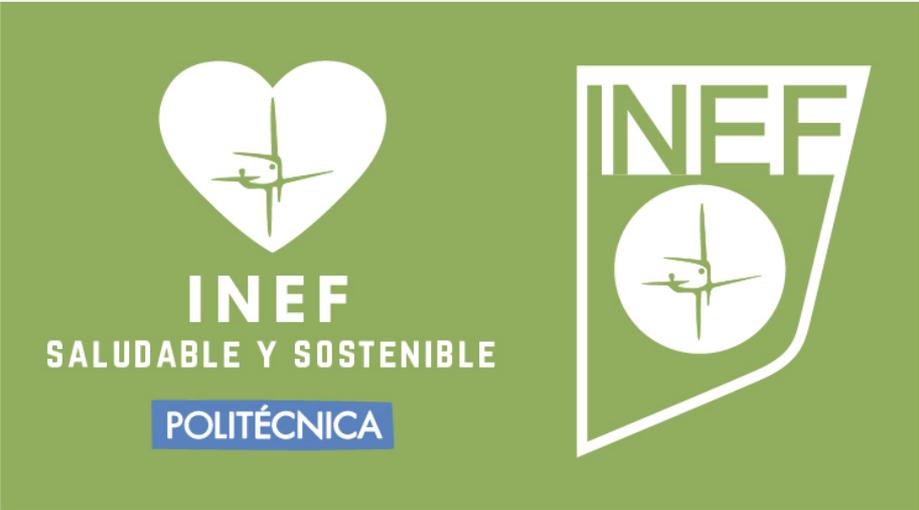
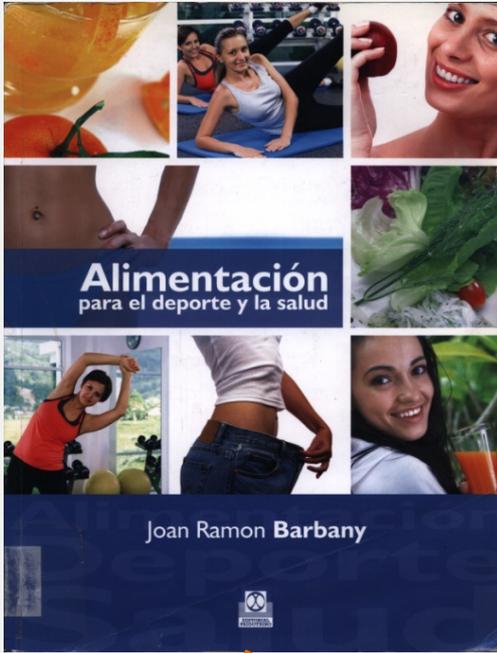


LA BIBLIOTECA CON INEF-UPM SALUDABLE Y SOSTENIBLE

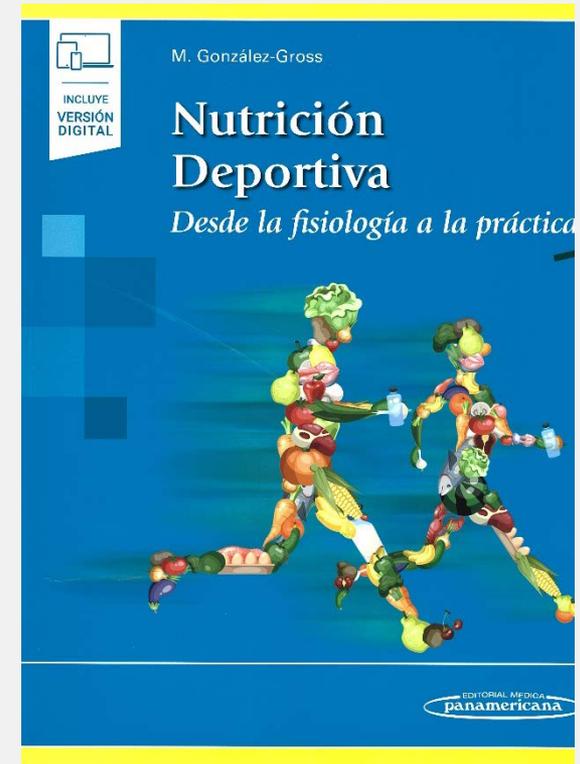
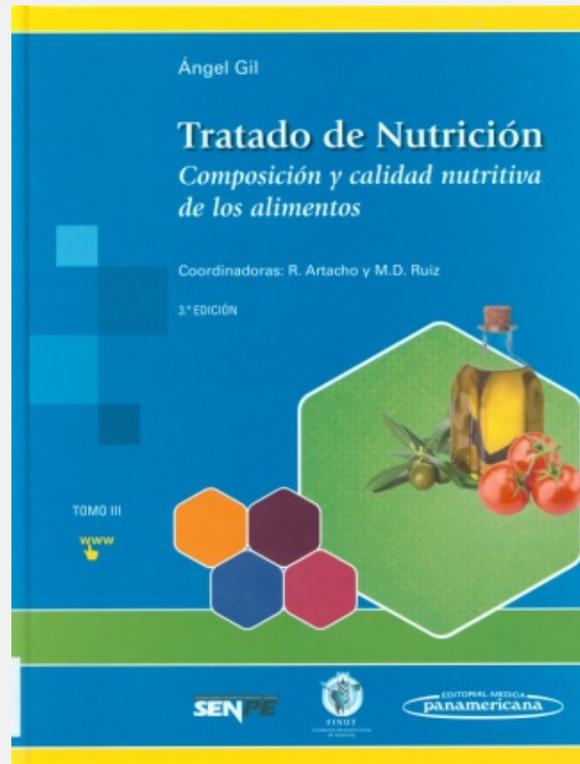


