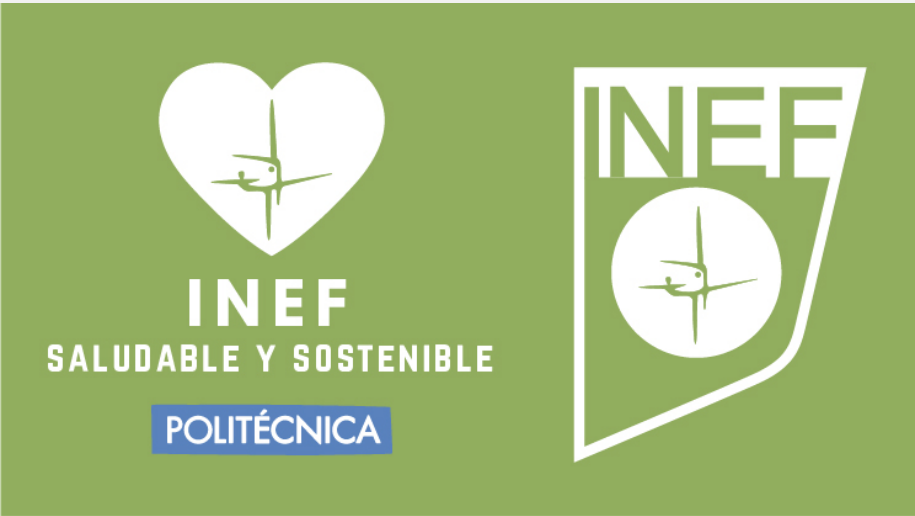


LA BIBLIOTECA CON INEF-UPM SALUDABLE Y SOSTENIBLE



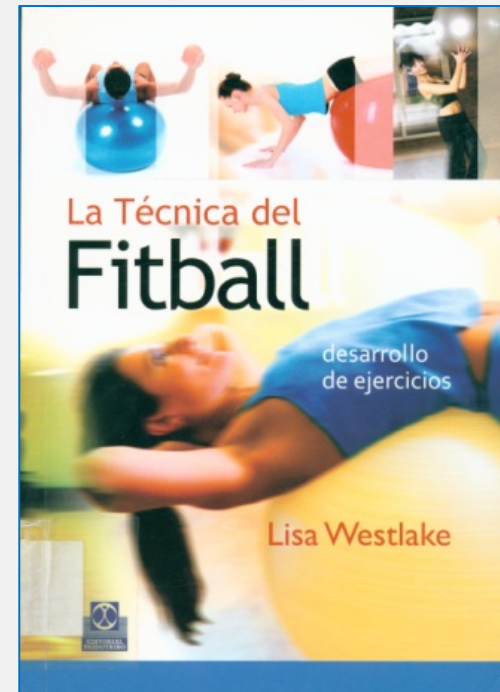
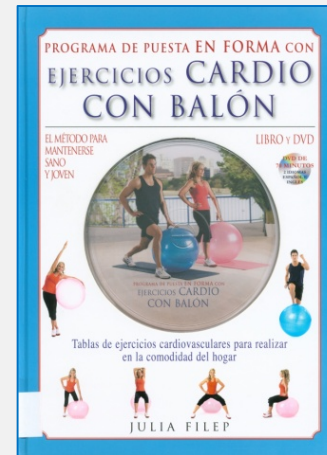
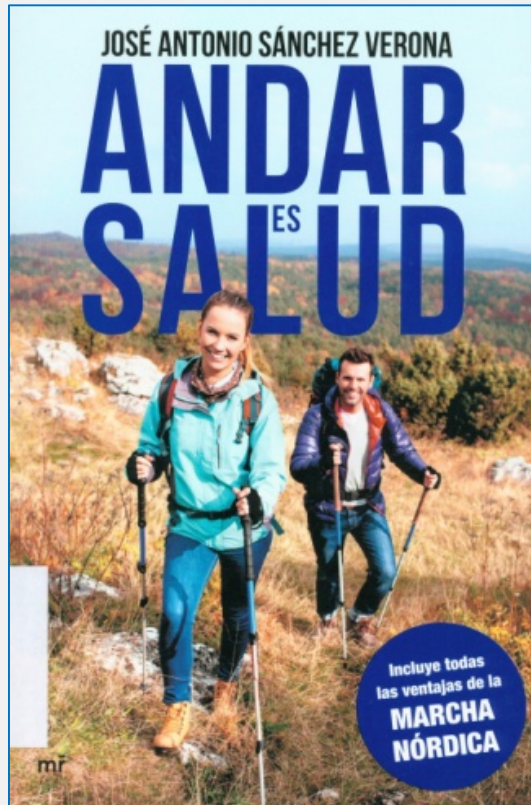
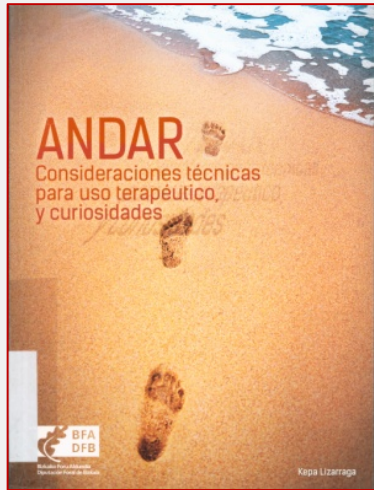
QUEREMOS PRESENTAR ALGUNOS DE NUESTROS LIBROS, MUESTRA DE CÓMO EN LOS LIBROS DE ANTES Y DE AHORA SE HA PROMOCIONADO LA SALUD MEDIANTE LA ACTIVIDAD FÍSICA Y EL DESARROLLO DE HÁBITOS SALUDABLES Y SOSTENIBLES



