Personal Website Proposal Idea:

I am going to create a website about Healthy Habits where I can show the most relevant factors that were helping me to improve my health over the last few years. As I have been consulting various health professionals, I have obtained a lot of information that permitted changing my way of life, which has helped me improve my quality of life and, therefore, that of my environment. I love this change as healthy cooking and doing gym in various ways like aqua gym, yoga, and functional training. Also, I learned the importance of managing emotions through sociability, doing hobbies, and having a relaxing time.