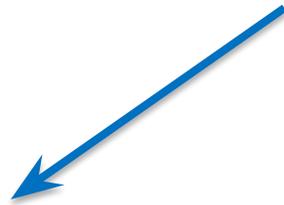




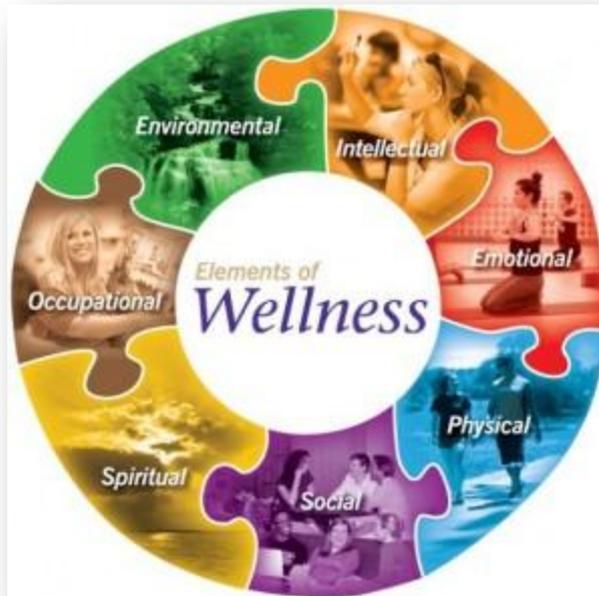
# Our Life



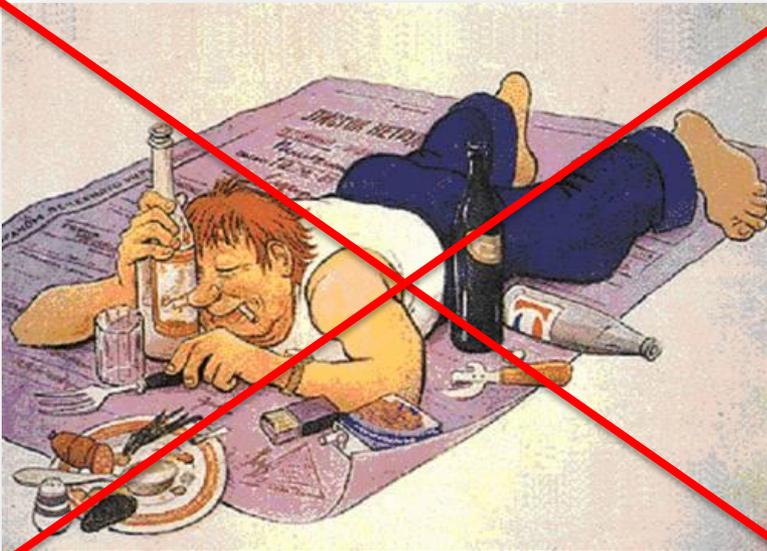
**Wellness**



**Badness**



