

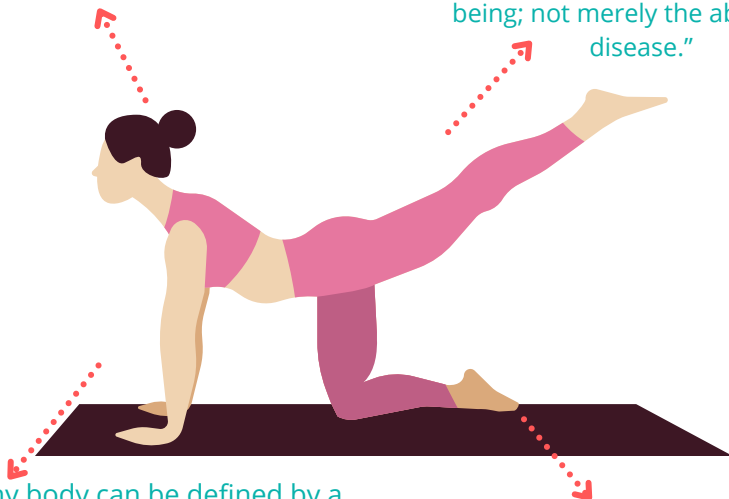
WHAT IS THE IMPORTANCE OF A HEALTHY BODY?



A HEALTHY BODY

Research has shown that a healthy body leads to a healthy mind.

The World Health Organization (WHO) defines health as "complete physical, mental, and social well-being; not merely the absence of disease."



A healthy body can be defined by a good state of your whole well-being even if you experience a disease as, for example, a mental health disorder (anxiety).

A mind-body health can boost the chances of achieving what goals in life, including a fitter, healthier lifestyle.

Obesity has become a serious public health problem in the United States, and Puerto Rico.

Obesity has been defined as a national epidemic by the CDC, and it can have serious effects on a person's physical, metabolic, and psychological health.

In the **US**, there was a 42.4% of prevalence in 2017-2018. By 2019, nearly 35% of Americans suffer from obesity.



In **Puerto Rico**, obesity affects 30-35% of the population, 50-100% overweight in his morbid variant.

THE FIVE FACTORS FOR A GOOD HEALTH



Elaborate a healthy
diet.



Adequate rest.

Avoid tobacco, drugs &
alcohol.



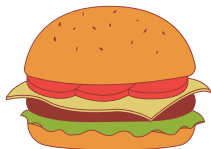
Establish exercise
habits.



Practice good
posture.



INTERESTING FACTS: FOOD



60% of the fat and 31% of the calories in Burger King kitchen sandwich come from the mayonnaise alone.

Vegetables are rich in all types of nutrients. Eating vegetables each day will lower your risk of contracting any disease.



Eggs are one of the healthiest and most nutritious food you can eat.

Potatoes contain Vitamin C, Potassium, Fiber, Vitamin B6 and kukoamines which help in lowering blood pressure.



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