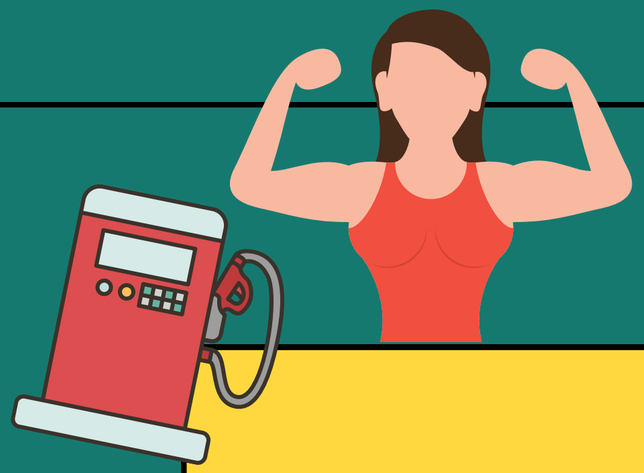


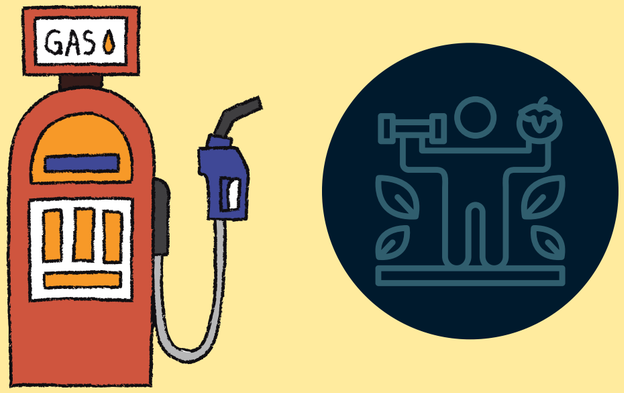
ALIMENTACIÓN Y SALUD

GEMMA BES

¿POR QUÉ ES IMPORTANTE COMER SANO?

