



HOW TO KEEP FIT

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WORKOUT

In these quarantine days I am doing a lot of training for my body, with exercises of all kinds. Training every day is good for mood and causes you to lose a lot of calories.

Also sometimes to keep fit, I go with my parents for a walk in the countryside or go by bike.



MY HEALTHY HABITS

- Drink a lot during the day, besides water, also drinks such as fruit juice or smoothies because hydration is very important.
- Sleep at least 9 hours because it is very important to regain energy after a tiring day
- Finally I think it's important to relax, do the things we like to do (our passions) or be with people who make us feel good
- So keeping our mind in shape too

