

The Mediterranean diet is ideal for a balanced diet, highlighting the consumption of cereals, fruits, vegetables and legumes, a high presence of fish, moderation in white meat and dairy products, and low consumption of red meat.

Eat five meals a day: a strong breakfast, lunch, a full meal, a snack and a light dinner, following regular schedules and planning weekly what you will consume at each meal.

Choose healthy cooking using methods such as cooking, steaming, grilling or baking, and enhance the flavor with spices and vinegars, avoiding excess salt.

Hydrate yourself properly by consuming at least two liters of liquids daily, preferably water, but also natural juices, infusions and broths.

Moderate alcohol consumption; no fumes. It is not necessary to completely eliminate wine and beer, as they contain healthy nutrients. Tobacco must be eliminated because it is a risk factor for many diseases.

Choose an active life. In addition to the 30 minutes a day of moderate physical activity recommended by the WHO, incorporate habits such as walking instead of using the car and climbing stairs instead of taking the elevator.

Rest is essential. Sleeping at least eight hours a day and maintaining regular schedules will improve your concentration at work or in class and give you more energy for any activity.

Being optimistic and feeling happy will increase your chances of enjoying good health as well. Reserve time for pleasurable activities and social interaction.

Submitting to regular medical checkups can help prevent and detect the onset of diseases early. Also, whenever possible, get vaccinated to prevent infections and never self-medicate.

It's good to talk about mental health difficulties – we all have them. You can talk to a friend or family member, as well as a doctor or therapist. It's okay to not feel good all the time.

Healthy sleep is essential for the body and mind. If you can't sleep because you're overthinking, try writing down your thoughts before you go to sleep. Put down your cell phone and stay away from screens at least an hour before bed.

A healthy diet is good for your body and your mind. Try to eat a balanced diet. Eat more fruits and vegetables. Avoid processed or packaged foods.

Do meditative practices, a little calm time can change your entire day. It can be in the form of meditation or prayer, but either way, taking a break from everyday life can strengthen your mind and help you deal with stress.

Exercise, it can be challenging to fit an exercise routine into your life. But is it worth it! Exercising regularly will help your body and mind. You will move better and feel better.

Stay in touch with friends and family – whether in person or virtually. Find time to share your feelings and do things together.

Anti-inflammatory diet, it is a routine of food intake, whose objective is not to gain or lose weight, but to help reduce inflammatory processes in the body and therefore gain health.

Maintain a healthy weight, if you lose excess weight and keep it off, you reduce your risk of suffering from heart disease and various types of cancer.

Mental agility exercises are all those activities that involve working on different intellectual capacities such as attention, language, calculation or concentration.

Support from close people, in emotionally intense situations, it is important to rely on work teams, friends and family. You don't have to face it alone. Sharing experiences and reflecting in company helps to face the emotional impact of daily work.

Constantly learning, training is a powerful tool to understand and address mental health challenges and identify symptoms and situations that can lead to stress and anxiety.

Supporting other people, by accompanying other people in times of crisis and emergencies, we not only provide support to those who need it under the principle of humanity, but we also find meaning and satisfaction in our lives.

Maintain a balanced diet. Eating a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins and healthy fats, can help strengthen the immune system and prevent chronic diseases such as diabetes, cardiovascular disease and some types of cancer.

Do physical activity regularly. Regular exercise—at least 150 minutes of moderate activity a week, such as walking, swimming, or cycling—can improve cardiovascular health, strengthen muscles and bones, and help maintain a healthy weight.

Adequate hydration. Drinking enough water daily is essential to keep the body hydrated, improve digestive function, regulate body temperature and eliminate toxins. It is recommended to consume at least 8 glasses of water a day.

Sleep enough. Making sure you get 7 to 9 hours of sleep each night helps improve memory, mood, and overall health. Adequate sleep is also crucial for cellular repair and optimal immune system function.

Avoid excessive alcohol consumption. Limiting alcohol intake to a moderate amount can reduce the risk of liver disease, cardiovascular disease, and some types of cancer. For most adults, this means up to one drink per day for women and up to two for men.

Do not smoke. Avoiding tobacco in all its forms can prevent respiratory diseases, lung cancer, cardiovascular diseases and other serious health conditions. Quitting smoking significantly improves lung health and reduces the risk of chronic diseases.

Practice personal hygiene. Washing your hands frequently, especially before eating and after using the bathroom, is essential to prevent the spread of infection. Additionally, maintaining good dental hygiene, such as brushing and flossing, prevents oral diseases.

Perform regular medical checkups. Visiting the doctor regularly for exams and screenings can help identify health problems in their early stages, when they are easier to treat. This includes checks for blood pressure, cholesterol levels, and cancer screenings.

Maintain an active social life. Engaging in social activities and maintaining healthy interpersonal relationships can improve emotional and mental well-being, reducing the risk of diseases such as depression and anxiety. Social interaction can also increase longevity.

Stress management. Practicing relaxation techniques such as meditation, yoga, or deep breathing can help reduce stress levels. Good stress management prevents health problems such as hypertension, heart disease and anxiety disorders.

Get vaccinated regularly. Staying up to date with recommended vaccines, such as the flu, tetanus, and HPV vaccine, can prevent serious infections and illnesses. Vaccines are a crucial tool in preventing outbreaks and protecting public health.

Take care of your mental health. Seeking psychological support when necessary, talking about your problems, and participating in activities you enjoy can improve your mental health. A healthy mind is crucial for the prevention of psychosomatic illnesses and the promotion of general well-being.

Limit the consumption of sugars and trans fats. Reducing consumption of sugary foods and drinks, as well as avoiding trans fats, can prevent obesity, type 2 diabetes and heart disease. Opting for healthy fats such as those found in olive oil, avocados, and nuts is beneficial.

Eat fiber regularly. Including high-fiber foods in your diet, such as fruits, vegetables, legumes, and whole grains, improves digestive health, helps maintain a healthy weight, and reduces the risk of heart disease and type 2 diabetes.

Avoid a sedentary lifestyle. Incorporating physical activity into your daily routine, such as taking walk breaks if you work in an office, taking the stairs instead of the elevator, and doing active household chores, can counteract the negative effects of a sedentary lifestyle.

Protect your skin from the sun. Using sunscreen, protective clothing, and avoiding sun exposure during peak hours can prevent skin cancer and premature aging. Sun protection is essential even on cloudy days or during outdoor activities.

Maintain a healthy weight. Controlling body weight through a balanced diet and regular exercise can prevent many chronic diseases such as type 2 diabetes, heart disease and certain types of cancer. Consulting with a nutritionist can be helpful in achieving and maintaining a healthy weight.

Perform cognitive activities. Keeping the brain active with activities such as reading, solving puzzles, learning a new language or musical instrument can improve cognitive function and reduce the risk of dementia and other neurodegenerative diseases.

Avoid excessive use of medications. Using medications only as prescribed by a healthcare professional and avoiding self-medication can prevent adverse side effects and antibiotic resistance. Always consult a doctor before taking any new medication.

Promotes a healthy environment. Maintaining a clean home free of contaminants, ensuring water and food are safe, and promoting hygiene in the kitchen can prevent infectious diseases and improve overall health. A healthy environment is key to a healthy life.