ANDAR ES SALUD

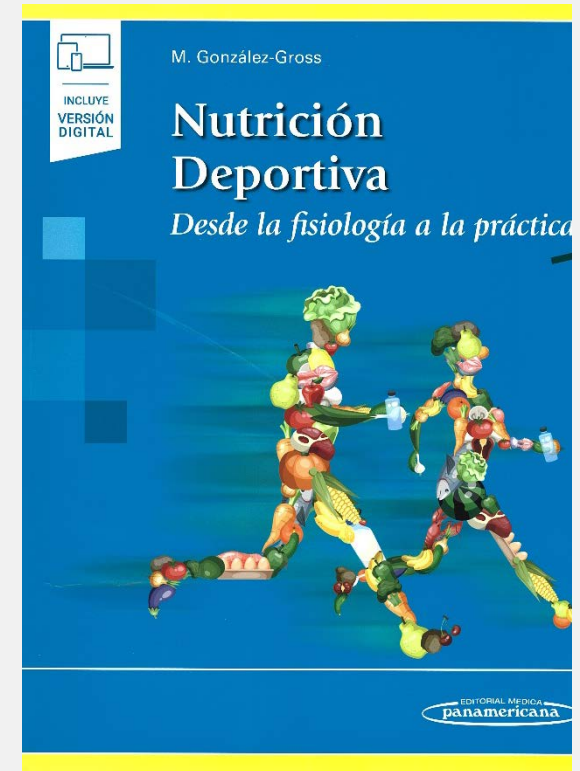
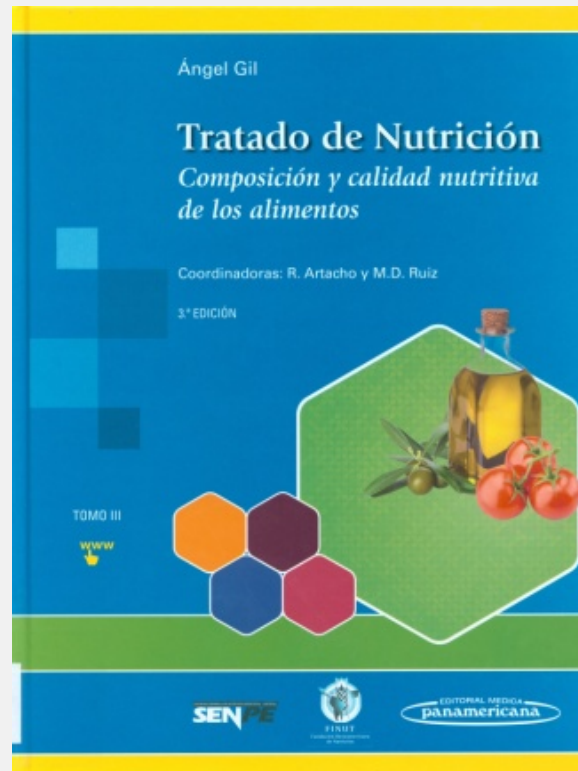


