

Video sobre las etapas básicas del proceso de una empresa y las personas en un equipo de trabajo

Danny Julián Perilla Mikán

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Nutrition and Exercise in Workspaces

One of the most important aspects of well-being is nutrition. Eating a balanced diet with proteins, carbohydrates, vitamins, and minerals improves concentration and energy levels. In my academic/workplace experience, I have noticed that having access to healthy food options, such as fruits, vegetables, and whole grains, helps people stay more focused and avoid fatigue. In the next video I talk about health in workspace <https://youtu.be/F5Gt5km-BLs>.