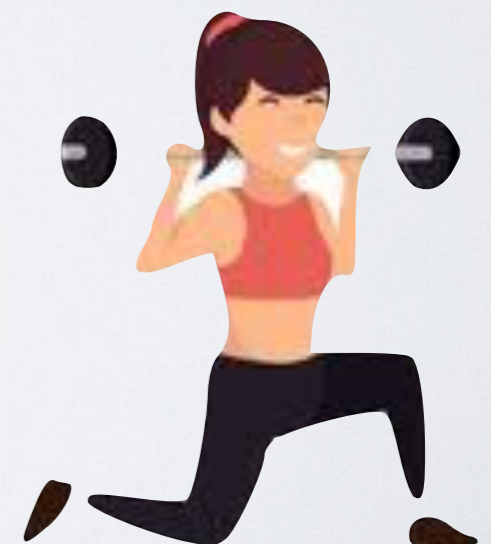




HOW I KEEP FIT

Aurora Fascicolo



To keep fit I used to follow small rules that are now part of my routine.

- Eat healthy
- walk for 30 minutes a day
- train with friends
- Don't use the elevator



First Rule: Eat healthy

I love fruit and vegetables in particular carrots and all types of fruit, so I try to base my diet on this, but I also love cereals, fish and white meat. I

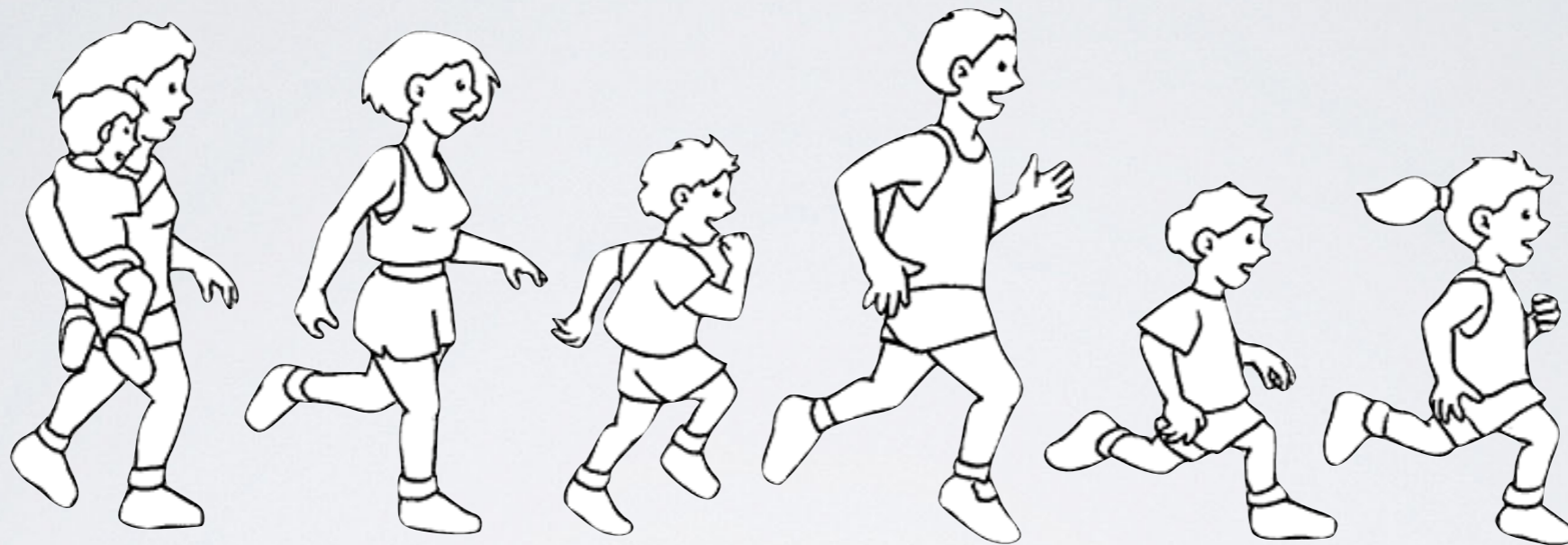
try to eat the red one as little as possible.

I always drink lots of water a day and try to eat sandwiches and unhealthy food only at weekends or on holiday



Second rule: Walk for 30 minutes a day

Walk 30 minutes a day is good and keeps the body active. If you're in physical activity equal to or equal to zero, start walking 5 minutes a day and then, gradually, increase the duration of the walks. I like to walk every day with my dog from 4.30 to 5 p.m. and I often meet my friends too.



Third Rule: Train with friends

Training is funnier if you do it with friends. In fact, I train myself two days a week with my two best friends and during this quarantine we did it in video call , training with typical gym exercises



Fourth Rule: Don't use the elevator

Take the stairs to avoid the elevator and go up and down stairs as often as it is necessary to make you burn lots of calories.

Also going up and down the stairs several times a day helps to reach 30 minutes of recommended daily physical activity and achieve significant health results.

