Write down here your best health tip

1. Stand up for yourself in every aspect of your life. You deserve royal treatment and you're the first that should give that to yourself. Don't neglect your well-being.

2. Go for a walk, do what makes you happy, make time for your hobbies

3. It's not bad being alone, that helps you to understand yourself.

4. Going to the gym, not only for your body, but for your mental health, you feel better.

5. Don't focus too much on your work and enjoy your life, 'cause is short.

6. Move your body

7. Workout, eating healthy is 70% of work, rest, take free time

8. Do exercise, I love bake cakes or cookies

9. You can thank every night for your day

10. Always exercise, don´t be in your room all day.

11.

12. Eat less animals and more fresh fruits and vegetables