

TAKE CARE OF YOUR PHYSICAL HEALTH



START

It's time to see if you practice exercise!

DO YOU PRACTICE EXERCISE?

YES

DO YOU HAVE TIME TO EXERCISE?

YES

Practice these exercises to stay healthy!

NO

Important things you can prevent when you do exercise

Physical activity reduces stress, anxiety symptoms, improves sleep quality, improves learning, reduces depressive symptoms, prevents and reduces mortality from chronic diseases such as high blood pressure and diabetes, improves strength, balance and flexibility, provides socialization and coexistence.

Now that you know the importance of exercise, you can share this post with your friends and family!

Now see some exercises you can do during your daily life

NO

Walking: walking is one of the simplest forms of physical activity and can be done anywhere – on the street, or even while commuting to other commitments.
Bicycle: cycling is an excellent form of exercise that can be incorporated into everyday life.

Functional training: exercises that train the body to perform everyday movements, such as jumping, squatting, lifting, contributing to muscle strengthening. It is possible to perform a series of exercises at home that do not require special equipment, such as push-ups, sit-ups and going up and down stairs.

Dancing, yoga and stretching: these are examples of fun and accessible activities that can be done at home, in parks or in classes. They help improve muscle strength while promoting stress reduction.

Congratulations, it looks like you take care of your physical health.

PRONTO

