

Healthy Lifestyle



Who can we call a healthy person?

You know a lot about living a healthy lifestyle, but what does that mean?

In general, a healthy person doesn't smoke or drink. He is at healthy weight, eats healthy food and does exercises.



The secrets of healthy lifestyle

- A healthy mind in a healthy body
- Take care of your diet
- Do regular sports exercises
- Eat moderately
- Eat various food
- Pay attention to vitamins
- Fall asleep and wake up at the same time



After asking several people, we managed to establish that most people don't take care of their health nowadays.

There are only 30 % of people who are really taking care of themselves and have a healthy lifestyle. It's a very small number. That's why we should all start taking care of our health as much as possible, because when we get older, our body will definitely let us know how well we took care of it.



People, who lead a healthy lifestyle, follow some rules:



go in for sports



temper



eat healthy food



keep to a day regimen



walk frequently in the open air

Bad habits and a healthy lifestyle are incompatible.



Perhaps, sport occupies the most important place in a healthy lifestyle. You can do exercises in the morning and you can practice various sports. The most important thing is to choose for you something real. You should really start something.



Thank you for attention!

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