# Badness

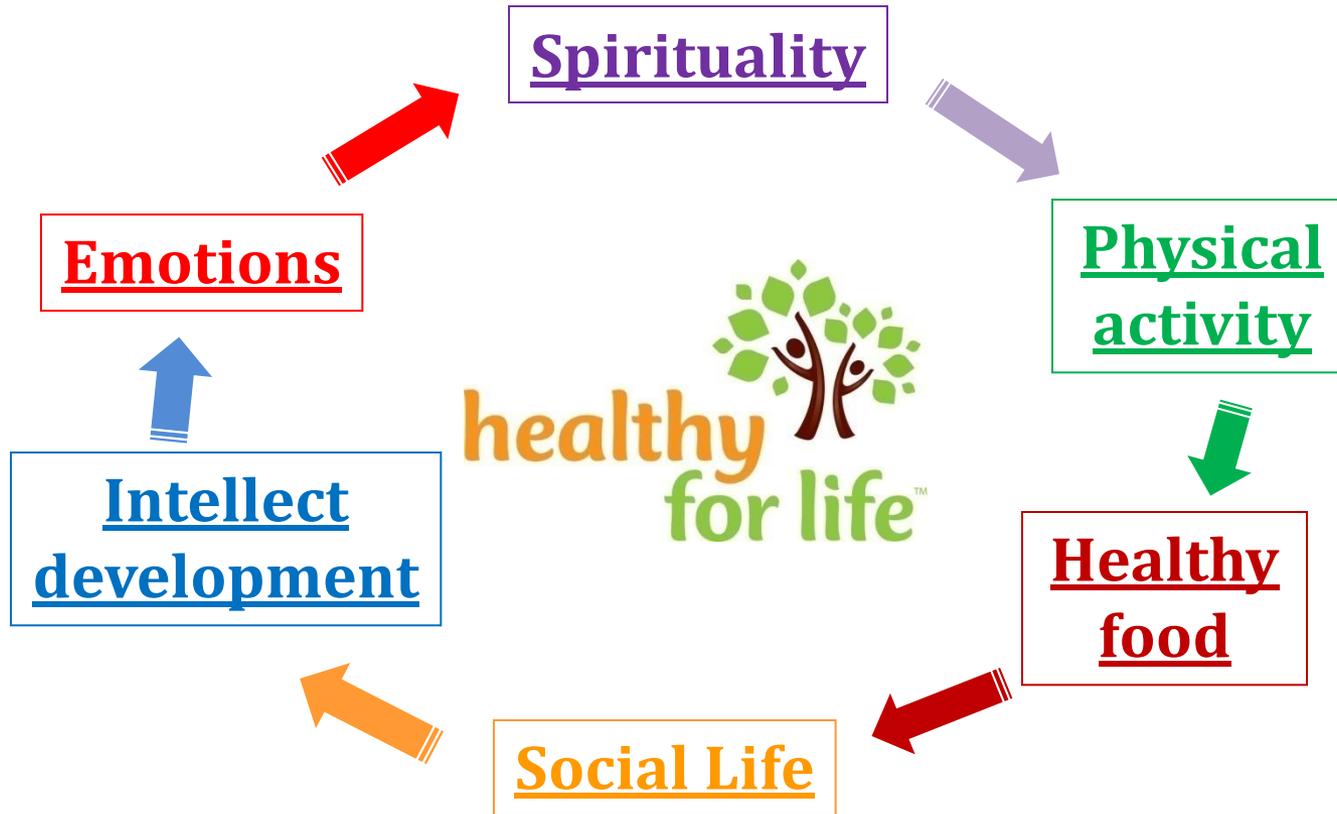


- 1) Негодность
- 2) испорченность
- 3) безнравственность
- 4) вредность
- 5) болезненность
- 6) неполноценность

