

4 TIPS TO AVOID OBESITY

Meals

Eat fruit and vegetables several times a day, as well as legumes, whole grains and nuts.



Exercise

Perform frequent physical activity: about 60 minutes per day for young people and 150 minutes per week for adults.



Stop Smoking

Smoking is associated with many diseases, but also with weight gain. In the long term it will be very beneficial for health.



Medical Check

Do a medical check up at least once a year. Doctors advice adults to have a medical check-up once a year to prevent and / or control possible complications.

