

# BLUE ZONES



By: Alejandro Hernández, Marina Gil, Carlos Cubino...

# FAMILY PLAN

## FAMILY PLAN

★ Eat healthier food



## FAMILY PLAN

★ Hacer ejercicio



# FAMILY PLAN

★ Go out often



# FAMILY PLAN

★ Hacer cosas en familia



## FAMILY PLAN

★ Do not smoke



# SCHOOL PLAN



# SCHOOL PLAN

- ★ No tener tantos exámenes para no estar estresados



## SCHOOL PLAN

- ★ Sell healthy food in the canteen



# SCHOOL PLAN

- ★ Enseñar cómo controlar los ataques de ansiedad



# SCHOOL PLAN

- ★ More time of physical education



## SCHOOL PLAN

- ★ Colaborar con organizaciones solidarias



# TOWN PLAN

## TOWN PLAN

- ★ Clean environment



## TOWN PLAN

- ★ Reduce pollution to have a clean environment.





## TOWN PLAN

- ★ Having green areas with vegetation and nature



# TOWN PLAN

★ Good emergencies service



## TOWN PLAN

- ★ No annoying noises in the town to prevent noise pollution.



**THE END**