**worthlessness**  
**corruption**  
**immorality**  
**harmfulness**  
**sickliness**  
**deficiency**

# Wellness

*-хорошее здоровье как результат  
здорового образа жизни*



*The state of being in good physical and mental health*



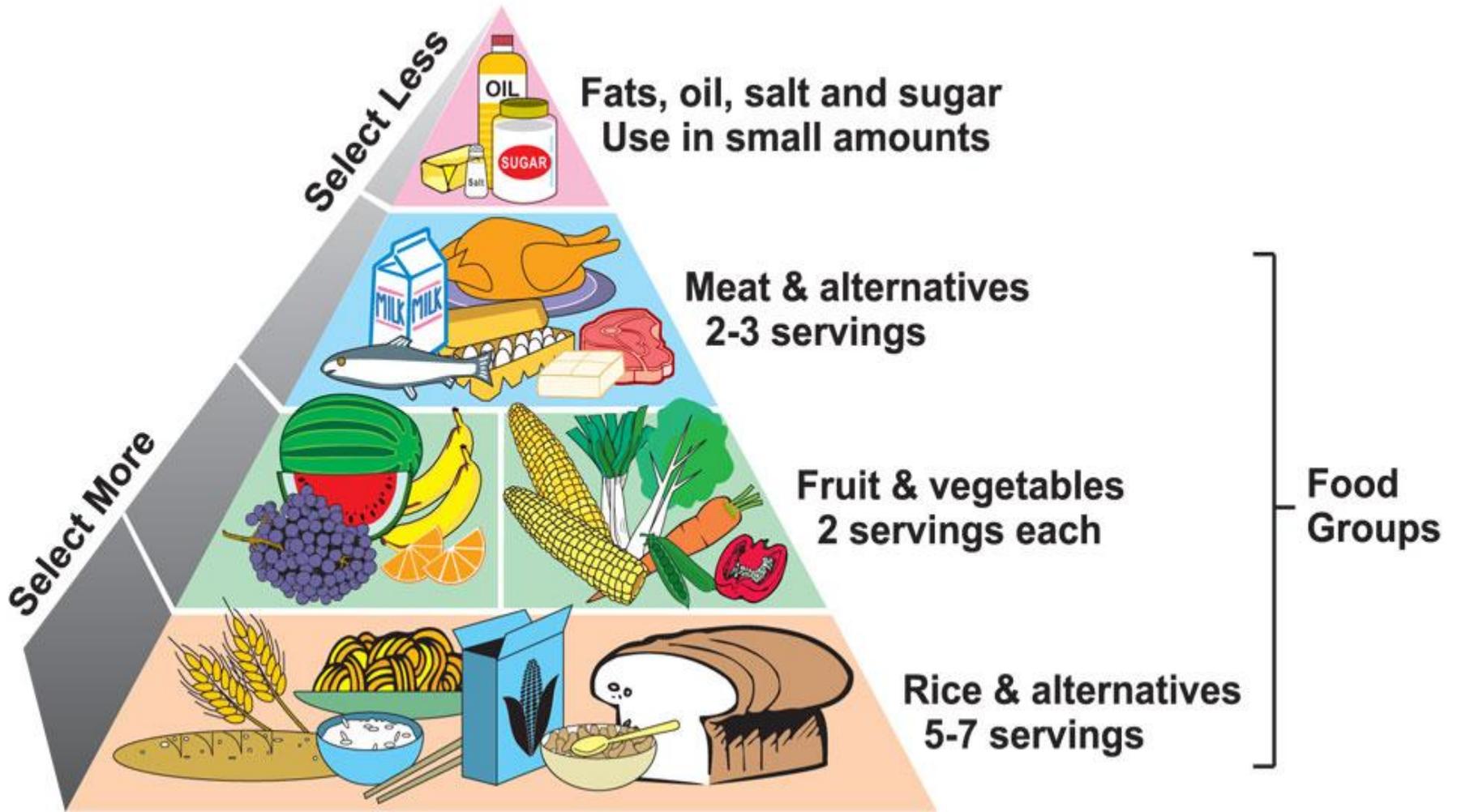
# Physical activity



# Healthy food



An apple a day = no doctor		1 Lemon a day = no fat		3ltrs of water per day = no diseases
	Tulsi Leaf a day = no cancer		1 cup milk a day = no bone problem	



