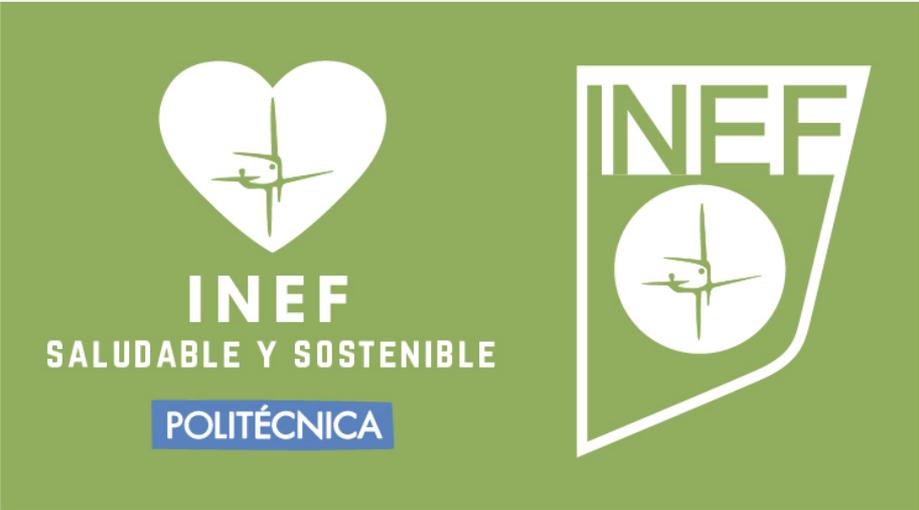
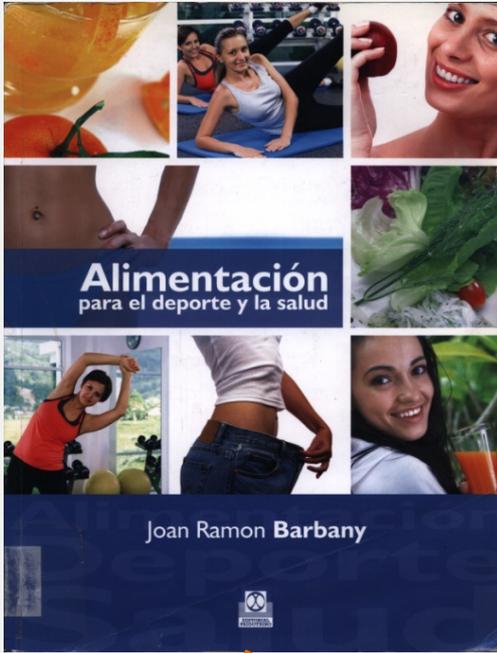


