

HOW TO MAKE YOUR LIFESTYLE HEALTHIER

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RESEARCH GROUP CTS-948
Actividad Física, Salud y Deporte

#The PregnActive project



REDUCE PROLONGUED SEDENTARY TIME

AT LEAST EACH HOUR WITH 2 MINUTES OF WALKING OR ANY EXERCISE



INCREASE DAILY PHYSICAL ACTIVITY

AT LEAST 30 MINUTES OF MODERATE INTENSITY PA FOR 5 DAYS/WEEK



IMPROVE SLEEP QUALITY AND QUANTITY

STOP USING MULTIMEDIA DEVICE BEFORE GO SLEEPING



REDUCE SEDENTARY TIME DURING LEISURE

LIMIT SCREEN TIME USE (I.E.: TV, VIDEO GAMES) UP TO 2 HOURS/DAY



+ INFO



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Australia's Physical Activity and Sedentary Behaviour Guidelines and the Australian 24-Hour Movement Guidelines



Organización
Mundial de la Salud



Recommended Amount of
Sleep for a Healthy Adult



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