DORMIR MEJOR

ENERGIA Y FUERZA



CONCENTRACIÓN

NUTRICIÓN + ESTILO DE VIDA

EJERCICIO

COMIDA,BEBIDA Y DESCANSO

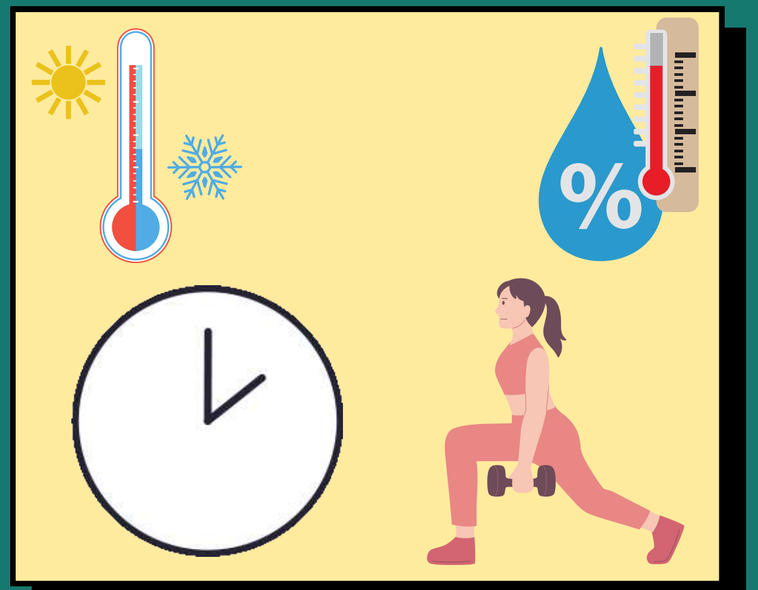
COMUNIDAD

TENER EN CUENTA EN LA ALIMENTACIÓN

DIGESTION

TIPO DE COMIDA

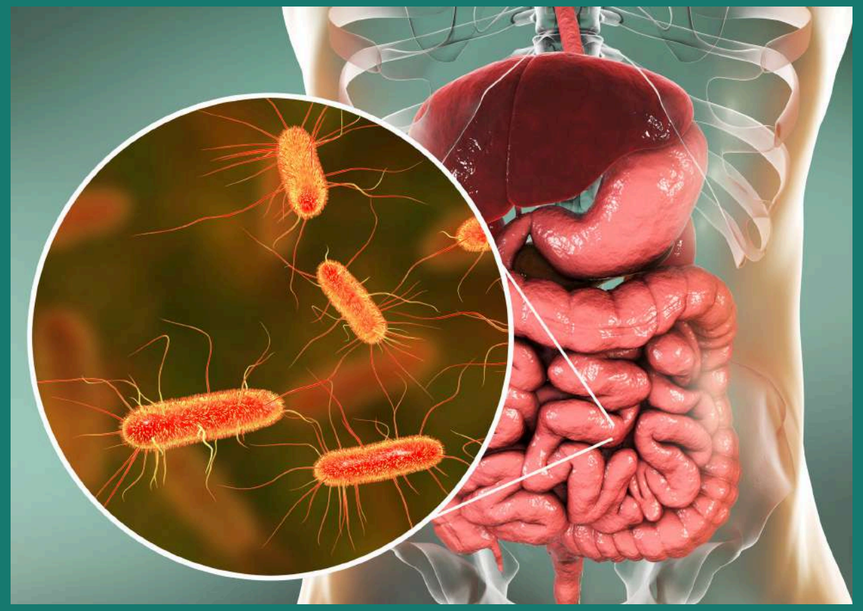
HORARIOS EJERCICIO

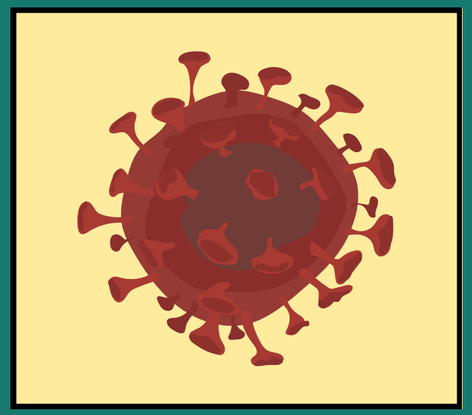


DIGESTIÓN

