

A Healthy Lifestyle



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healthy sleep

- 1 Exclude food intake just before bedtime.
- 2 It is desirable to go to bed no later than 22-23 hours.
- 3 It is best to sleep - on the side.
- 4 Some fall asleep nicely to the quiet pleasant music.
- 5 Sleep better on a solid flat surface.





healthy food

- 1 The rule of healthy eating - A varied diet
- 2 Eat at a certain time, not on the go.
- 3 Eat more fresh fruits and vegetables.
- 4 Food that has been left in the refrigerator for several days loses its beneficial properties.
- 5 More useful unboiled water, purified with a filter.



sports lifestyle

- 1 Move actively.
- 2 Eat healthy food.
- 3 Purify and strengthen your body.
- 4 Cultivate healthy thinking and develop willpower.
- 5 Strive to gain new knowledge about your health.

hygiene

- Keep your hands and nails in perfect cleanliness.
- Take a bath or shower every day.
- Wash twice a day.
- Carry the necessary care products.





Thanks for your attention

