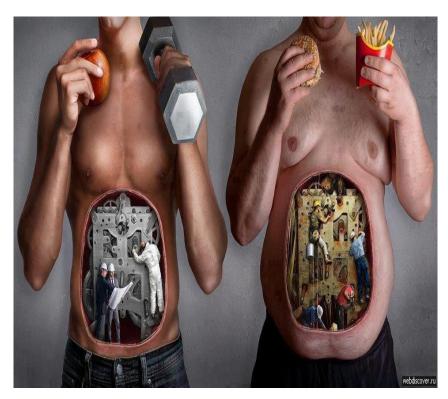# HEALTH

Good health is very important for every person. Moreover, there is nothing more important than health. Wise people even say: "Health is above wealth", because if you don't care of your health, you can't study or work properly. Unfortunately, having perfect health is almost impossible nowadays. Due to highly polluted environment people suffer from many diseases.
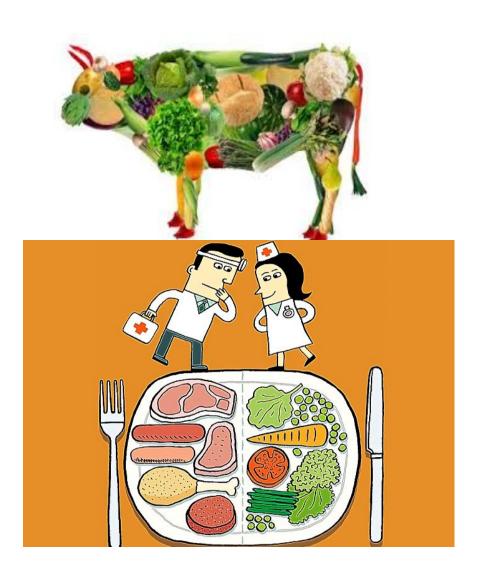
The best way to stay healthy is to do regular morning exercise, to eat healthy products, to sleep at least 8 hours a day and to quit bad habits. The good thing is that people are becoming more health-conscious. In my opinion, the number of smoking and alcohol drinking people is decreasing in our country. This is happening because people started to understand how dangerous these two bad habits are. Obesity is another health problem. People, who eat lots of fattening food and do almost no exercise, are often overweight.

A healthy diet involves many fruit and vegetables, seafood and wholegrain products. Salt, sugar and fat should be avoided. Excessive dieting can be also dangerous.
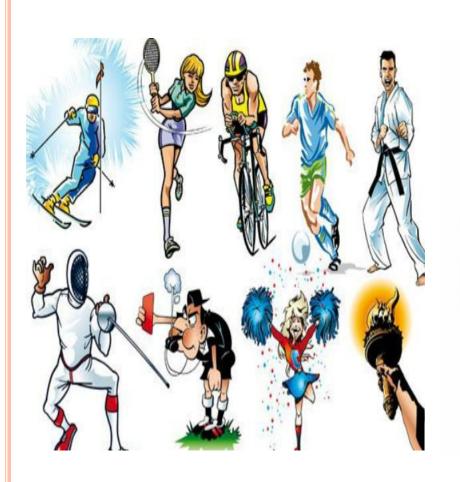
Some people refuse to eat meat and become vegetarian. However, doctors say that meat is an excellent source of good nutrition.

To my mind, one of the best ways to stay healthy and fit is to go in for various sports. It is especially useful to go for a walk before going to bed.

THE TASK FOR THE TEXT

- 1 What is in your opinion can strengthen the immune system?

- 2What sport do you do? Does it help to be healthier?

- 3What do you think about vegetarianism?

True or False

- A) The food that you eat does not affect your health.
- B) Unfortunately, having perfect health is almost impossible nowadays.
- C) People with overweight live longer than healthy people.
- D) The hardening procedure reduces immunity.
- E) Smoking and alcohol are harmful to health.
- F) People began to care more about your health.