HTTPS://WWW.YOUTUBE.COM/WATCH?V=LZ1WP1BSA5I

FUNCIONES BACTERIAS

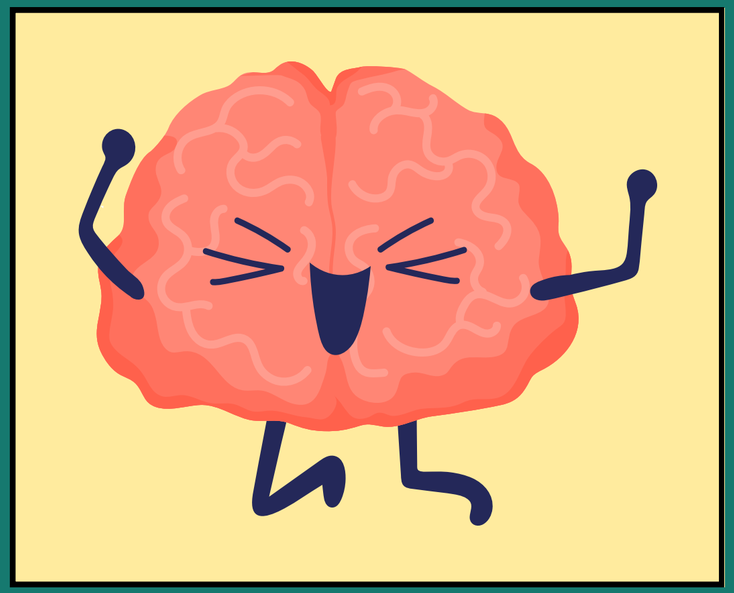




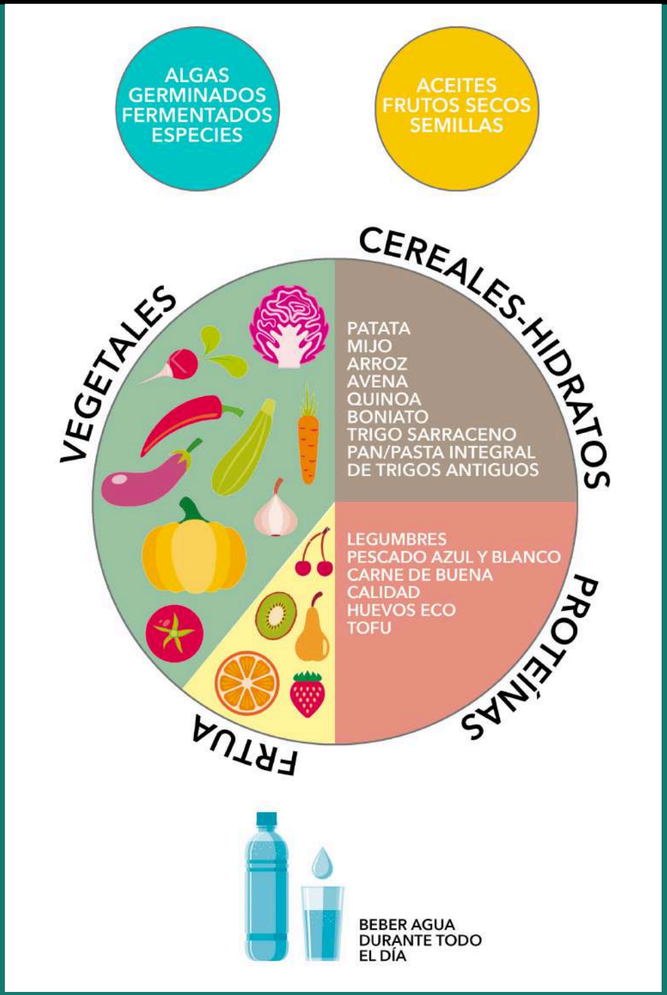
INMUNIDAD

DIGESTION

FABRICACIÓN NEUROTRANSMISORES



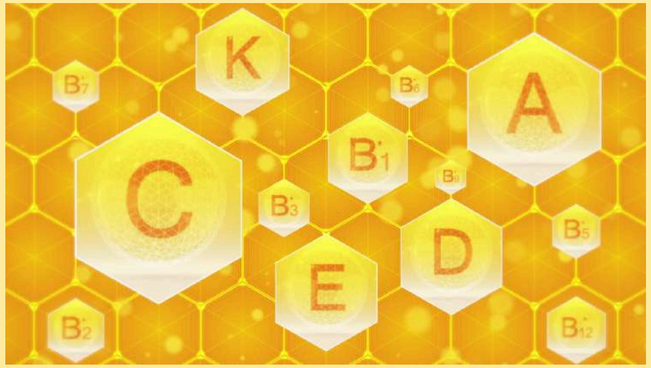
PLATO SALUDABLE



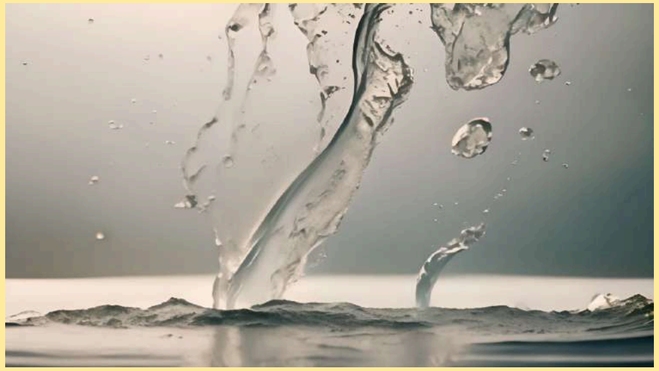
VERDURAS
¿QUÉ NOS APORTAN?

