Healthy,fit and never quit!

RECIPES AND PHYSICAL ACTIVITIES FOR MAINTAINING HEALTH

CÎRNARU DARIA



FRUIT SALAD (RAW VEGAN)

- INGREDIENTS:

- 1 KIWI
- 1 BANANA
- 1 APPLE
- 4-5 STRAWBERRIES
- BLUEBERRIES
- POMEGRANATE
- RASPBERRY
- OPTIONAL : ALMONDS

PREPARATION

- Wash the fruit very well and cut each one into small pieces.In a bowl place the fruit (and almonds) and mix gently.



PHYSICAL ACTIVITIES FOR MAINTAINING HEALTH

- Going for a walk, bike, or run (join our indoor walking program).
- Riding a bike.
- Taking the stairs instead of the elevator.
- Playing at the park.

