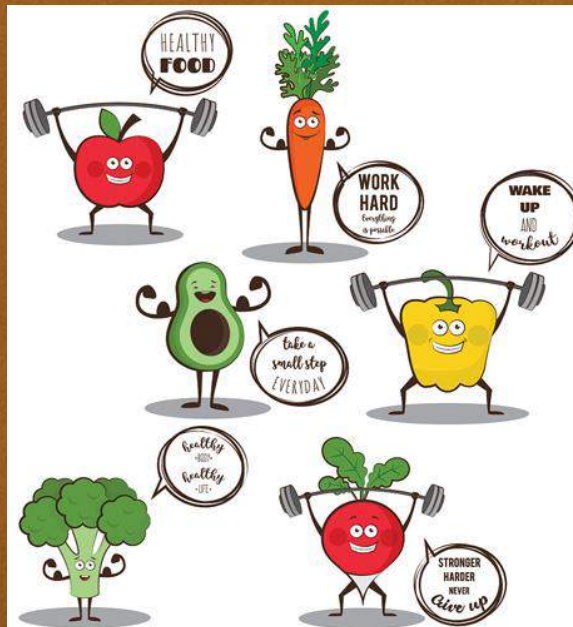




Healthy Habits



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Healthy Habits in Portugal

(Introduction)



- ☞ In Portugal, we practice several healthy habits, such as the practice of sport, eat healthily and other things.
- ☞ A lot of healthy habits that are practiced by Portuguese are promoted by television and our culture itself.
- ☞ I am going to talk about the Portuguese healthy habits in general, my habits and about how my city promotes these habits.

Pic. 2- Logo of the project: “ Your Health is your Responsibility”





Healthy Habits in Portugal



- ☞ In Portugal, our government have changed some laws to improve our health, like taxes on sugar (coke, cakes,...) and salt (French fries, etc...).
- ☞ In our city we have cycle paths near the river, where we can run or cycling.
- ☞ In my case, I go there to run with my father or walking and watch birds with my mom, because we have a big biodiversity near the river.



Pic.3- A section of Chaves cycle path



Healthy Habits in Portugal



☞ In my country we have a type of diet, called *Dieta Mediterrânica* (*Mediterranean Diet*), which is one of the healthiest diets in the world and, even with the fast food and American food culture, it is one of the most practiced and healthy diets in Portugal and recommended by our government.

☞ Our government, again, has made a big propaganda to healthy habits, like advertising kids to go to sleep with music at 9 o'clock and then finish the cartoons and others.



Pic. 4

MEDITERRANEAN DIET



My healthy Habits



- ✧ In my case, I usually sleep nine hours or more (recommended by the WHO World Health Organisation), however sometimes I sleep less
- ✧ My meals are according to our diet, for example at lunch I usually eat soup, then fish or meat with potatoes and vegetables and a piece of fruit.
- ✧ I love playing table-tennis, running or cycling, here in my city we have clubs like BTT, CTMC, NCC,...
- ✧ I brush my teeth two times per day and I have a shower every day.
- ✧ I like reading and playing video games, I read adventure/ sci-fi books ...



Pic.5- BTT; Pic.6- CTMC



Conclusion



- ☞ Finally, I want to say that in our country we have improved our daily habits, but we must continue this path in order to minimize problems such as obesity or contemporary diseases (cardiovascular diseases).
- ☞ In our city I begin to observe the effects of our healthy habits on our daily lives, such as an increase in the number of people on our bike paths and I hope that even with this pandemic, we can rise again and continue to grow.



Pic.7- Healthy Habits in general.