LA BIBLIOTECA CON INEF-UPM SALUDABLE Y SOSTENIBLE

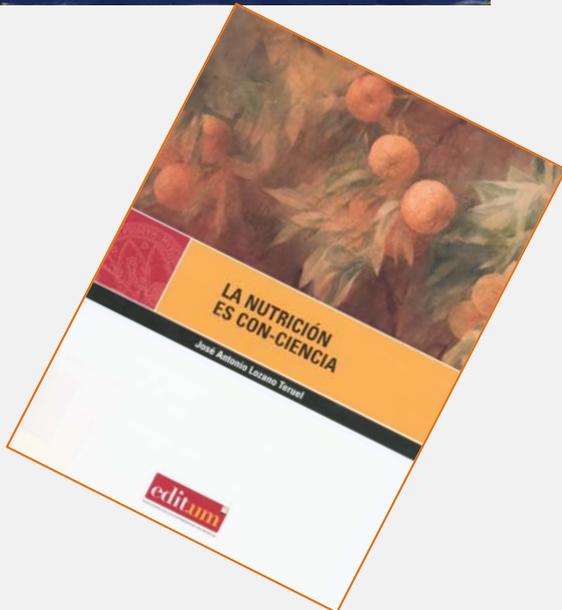
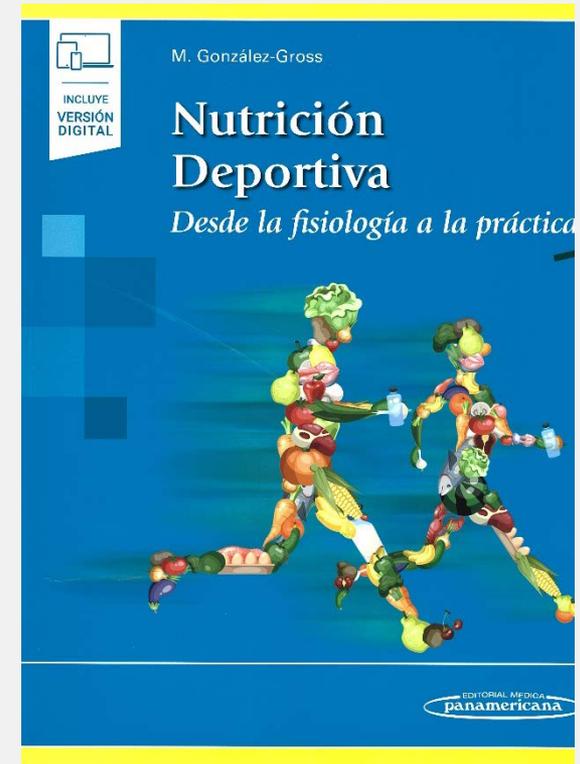
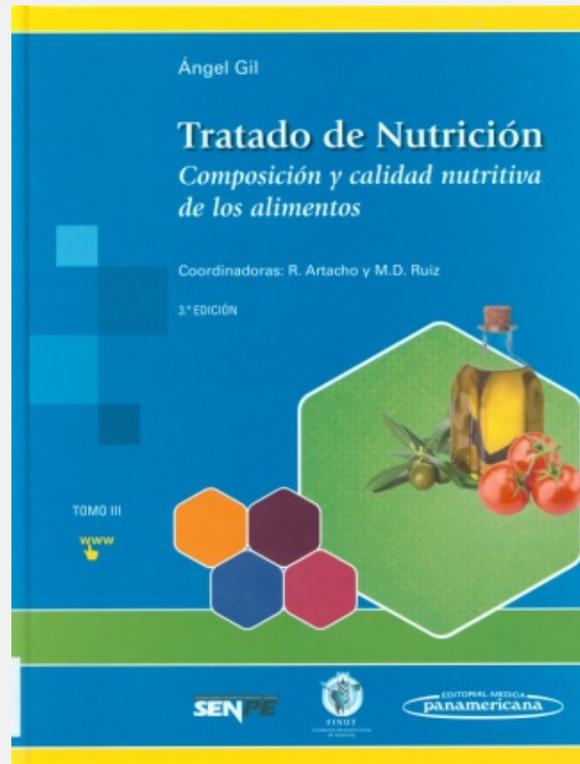


QUEREMOS PRESENTAR ALGUNOS DE NUESTROS LIBROS, MUESTRA DE CÓMO EN LOS LIBROS DE ANTES Y DE AHORA SE HA PROMOCIONADO LA SALUD MEDIANTE LA ACTIVIDAD FÍSICA Y EL DESARROLLO DE HÁBITOS SALUDABLES Y SOSTENIBLES