FIBRA

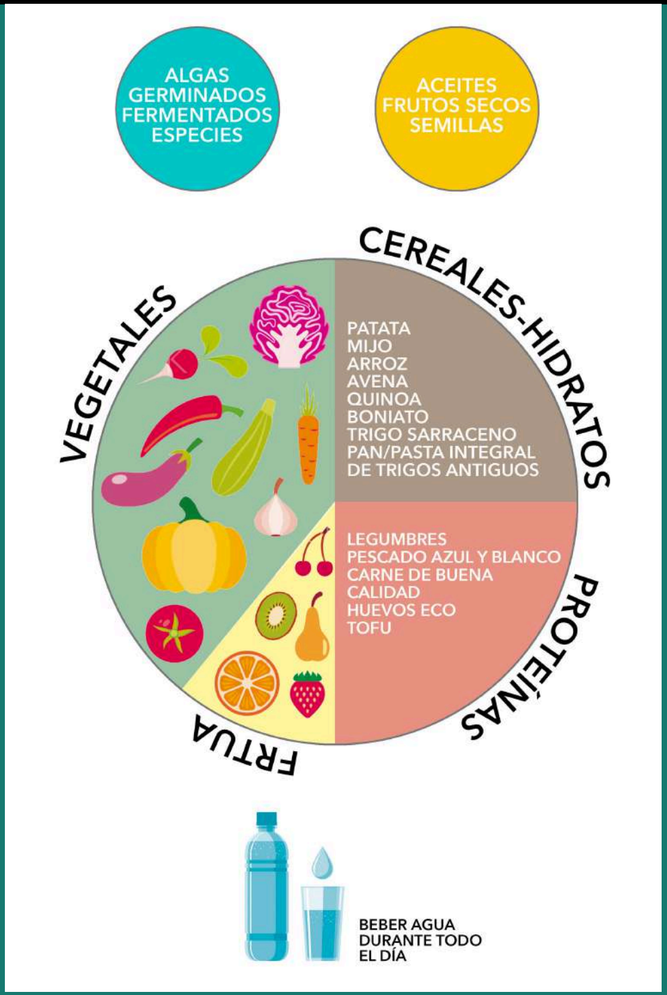
VITAMINAS Y MINERALES



AGUA

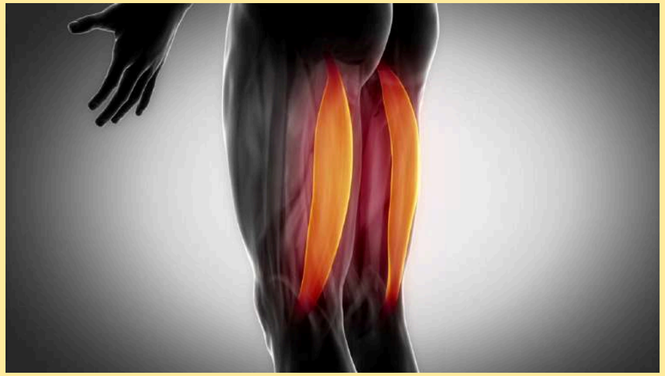


PLATO SALUDABLE

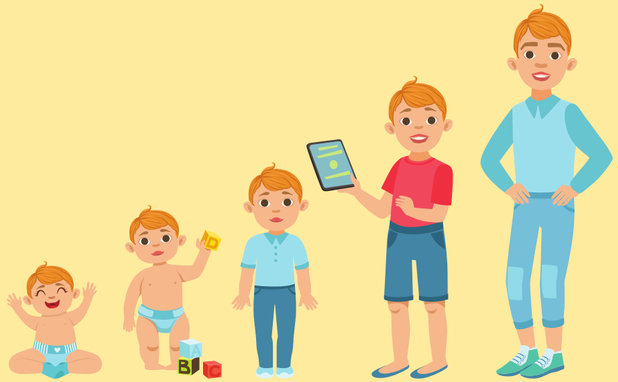


PROTEINA

MUSCULO

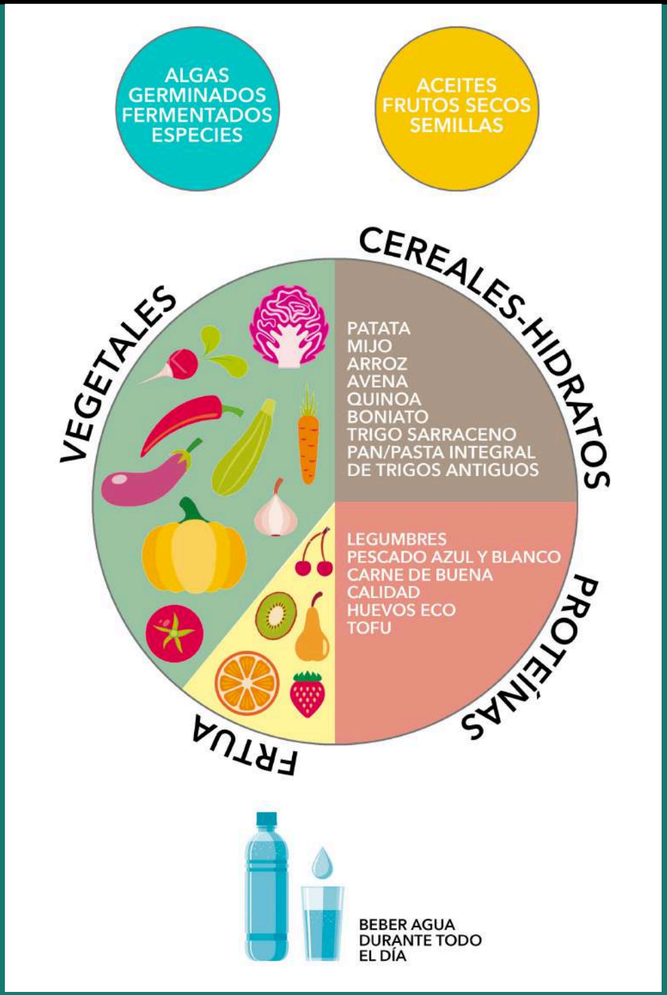


CRECER



EJEMPLOS

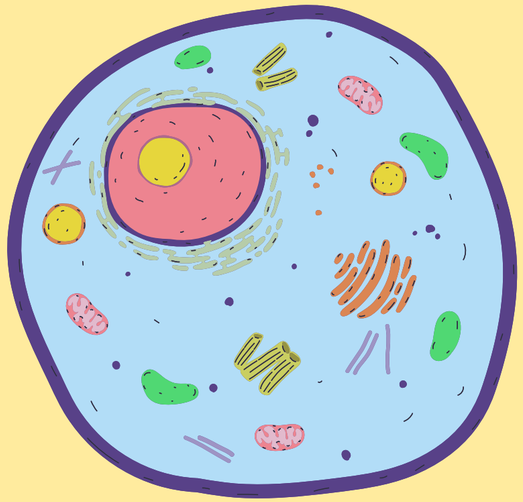
