

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 to understand, it counts 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**.

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