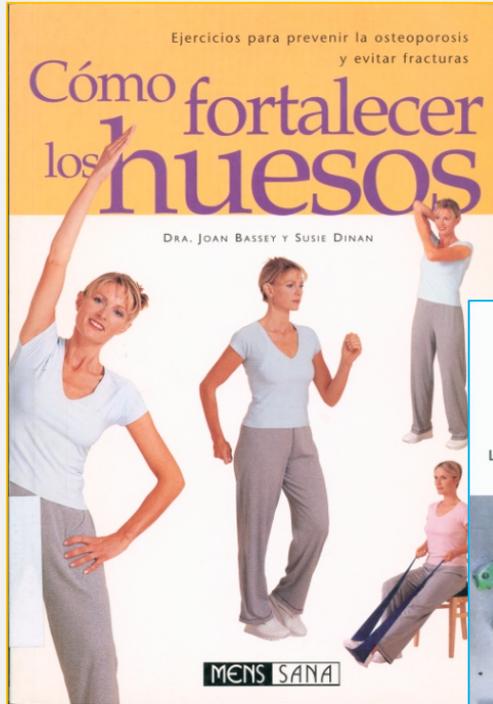


NUTRICIÓN - CUIDA TU ALIMENTACIÓN

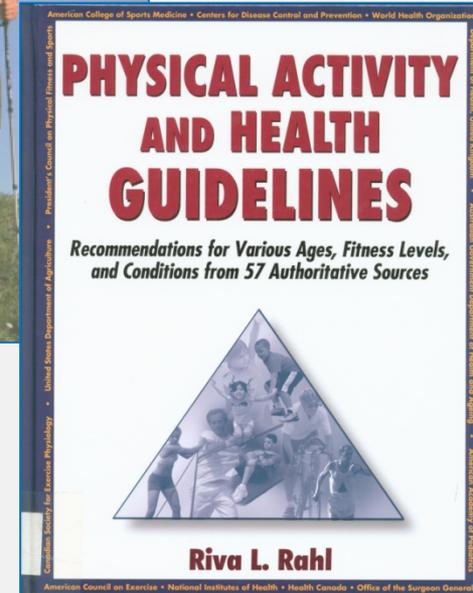
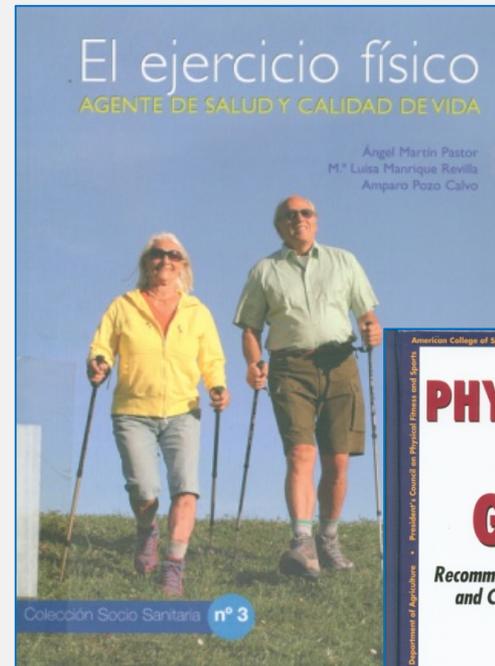
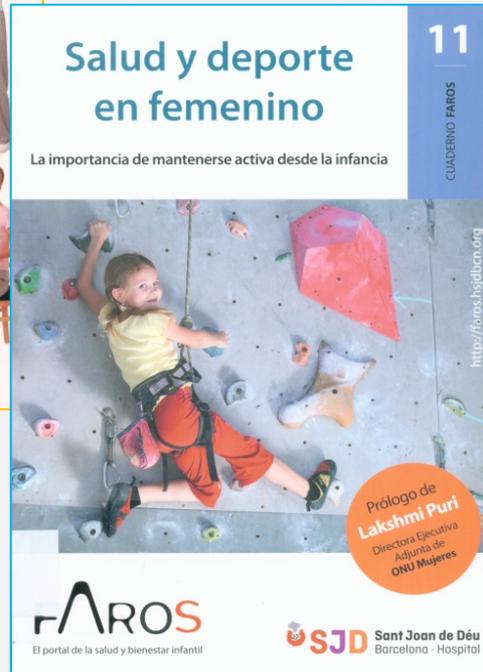




