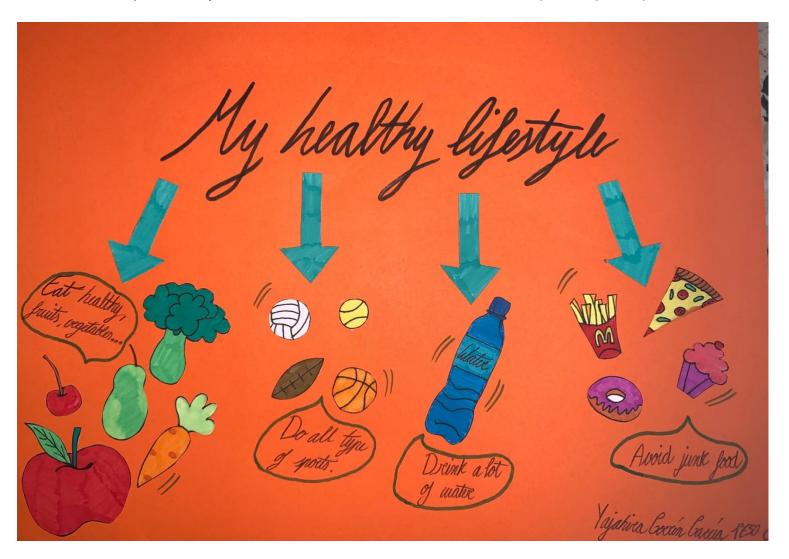
My healthy lifestyle

Hi! My name's Yajahira Gorrín García, I'm in 1º ESO C, and this is "My Healthy Lifestyle"



I did a Visual Thinking by way of explanation, well, my healthy lifestyle is very easy ti understand, it count with four very easy steps. The first step is, eat healthy, this is very important for us, the second step is, do all type of sports, it's very fun and good for our body, the third step is, drink a lot of water, we must do this because the water is the most healthy drink, and the last one step is, avoid the junk food, this food originates a lot of problems in our body, for example the obesity, we must avoid this. And this is my Healthy Lifestyle.