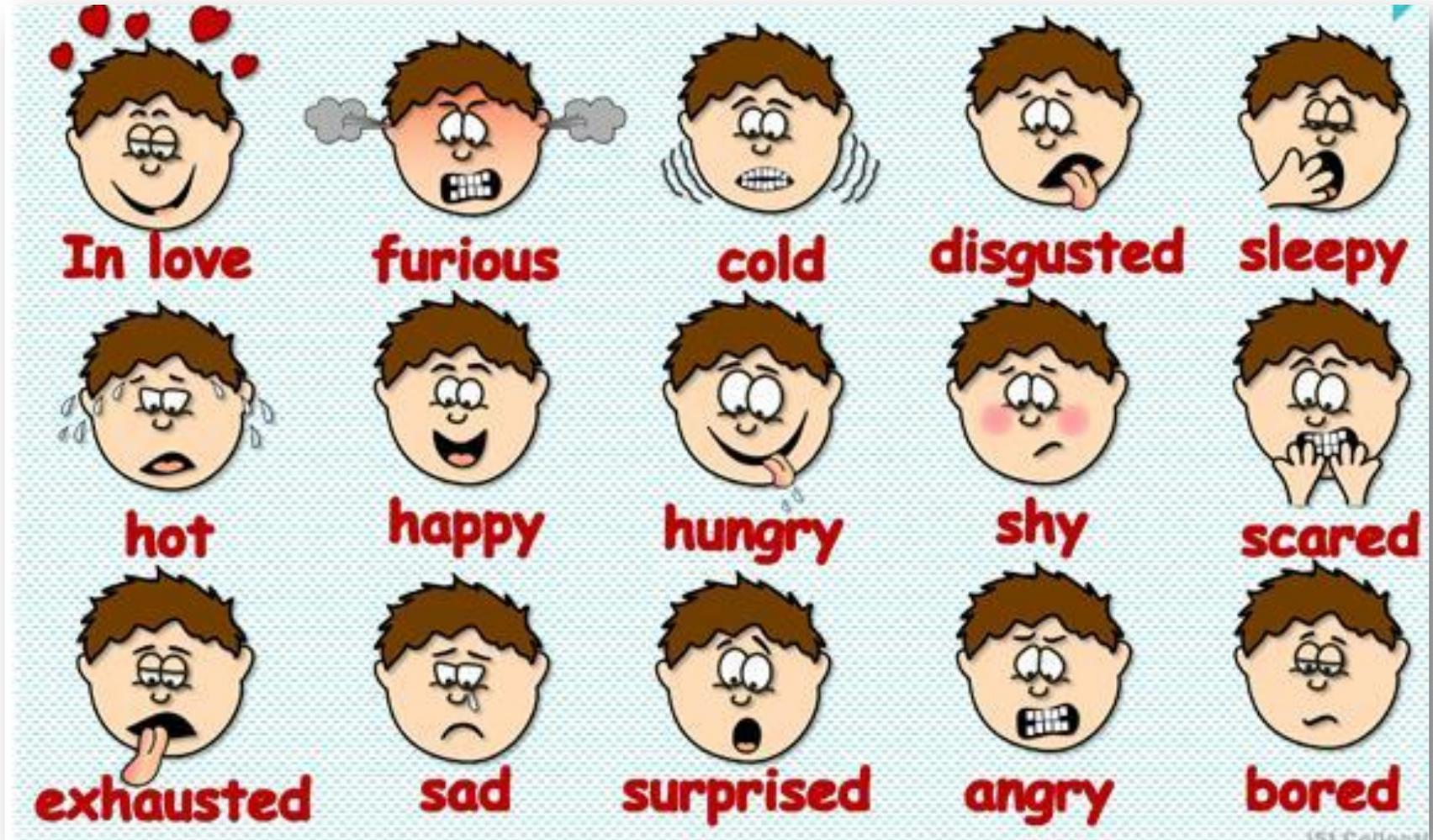
# Social Life



# Intellect development



# Emotions



# Spirituality





- 1) Anger (гнев)
- 2) Obesity (обжорство)
- 3) Pride (гордыня)
- 4) Greediness (жадность)
- 5) Lechery (разврат)
- 6) Sloth (лень)
- 7) Envy (Зависть)

Compare, please.



## Seven Deadly Sins

Anger

Lechery

Obesity

Pride

Sloth

Greediness

Envy

## Seven Health Sins

Alcohol

Lack of Sleep

Eating Habits

Physical inactivity

Drugs

Smoking

Depression



- *Do you eat between meals, skip breakfast, have snacks?*
- *Do you go to bed late?*
- *Do you do morning exercises?*
- *Have you ever smoked?*

# The Questionnaire “Ask yourself”

- *Which life-quality ingredients are most important to me?*
- *What can I do to help myself achieve wellness?*
- *How can I get rid of badness?*



**The Choice is yours!!!**

# Healthy Lifestyle Declaration:

- **Avoid bad habits.**
- **Do physical activities regularly.**
- **Think positively.**
- **Eat healthy food.**
- **Sleep enough.**
- **Enjoy your healthy way of life!**

***BE HEALTHY!***

