

 An Erasmus Plus Project

 Number: 2014-1-ES01-KA201-003518\_4

***School in Movement:***

***enjoying wealth being in good health***









**1- Don’t eat junk food, never skip meals;**



**2- Don’t take drugs, don’t drink alcohol, don’t smoke;**



**3- Don’t lead a sedentary life;**

**4- Don’t indulge into a disordered life cycle;**

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**5- Don’t overdo in doing sport.**







**1- Lead a regular life cycle with enough sleep at night;**



**2- Eat healthy and varied food with plenty of vegetable and fruit;**



**3- Do regular physical exercise and pay attention on your posture;**



**4- Protect your body and stimulate your mind;**

**5- Be aware of your and other people’s needs.**