EJERCICIO FÍSICO

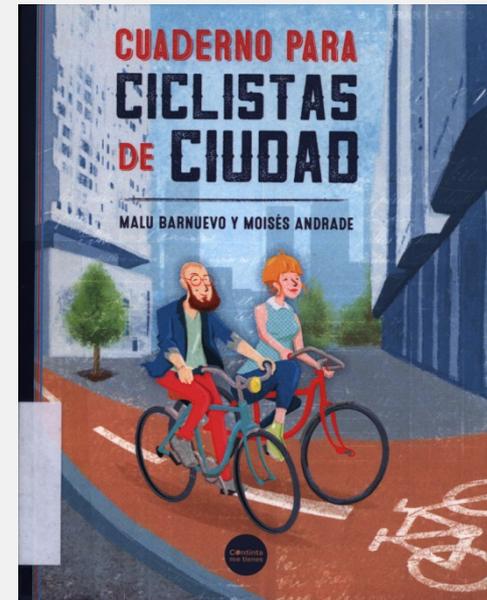
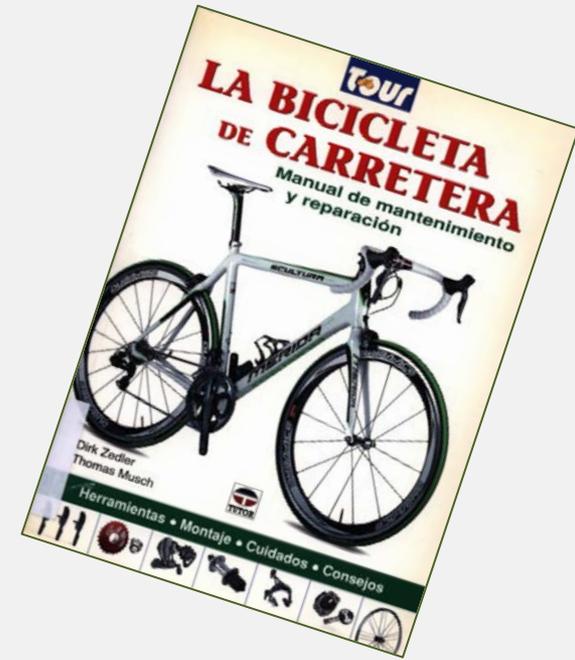
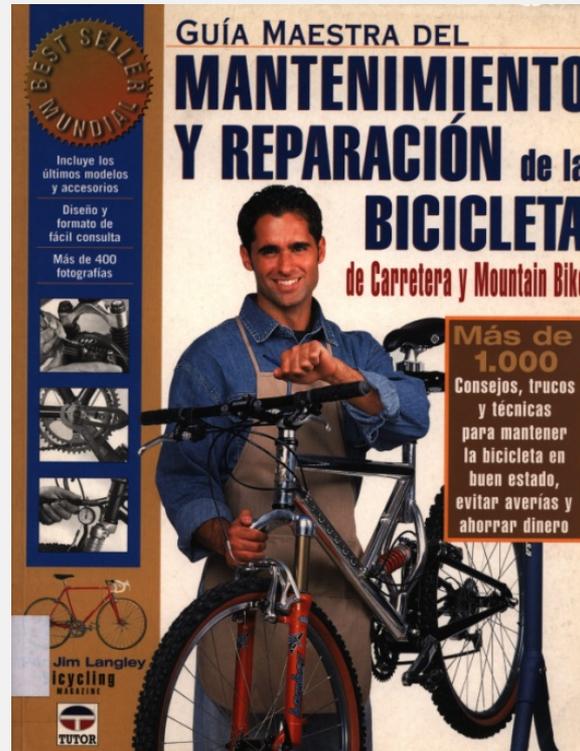
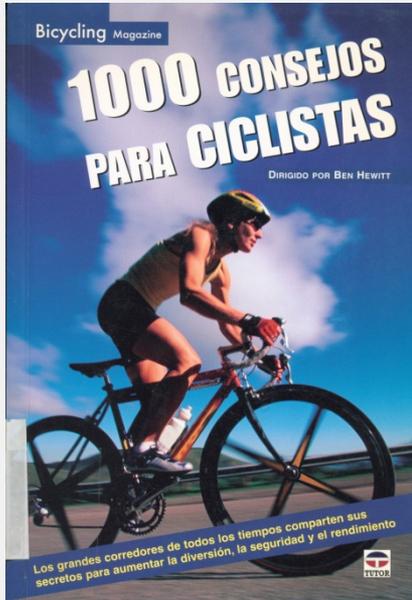