QUEREMOS PRESENTAR ALGUNOS DE NUESTROS LIBROS, MUESTRA DE CÓMO EN LOS LIBROS DE ANTES Y DE AHORA SE HA PROMOCIONADO LA SALUD MEDIANTE LA ACTIVIDAD FÍSICA Y EL DESARROLLO DE HÁBITOS SALUDABLES Y SOSTENIBLES



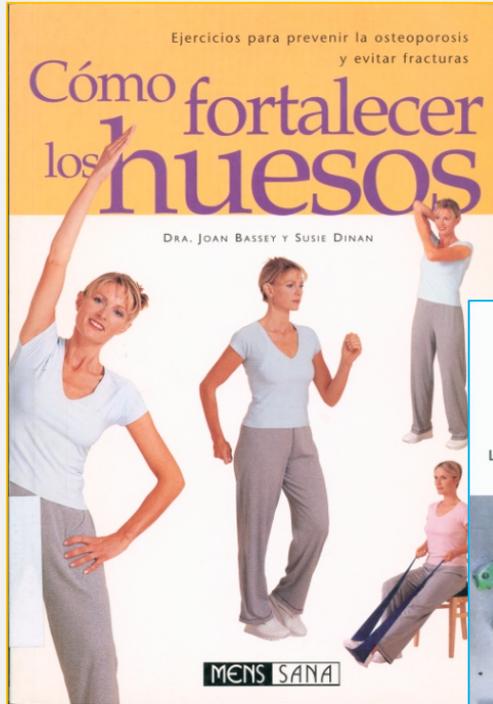


NUTRICIÓN - CUIDA TU ALIMENTACIÓN