PLATO SALUDABLE



GRASAS BUENAS

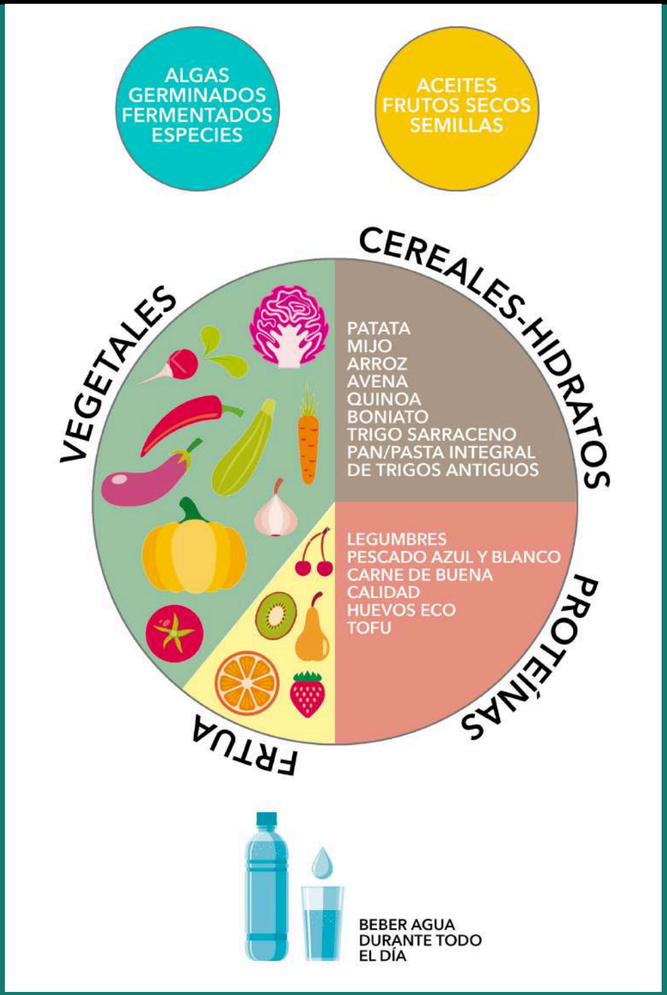
CONCENTRACIÓN

PROTECCIÓN CÉLULAS
RECUPERACIÓN DEPORTE



EJEMPLOS

PLATO SALUDABLE



CARBOHIDRATOS

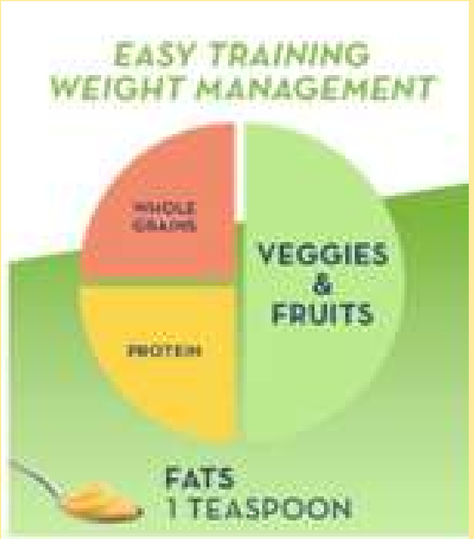
ENERGÍA LENTA O RÁPIDA

