

Tips to have a healthy life

Practice exercise

You need to do between 30 to 60 minutes.



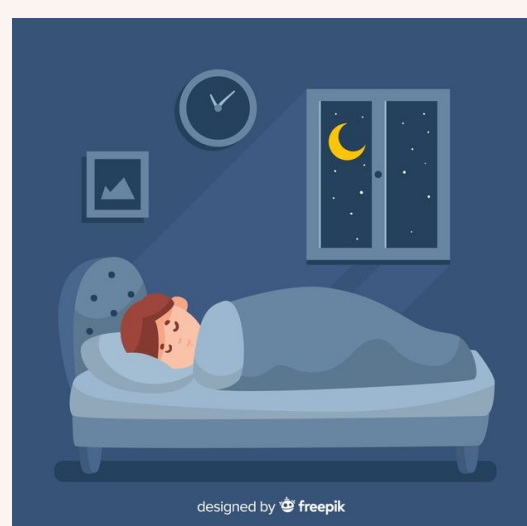
NO smoke

If is not necessary



Sleep more

You need to sleep 8 hours a day minimum.



Don't be sitting

Don't be sitting more than 2 hours



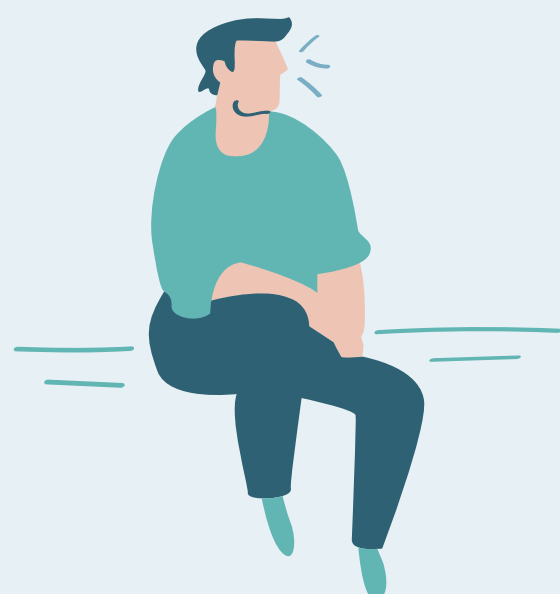
Eat healthy

Eat vegetables and fruit 5 times for day.
Don't eat meat more than 4 times for months.
Drink water when you need.



Stable environment

You shouldn't have an unstable environment.



Don't use technology

Don't use technology if you need a healthy mind.