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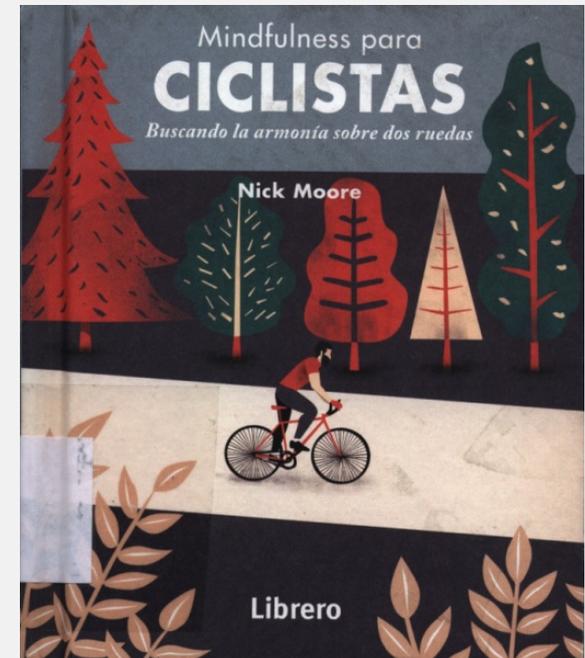
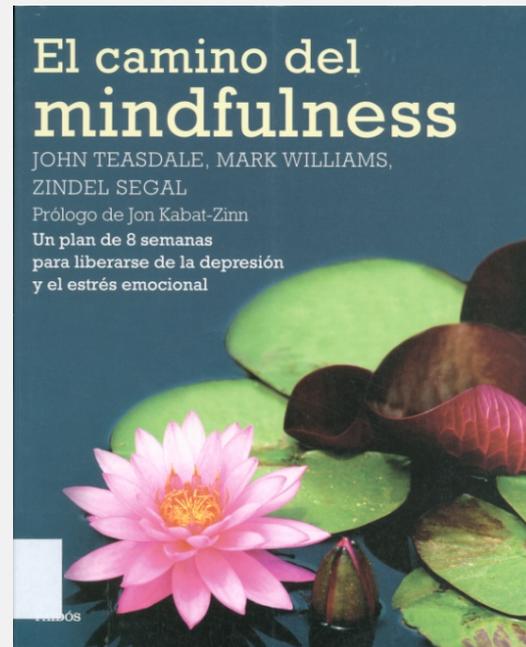
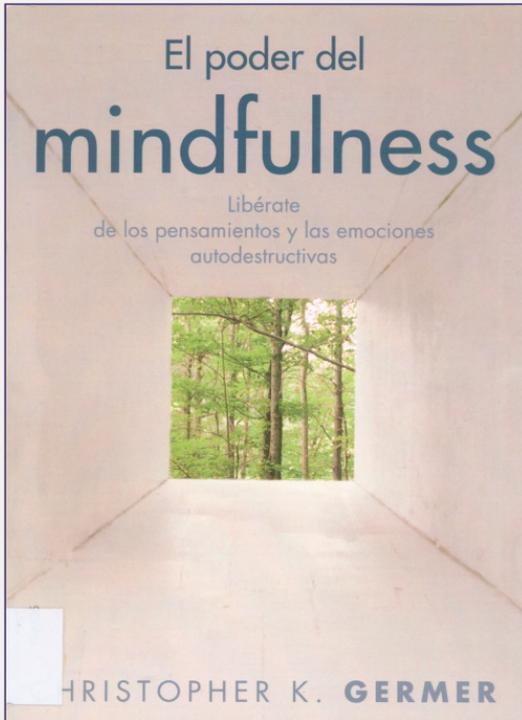
CICLISMO

Mecánica y seguridad





MINDFULNESS - Una opción saludable





ERGONOMÍA EN EL TRABAJO

