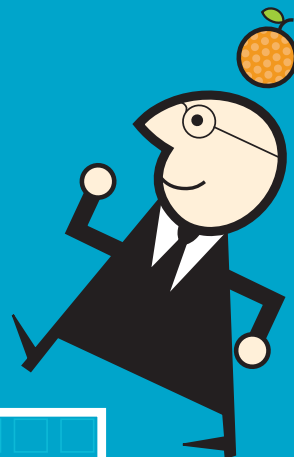
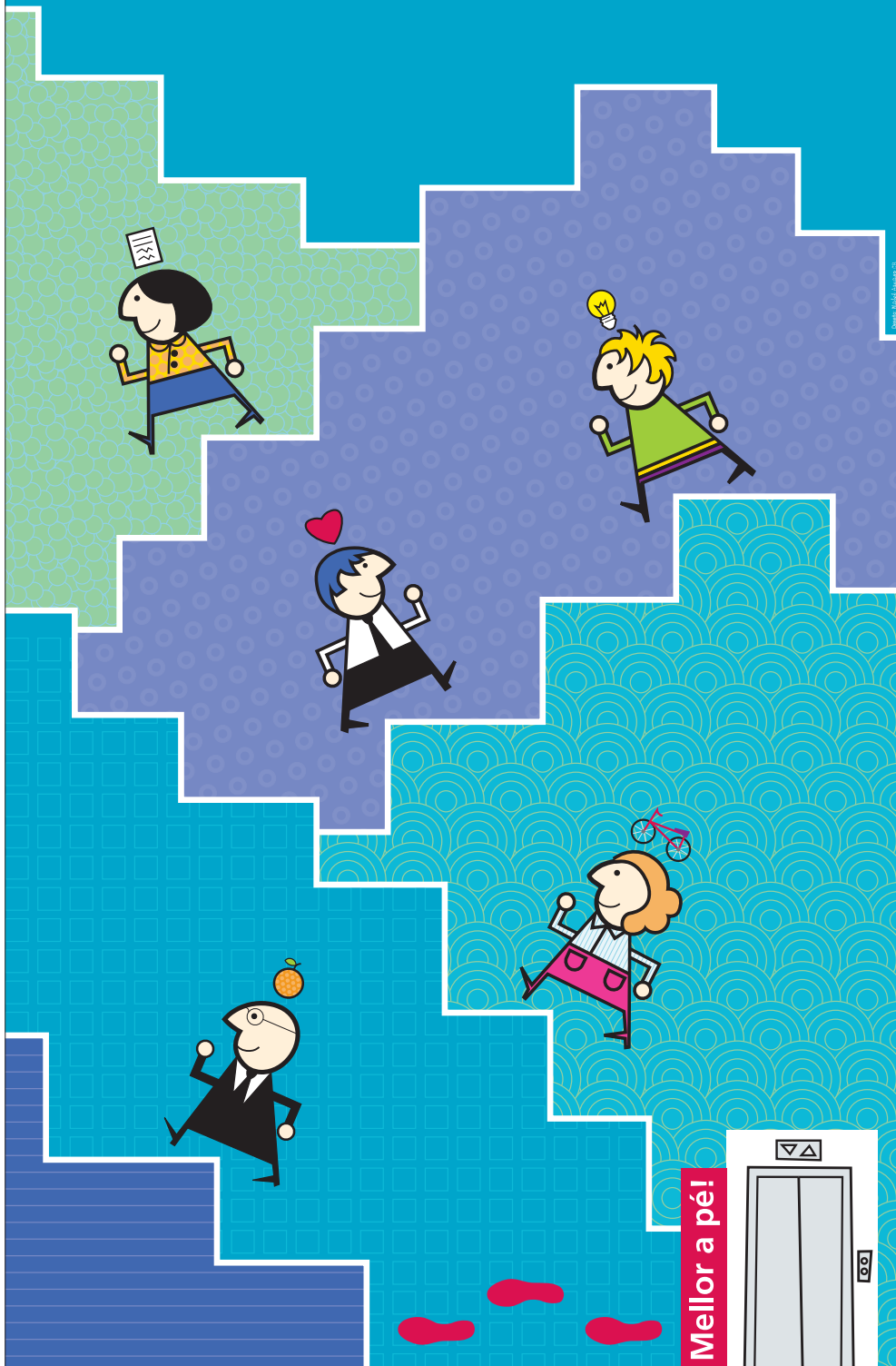


Paso a **paso**
chanzo a chanzo
coida a túa saúde



Paso a paso chanzo a chanzo coida a túa saúde



Mellor a pé!

