

*Healthy Lifestyle



- * Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability.



- * The state of your body depends on how much time you spend doing sports. At least everybody must do morning exercises every day. The most healthy kinds of sports are swimming, running and cycling.



- * Healthy food is also a very important factor. Overeating causes many dangerous diseases. The daily menu should include meat, fruit and vegetables, milk product, which are rich in vitamins, fat, proteins and etc.

- * To be healthy, people should get rid of their bad habits. It's necessary to stop smoking and drinking much. Everyone should remember that cigarettes, alcohol and drugs destroy both body and brain.





* Teenagers prefer to spend free time in front of a computer rather than to walk, play football or go to a swimming pool.



**Thank you for your
attention!**