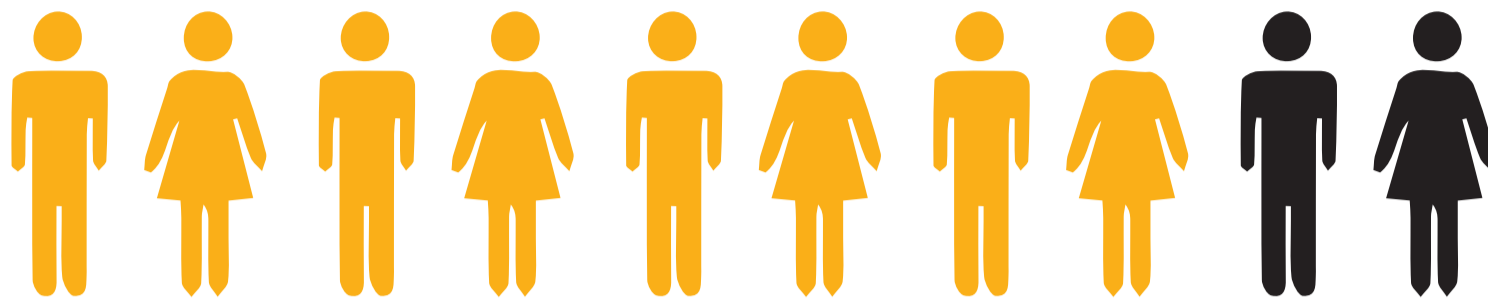
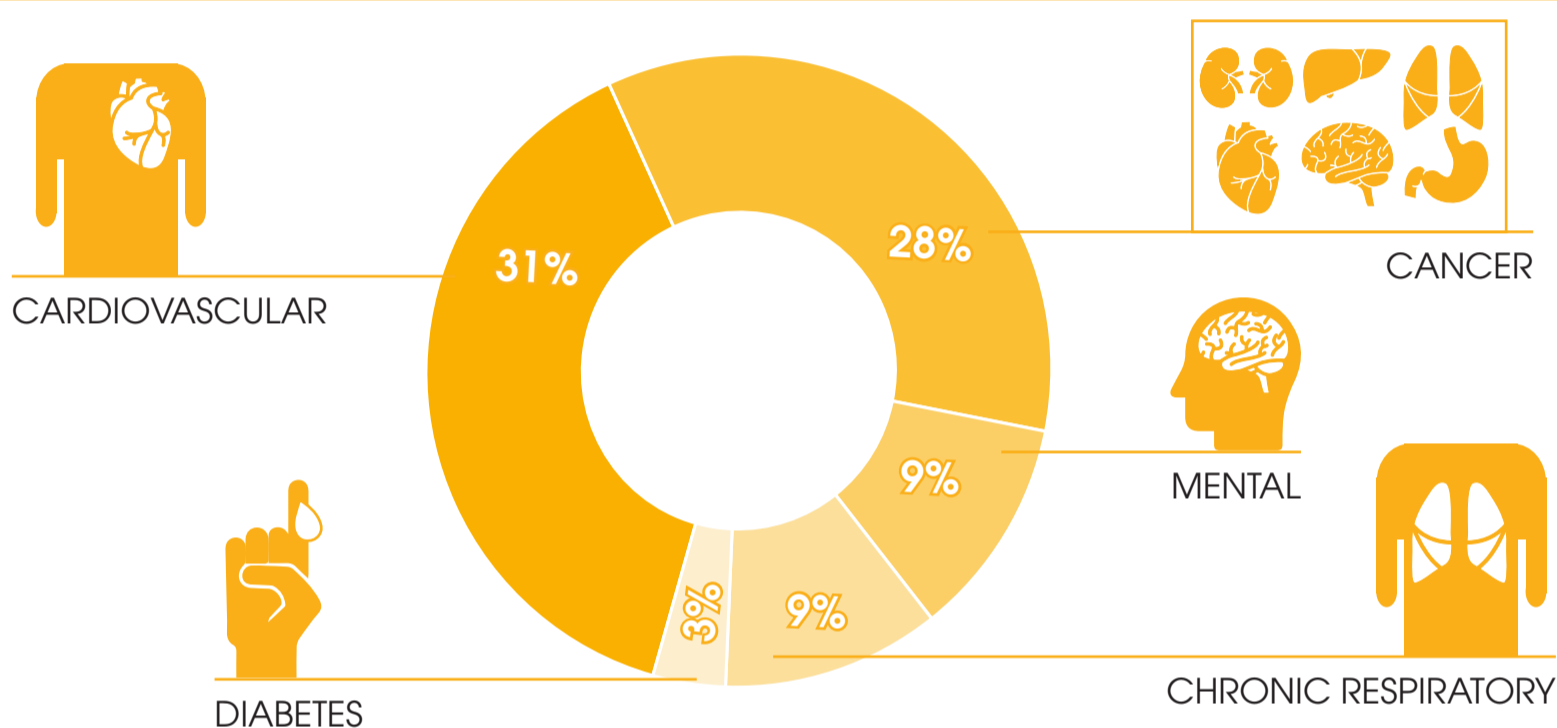


IMPROVE YOUR HEALTH, YOU WILL HAVE A BETTER QUALITY OF LIFE

5 BIG GROUPS OF DISEASES CAUSE 80%
OF DEATHS IN SPAIN



DISEASES THAT CAUSE THEM



MAIN CAUSES



BAD DIET



INACTIVITY



SMOKING



ABUSIVE CONSUMPTION
OF ALCOHOL

PREVENTIVE HEALTHY HABITS



MAINTAIN A
BALANCED DIET



DO REGULAR
EXERCISE



REST AND CARE FOR
YOUR QUALITY OF
SLEEP



AVOID CONSUMING
ALCOHOL AND
TOBACCO