

# NOTAS A LOS ESTADOS FINANCIEROS POR EL AÑO TERMINADO EL 31 DE DICIEMBRE DEL 2014

FELIX MORALES CIA. LTDA.  
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NAME	ADDRESS
LEADER	President of the Republic
TEACHERS	President of the Ministry of Education
STUDENTS	President of the Ministry of Education

and the right to elect its members.

## CIVIL &amp; POLITICAL

The right to elect its members.

## ECONOMIC &amp; CULTURAL

The right to elect its members.

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## POLITICAL &amp; POLITICAL

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## POLITICAL &amp; POLITICAL

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## POLITICAL &amp; POLITICAL



100% of energy to the body after exercise  
is stored in fat deposits that can later be converted to fuel for sustained exercise.

#### MONITOR YOUR BODY'S ENERGY LEVELS

Exercise can affect your metabolism in many ways. For example, when you exercise, your heart rate increases, which causes your blood vessels to dilate. This allows more oxygen and nutrients to be delivered to your muscles, which increases their efficiency. As a result, you may feel more energized and less tired during your workout.

#### MONITOR YOUR BODY'S ENERGY LEVELS

When you exercise, your body uses glucose as its primary source of energy. If you don't eat enough carbohydrates, your body will turn to protein for fuel, which can lead to muscle fatigue and weakness. To prevent this from happening, make sure you eat a balanced diet that includes plenty of carbohydrates, protein, and healthy fats.

It's important to remember that

you should always consult

a doctor before starting

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