

Neste tempo na casa

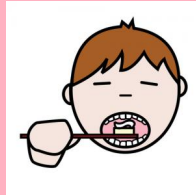
# RECORDA

## HIXIENE

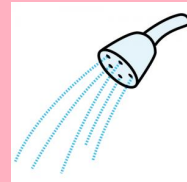
LAVA MOITO AS  
MANS



LAVA OS DENTES



DÚCHATE A  
DIARIO



## ALIMENTACIÓN

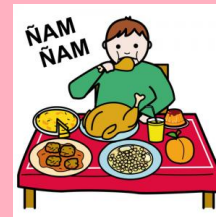
COME FROITA E  
VERDURA



EVITA AZUCRES

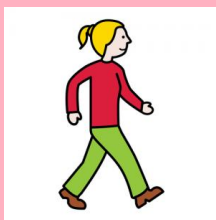


CONTROLA AS  
CANTIDADES

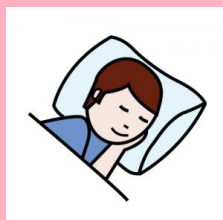


## EXERCICIO

CAMIÑA POLA  
CASA



DURME AS TÚAS  
HORAS



BAILA E FAI  
EXERCICIO