SIEMPRE COMER CON PROTEINA, FIBRA Y GRASAS SALUDABLES

EVITAR LA MONTAÑA RUSA

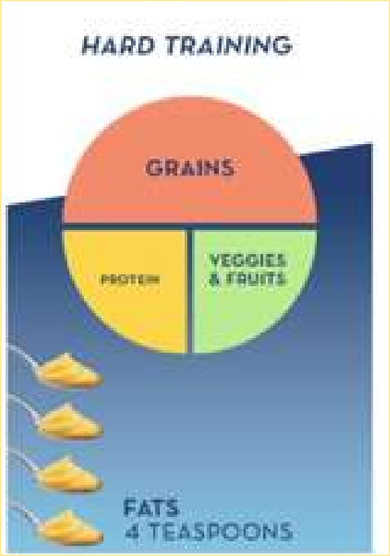
CARBOHIDRATOS:DEPORTE

PLATO EQUILIBRADO



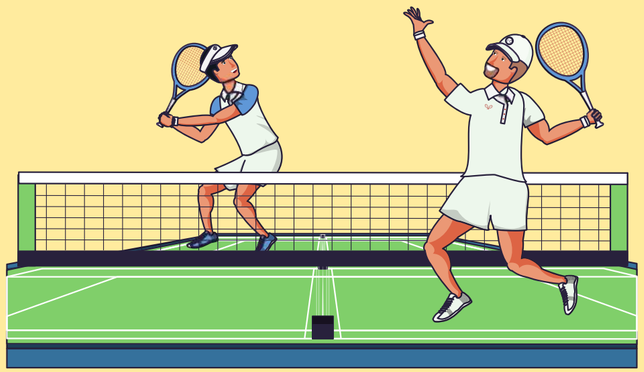
ENTRENAMIENTO: 1-2H

ENTRENAMIENTO > 2H



ENERGÍA RÁPIDA: DIFERENCIA DEPORTE

FRUTA

