



CARE OF OUR BODY DURING QUARANTINE.

1

DIGESTIVE SYSTEM

The main function of the digestive system is to break down food and turn it into energy to use throughout the body.



BENEFICIAL FOODS HEALTHIER DIGESTIVE SYSTEM:



VEGETABLES



FRUITS

FOODS THAT ARE UNHEALTHY FOR OUR DIGESTIVE SYSTEM:

CANDIES



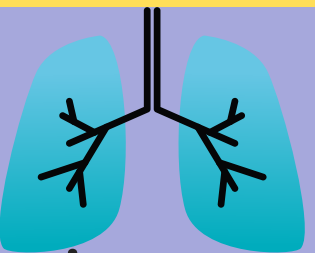
JUNK FOOD



2

RESPIRATORY SYSTEM

The main function of the respiratory system is to get oxygen from the air into your body and release the carbon dioxide from your body.



It is highly recommended to ventilate our houses because the contamination of the house caused by the heaters is eliminated and the air in the house is renewed, so that it is beneficial for the organism.



During the quarantine, if I need to go out I must wear a mask and maintain social distance.

3

CIRCULATORY SYSTEM

The main function of the circulatory system is to move substances such as nutrients, waste and oxygen through the body.



ACTIVE PAUSE

An active pause is a routine of short exercises. They can last from 5 to 10 minutes and can be done in free time during the day.

SHOULDERS



Bring your arms behind your lower back and interlock your fingers and try to raise your hands without releasing your fingers.

ARMS



Bring the arm to the opposite side and with the other hand bring it towards the shoulder.