
BLUE ZONES . GROUP 3



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FAMILY PLAN

Alfonso

1- GO FOR A WALK WITH YOUR RELATIVES

Have a good time each weekend with your relatives. You can go for a walk or play with them



FAMILY PLAN

2- MEDITATE

Have like 15 minutes in every day to relax ourselves and to breathe and to forget your problems



FAMILY PLAN

3- ESTABLISH WORKING SHIFTS

Organizar a little bit your plans for don't overburden and stress



FAMILY PLAN

4- GO TO THERAPY

If you are having bad days for example in the work you can go to therapy and someone could help you



FAMILY PLAN

Alfonso

5- DO MORE SPORTS

In our free time , instead of staying at home we can go to play outside.



SCHOOL PLAN

1- CREATE HEALTHY HABITS IN STUDENTS

Implementing programs that would, for example raise awareness on the importance of a healthy nutrition.



SCHOOL PLAN Alfonso

2- TAKE A BREAK

Relaxing lessons in free time for those people who gets normally stressed in the period of exams. They could take this lessons in the free time of the day , such as the playground.



SCHOOL PLAN

Alfonso

3- TAKE ADVANTAGE OF OUR SPORT FACILITIES

Give more use to the gym , this now it's difficult with the covid situation but when we are all free of the virus , this could be done.



SCHOOL PLAN

4- HEALTHIER FOOD IN THE CAFETERIA

Don't take away the cafeteria menu, but instead promote the acquisition of healthier food with cheaper prices.



SCHOOL PLAN

5- HEALTH CHECKS

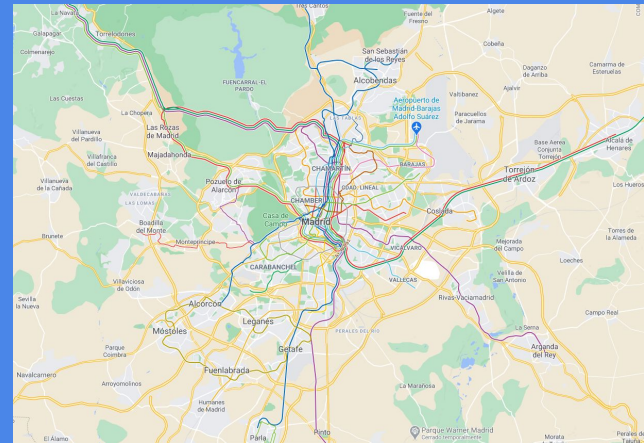
Make parents sign a commitment that makes students get a health check-up every semester.



TOWN PLAN

1- END CAR DEPENDENCE

Create bike paths and a ring public transportation system to connect the several urban cores of Madrid



TOWN PLAN

2- ADD RENTAL BIKE STATIONS

So people have an easier option to use bikes



TOWN PLAN

3- PROMOTING A PUBLIC PLAN FOR ACOUSTIC ISOLATION

In order to reduce the exposure of the cityzens to noise pollution, which causes several health problems.



TOWN PLAN

Alfonso

4- USE OF OUR WOODS

Because with the face mask we are always breathing our CO². This is harmful for our lungs . We can go once a week and if we are alone we can get of our mask and breathe fresh air.



TOWN PLAN

5- PROMOTE COMPETITIONS

By creating different types of competitions, people would put effort on being the best at something, which can be very beneficial.



THE END

Thanks for your attention :)