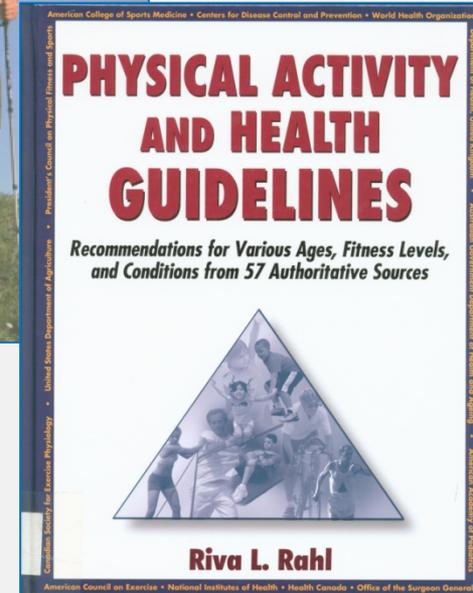
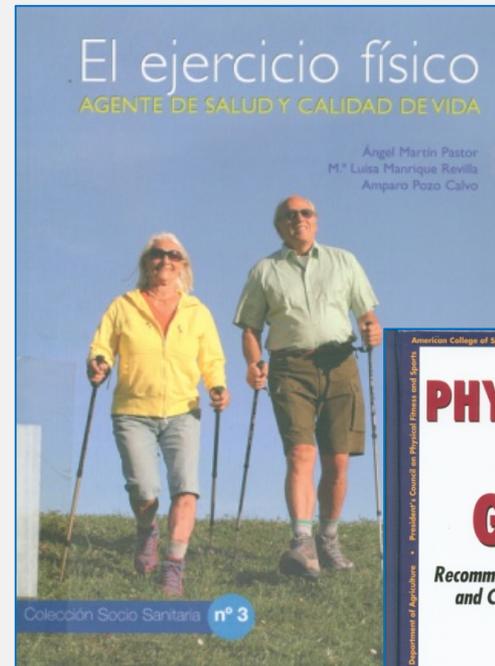
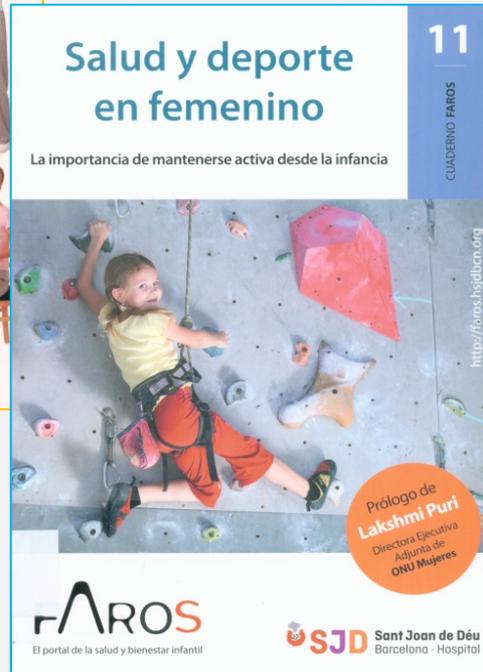




EJERCICIO FÍSICO

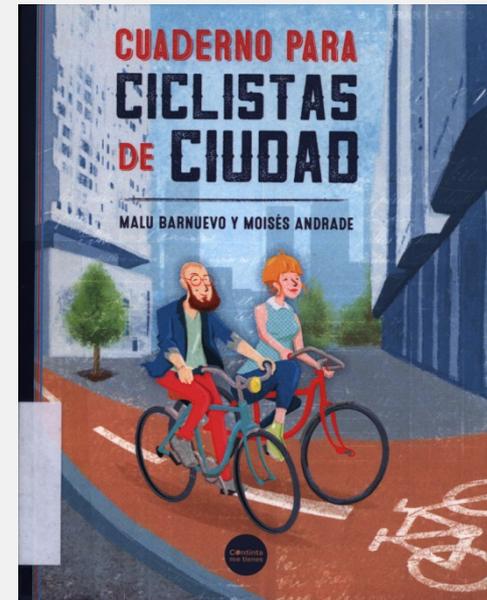
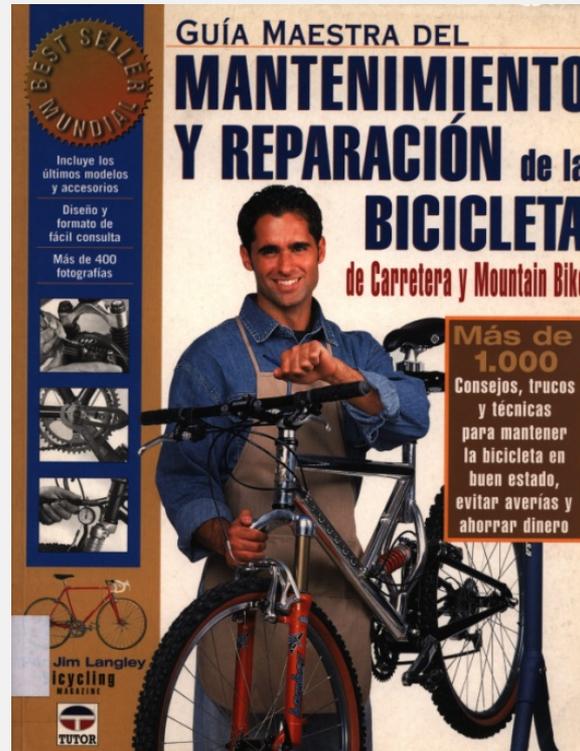
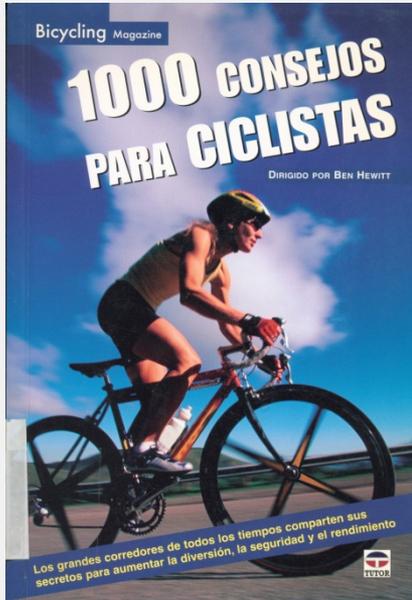