UTILIZA EL FITBALL



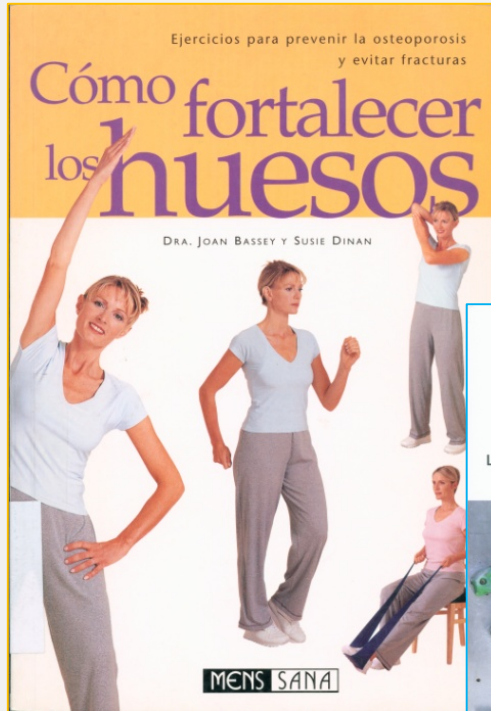


NUTRICIÓN - CUIDA TU ALIMENTACIÓN

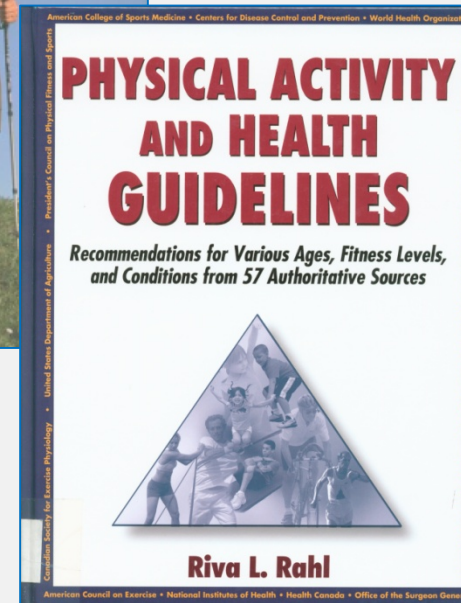
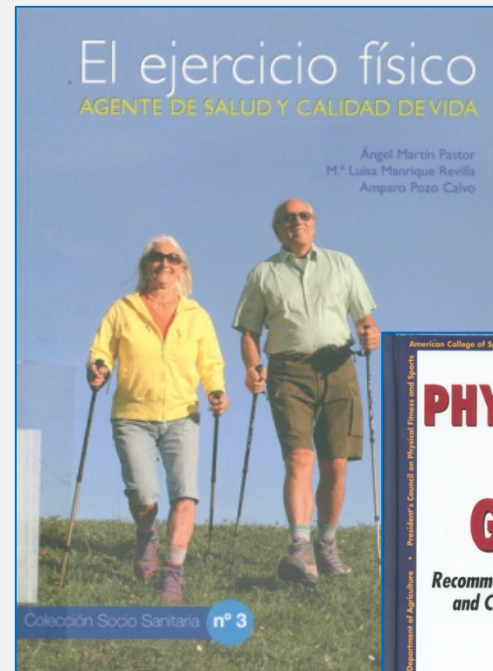




EJERCICIO FÍSICO

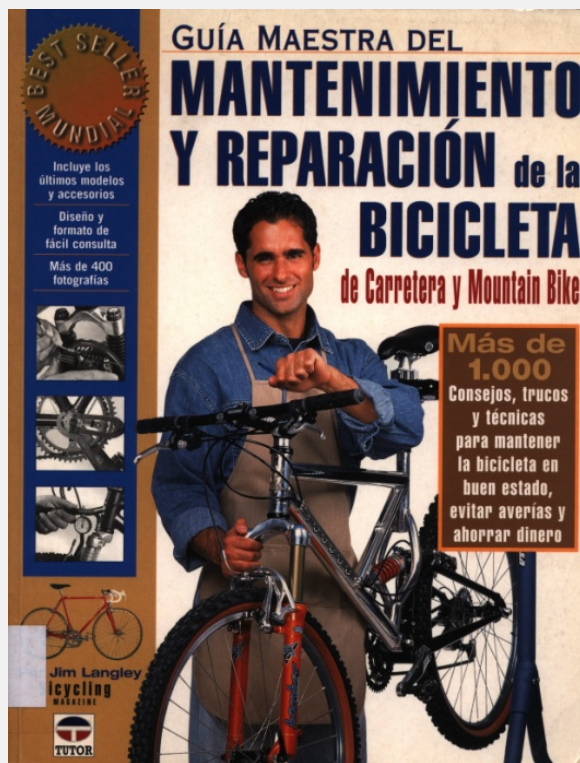
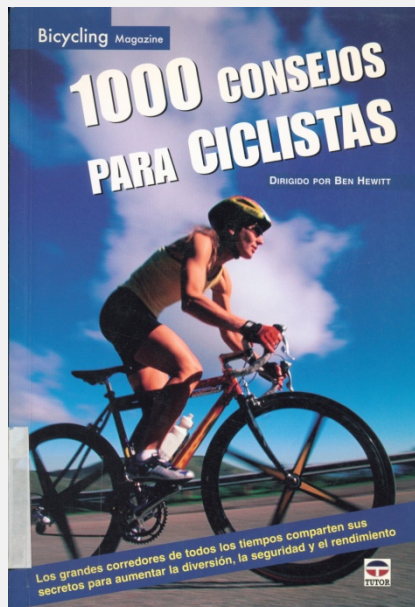


