

HOW TO PREVENT THE OBESITY?



SPANISH TEAM



The best way? Healthy life



SPANISH TEAM



What is healthy life?

The things that you shouldn't do are...

- Drink alcohol.
- Consume drugs.
- Smoke.
- Eat lots of sugar or salt.
- Be sedentary.



The steps to have a healthy life are...

- ▣ Eat well.
- ▣ Taking care of teeth.
- ▣ Check the weight.
- ▣ Go to the doctor.
- ▣ Limit the time in front of the screens.
- ▣ Drink a lot of water.
- ▣ Do physical activity



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Physical activity

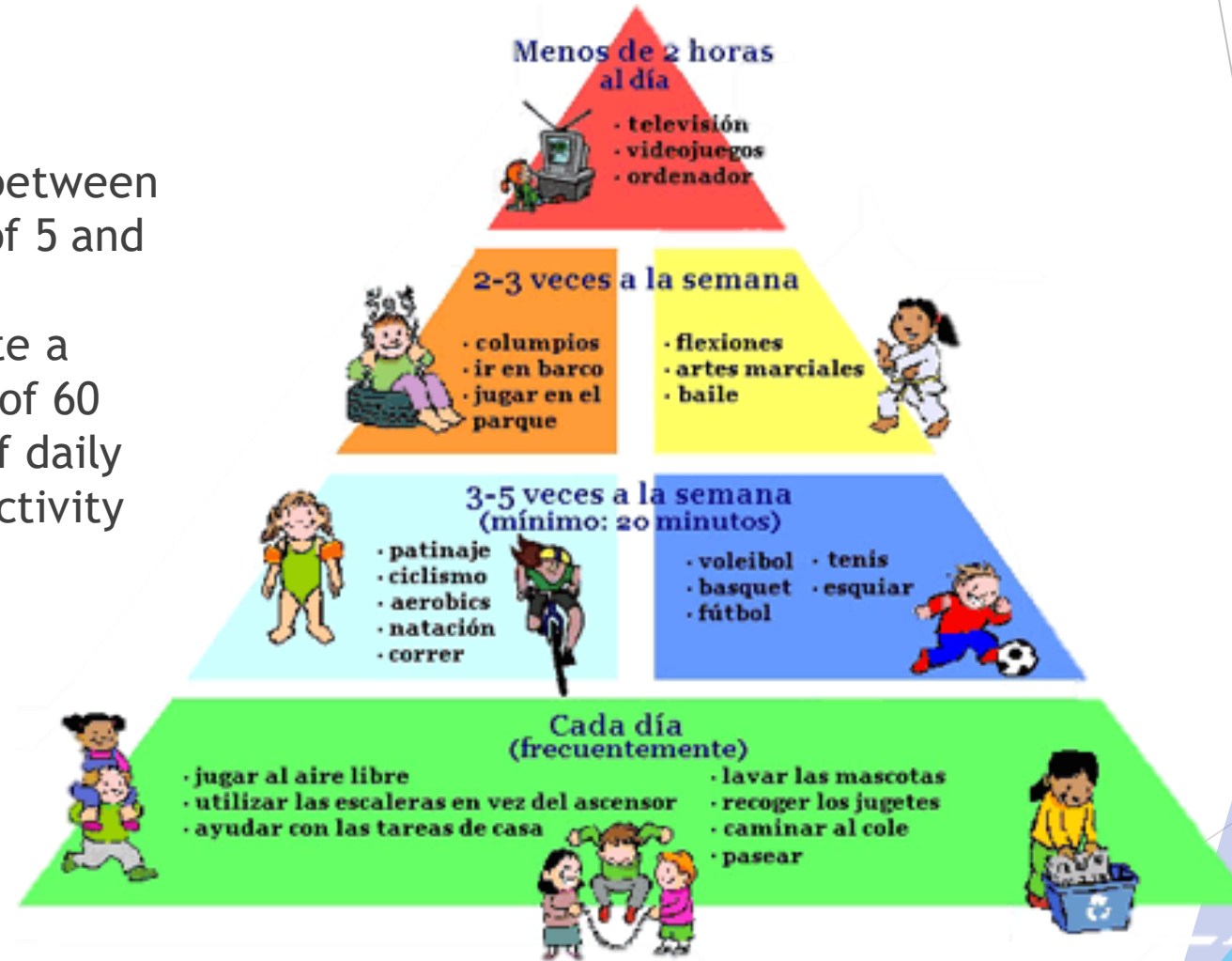
Definition

- In its classic definition, physical activity is "any bodily movement produced by the skeletal muscles that produces an energy expenditure greater than that at rest".



Physical exercise in children 5 and 17 years.

- Children between the ages of 5 and 17 should accumulate a minimum of 60 minutes of daily physical activity



Physical exercise in adults from 18 to 64 years.

- Adults between the ages of 18 and 64 should accumulate a minimum of 150 minutes of moderate aerobic physical activity per week, or 75 minutes of vigorous aerobic physical activity per week (or the equivalent combination of both).



Physical exercise in people over 65 years.

- Adults over 65 should add three times a week of practice activities to improve balance and prevent falls to the recommendations indicated for adults between 18 and 64 years.



THE
END