UNIVERSIDADE DO PORTO
CENTRO DE GERIATRIA



Cada minuto,
9 Kcal

Menor risco de ictus



Cada minuto,
9 Kcal



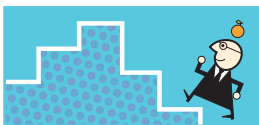
Menor risco de cancro de colon



Cada minuto,
9 Kcal

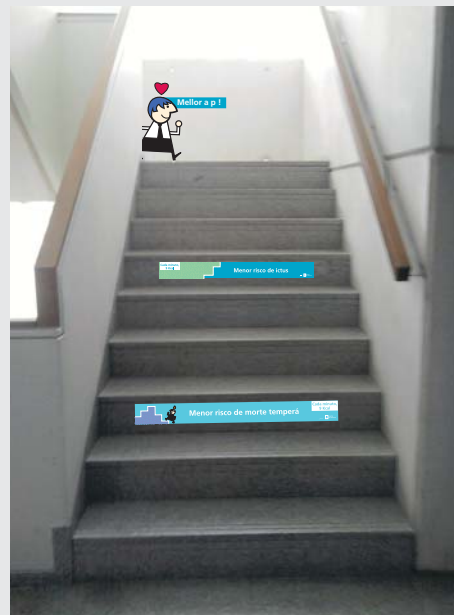


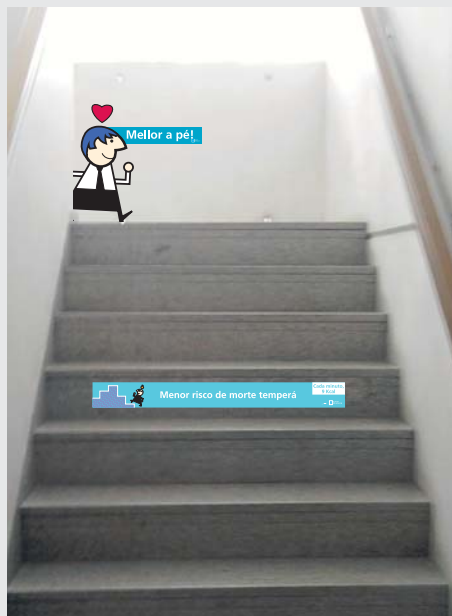
Menor risco de hipertensión arterial



Menor risco de morte temperá

Cada minuto,
9 Kcal



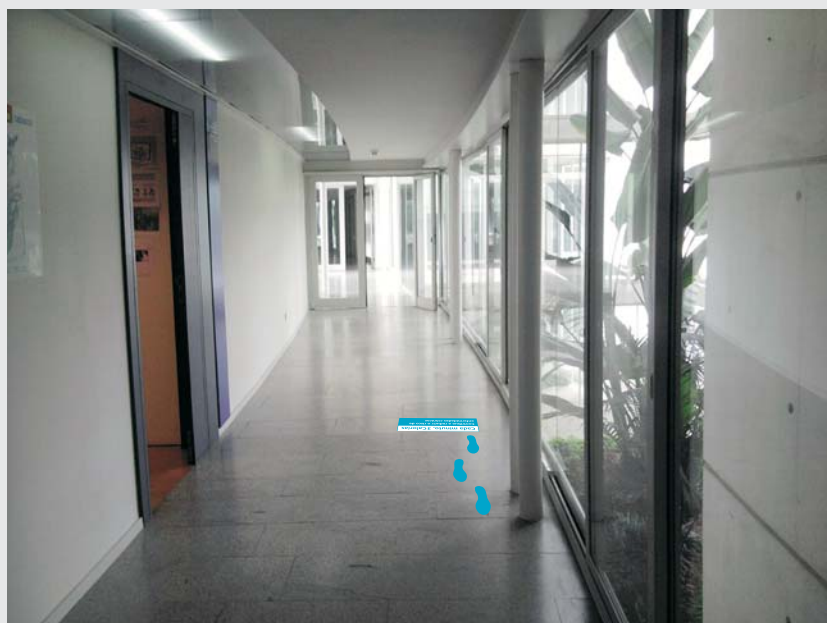




Cada minuto, 3 Kcal

**Menor risco
de morte temperá**

UNIVERSIDADE FEDERAL DO RIO DE JANEIRO



Paso a paso
chanzo a chanzo
coida a túa saúde



XUNTA
DE GALICIA