MUJER



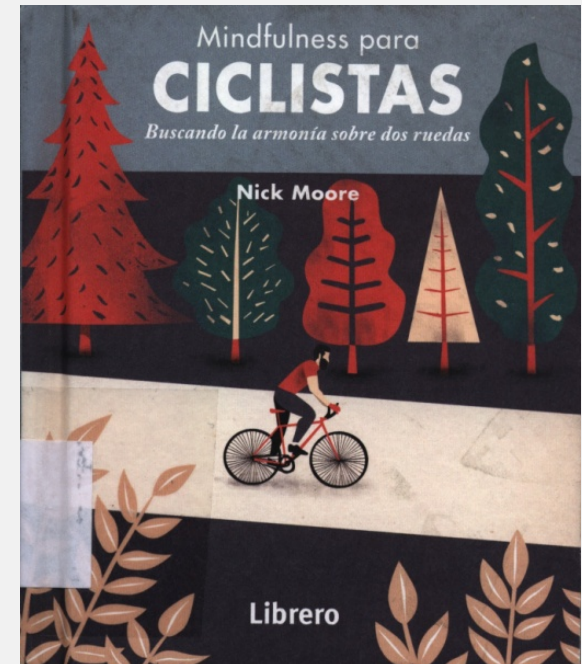
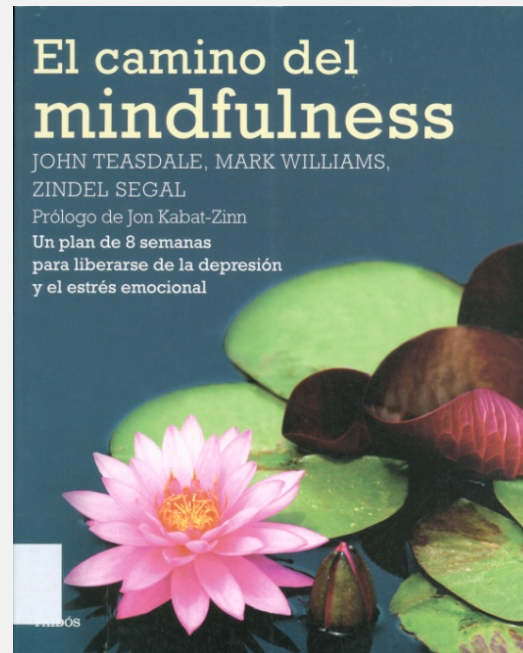
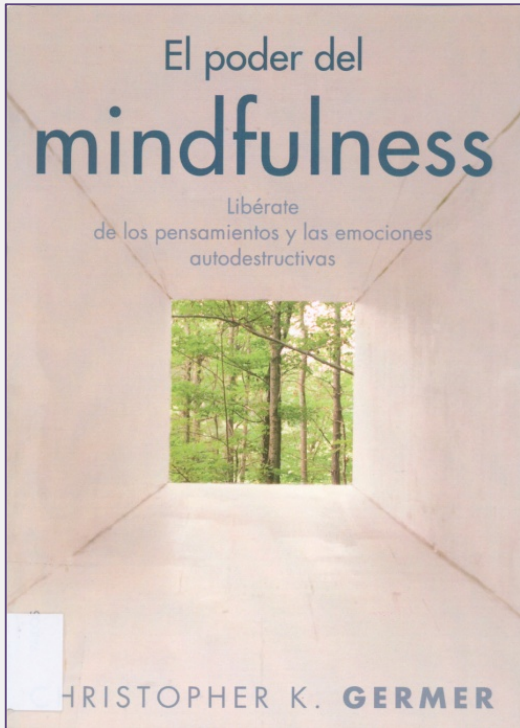
CICLISMO

Mecánica y seguridad





MINDFULNESS - Una opción saludable





ERGONOMÍA EN EL TRABAJO

