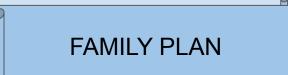
# **BLUE ZONES**



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

# FAMILY PLAN



## $\star$ Eat healthier food





# ★ Hacer ejercicio





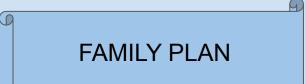
# ★ Go out often



# FAMILY PLAN

#### $\star$ Hacer cosas en familia





# $\star$ Do not smoke



# SCHOOL PLAN



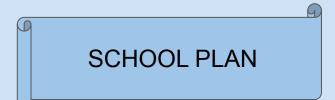
#### ★ No tener tantos exámenes para no estar estresados





# $\star$ Sell healthy food in the canteen





#### ★ Enseñar cómo controlar los ataques de ansiedad









# $\star$ More time of physical education





# $\star$ Colaborar con organizaciones solidarias





# TOWN PLAN



# $\star$ Clean environment



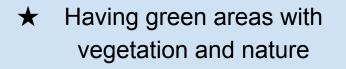
# TOWN PLAN

 $\star$  Reduce pollution to have a clean environment.





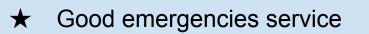
## TOWN PLAN







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





THE END