HEALTHY LIFESTYLE

You’re a doctor giving high school students a talk about how to prevent illnesses and health conditions such as obesity, insomnia, high blood pressure, etc.

Use this infographic to help you.

**EJEMPLO DE TAREA FINALIZADA:**

If you want to live healthily, take these simple tips into account:

Avoid junk food and cut down on alcohol, sweets and sugary drinks. If possible, cut out red meat and fried food.

Do sport regularly and in moderation. Going for walks, swimming or doing yoga will also help you to relax and consequently, you’ll be able to sleep better at night.

Being healthy will increase your life expectancy.