

WRAP YOUR SLEEP IN NATURE

How wonderful it is when you can sleep well. But be careful, if your sheets are polyester, remember that its petroleum derivative. Synthetic sheets are not breathable, produce excessive heat and sweating; they can even irritate the skin, release microplastics and cause hormonal changes.

We advice you to use cotton or linen sheets, they are natural, breathable and very cool, Cotton is soft, highly durable and very versatile. Linen is a bit rustic but becomes softer over time, is sophisticated and extremely durable. Your sleep is priceless, enjoy this invaluable well-being!

CONSCIOUS HABITS TO TAKE CARE OF YOUR MONEY

Although it may seem incredible, money is sensitive, it stays where it is value and leaves where is not. So treat it well; think of it as a necessary good.

When you receive money, receive it with your left hand, don't spend it right away, keep it with you as long as you can.

Keep it in your wallet, without folding or wrinkling it and arrange the bills with the highest denomination as the front.

When you save, have a clear goal: how much you want to save and what for.

Allocate yourself a salary, at least 10% of what you receive, and save it.

Be clear about what your expenses are, try writing them down for a week or two.

Value and organize your money!

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For more information:

A HEALTHY LIFE STYLE
Renaser
enKelinhar

Healthy
Life
10^a Edition

HEALTH - NUTRITION - EXERCISE - TIPS

SQUATS FOR A HEALTHY DAY

The hustle and bustle of modern life and social trends popularized on the internet have led people to spend long hours in front of screens and a lack of physical activity that threatens to become permanent inertia.

If your job involves sitting for long periods, this is for you. We invite you to do squats during work breaks, or even before, as the most opportune time is before sunrise, taking advantage of the benefits of fresh air.

Doing squats activates your immune system, testosterone production, strengthens your heart, improves assimilation and prepare your body to face the day with vitality.

Remember: movements life



QUINOA CASSEROLE IN ALMOND SAUCE

Ingredients:

- One cup of quinoa
- Two cups of water
- One carrot medium size
- half a cup of green peas
- One small broccoli
- One tablespoon of sesame oil
- A quarter of cup of almond milk
- One clove of garlic medium size
- Salt to taste
- A pinch of turmeric

Preparation:

Wash the quinoa and cook it over low heat in a pot with water until soft; add salt and turmeric. Separately in a pan, stir fry the garlic for 30 seconds and add chopped vegetables; mix and stir fry for three more minutes. Pour in the almond milk and quinoa and cook for five minutes more over low heat in a covered pan.

What a Delicious meal!

DANCE RECONFIGURES THE BRAIN

Studies conducted by neuroscientist Nazareth Castellanos confirm that the brain dances with the body because neurons synchronize, following the same rhythm.

Dancing stimulates the nervous system like an orchestra : the area of the balance, emotion, memory and creativity play together and this synchronicity translates into well - being by stimulating the cerebellum, thalamus and hippocampus, regions responsible for coordination, attention and memory. The nucleus accumbens, the nerve center of pleasure, motivation and hope is also activate, just as it is when felling love.

Create your own style, dance to the rhythm of the rain the wind and your inner melody. Your body will thank you.

