

HOW TO KEEP FIT

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HEALTHY EATING

During the week I eat a lot of meat, fish and carbohydrates. I also eat a lot of vegetables that contain fiber (for example broccoli, courgettes, mushrooms and tomatoes). Very often after a workout I eat a cup with bananas, kiwis, strawberries and peach that contains many vitamins

But on the weekend it happens that I eat some junk food





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





