

Healthy lifestyle



Healthy lifestyle - this is a model of human activity, the main principle of which is a careful attitude to your body. Healthy lifestyle involves carrying out special measures aimed at improving health, and giving up everything that adversely affects human health: bad habits, excessive physical and mental stress, irrational nutrition, etc.

The main components of a healthy lifestyle

Hardering



Physical activity



Lack of bad habits



Personal hygiene



Healthy eating



Sound sleep



Conclusion

A healthy lifestyle is an effective way to maintain health at all age periods of a person, with all conditions of his body. Healthy lifestyle allows you to keep a person active and prolongs life.

поставьте 5, жена рождает