MUJER



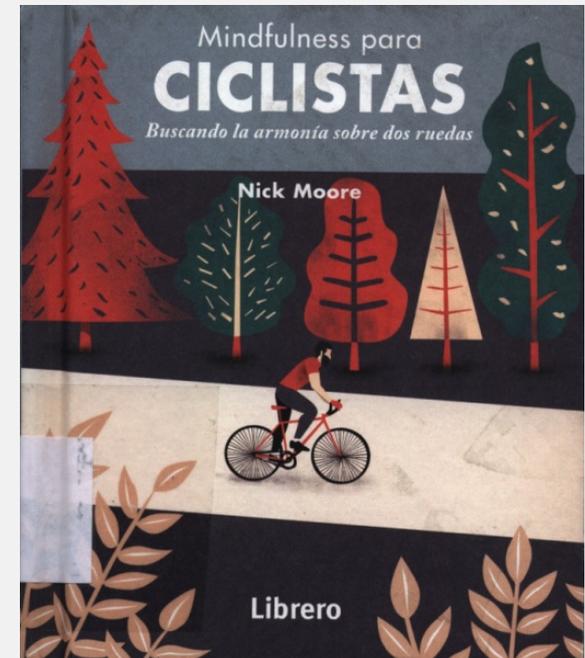
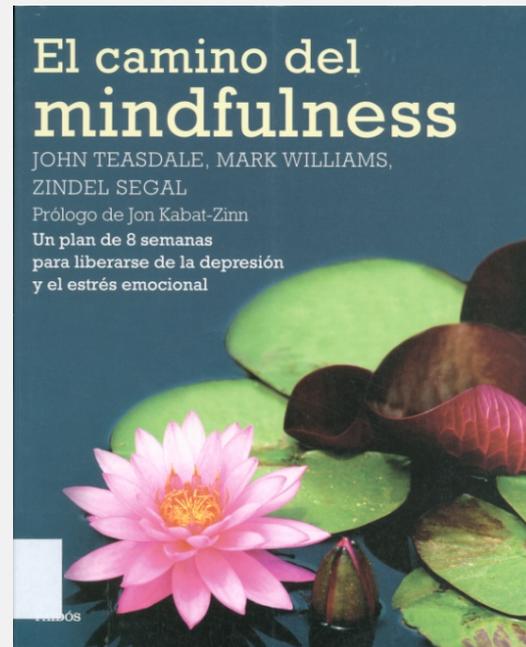
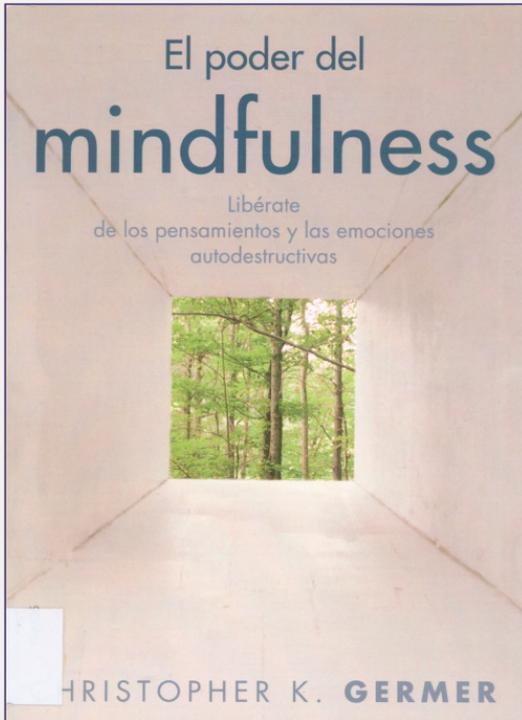
CICLISMO

Mecánica y seguridad





MINDFULNESS - Una opción saludable





ERGONOMÍA EN EL TRABAJO