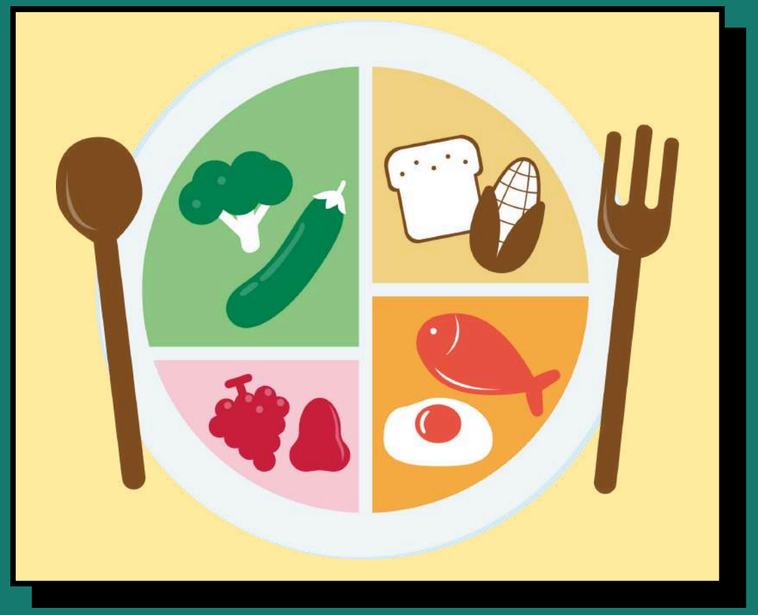


AZÚCAR

EVITAR LA MONTAÑA RUSA

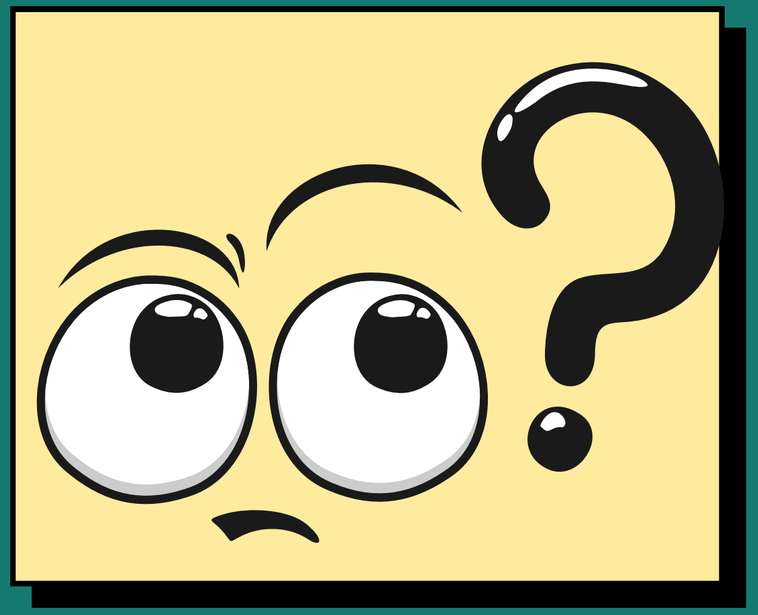
DIBUJA EL PLATO SALUDABLE

PLATO SALUDABLE



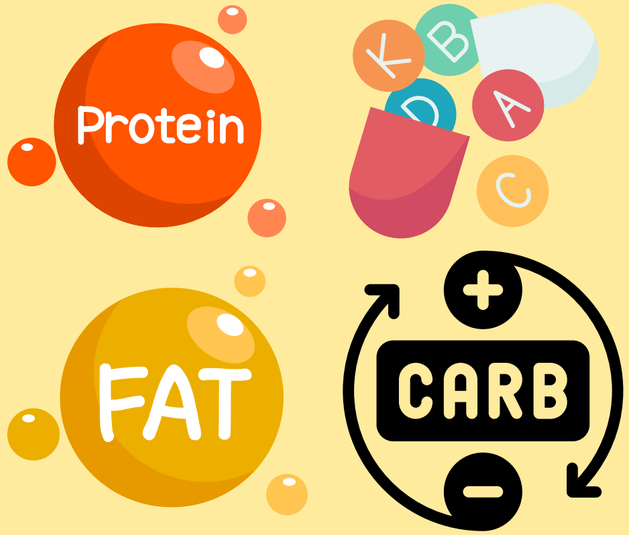
EJEMPLO COMIDA

EJEMPLO CENA



PROXIMO DÍA TALLER

COCINAREMOS

SNACK SALUDABLE

INGREDIENTES NUTRITIVOS