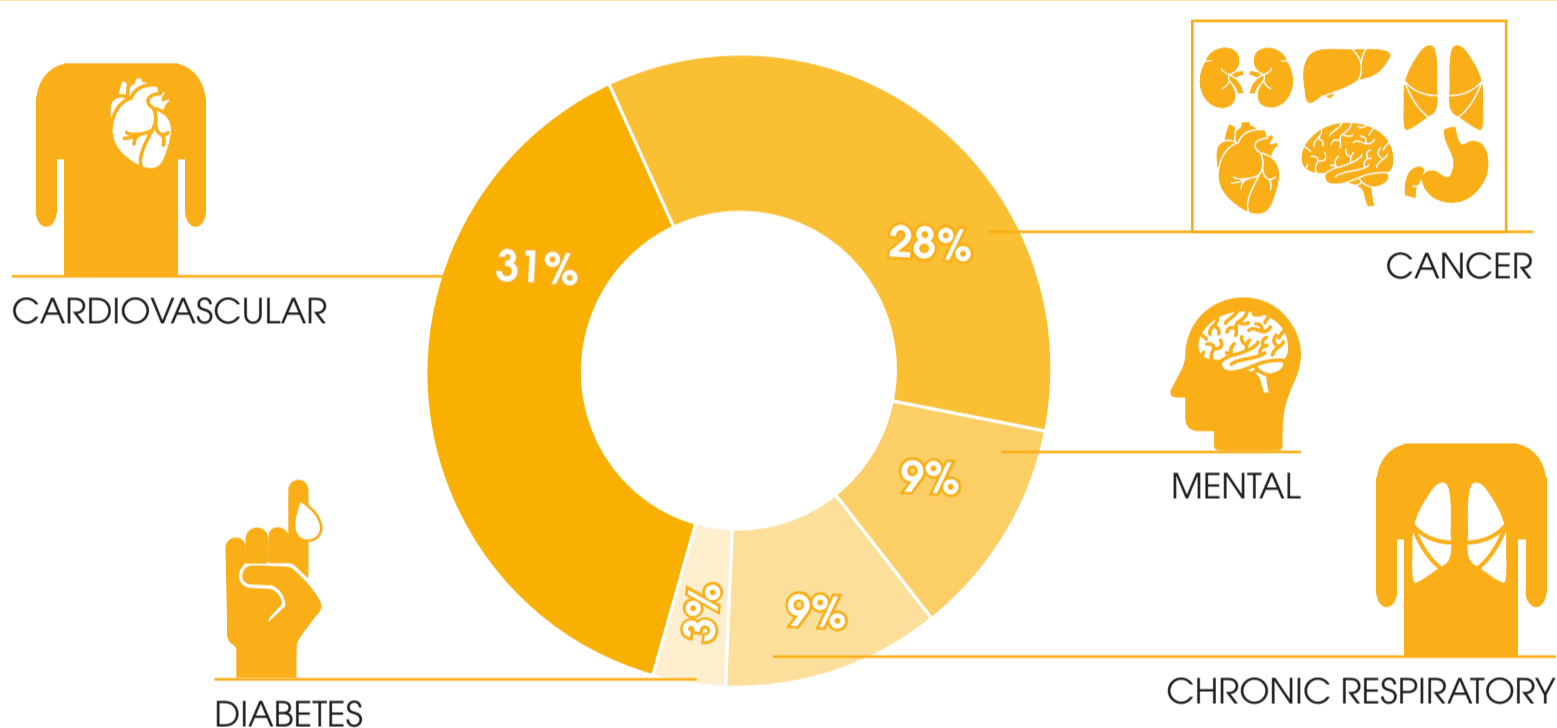


# IMPROVE YOUR HEALTH, YOU WILL HAVE A BETTER QUALITY OF LIFE

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