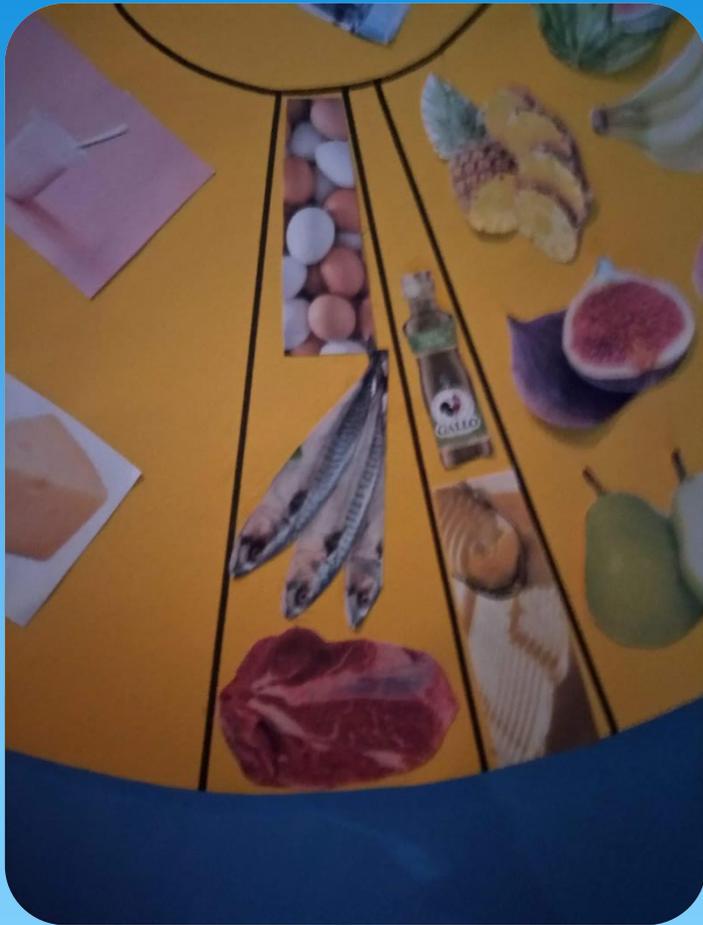
This group includes cabbage, broccoli, carrot, onion, garlic, lettuce, pumpkin, tomato, etc.

These products are also very rich in vitamins, minerals and fibers.



Fruit - 20%

It includes apple, melon, orange, kiwis, strawberries, plum, figs, etc. They provide us a lot of vitamins, minerals and water; they also provide small amounts of sugars.



Meat, fish and eggs -5%

This group includes meat, fish (fish / shellfish) and eggs, products that provide high quality protein. They are also suppliers of fat, vitamins, and minerals, such as iron.



Vegetables - 4%

It includes beans, grain, peas, etc. These food items supply you with a good amount of proteins and complex carbohydrates. In addition, they are also good sources of vitamins, minerals and fiber.



Fats and oils - 2%

The smallest group of the Food Wheel includes olive oil, butter, margarine, lard, sunflower oil, corn, etc. They are exclusive suppliers of lipids as well as A, D, E and K vitamins.

THE END