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

- CARDIOVASCULAR: 31%
- CANCER: 28%
- MENTAL: 9%
- CHRONIC RESPIRATORY: 9%
- DIABETES: 3%

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

WITH OCCUPATIONAL HEALTH WITH YOU