

# *Healthy lifestyle*

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***A healthy way of life is very fashionable nowadays. But it is not only popular; it is also useful for our organism!***

***People, who lead a healthy way of life, follow some rules: go in for sports, temper, eat healthy food, keep to a day regimen and walk frequently in the open air.***



Perhaps, sport occupies the most important place in a healthy way of life. You can do exercises in the morning and you can practice various sports. The most important thing is to choose for you something real. You should really start something.



**A healthy mind in a healthy body One of the biggest problems today is lack of activity. We know it's good for us but avoid it. The truth is, movement is life and the more you do, the healthier you'll be. Even moderate activities like chores, gardening and walking can make a difference.**



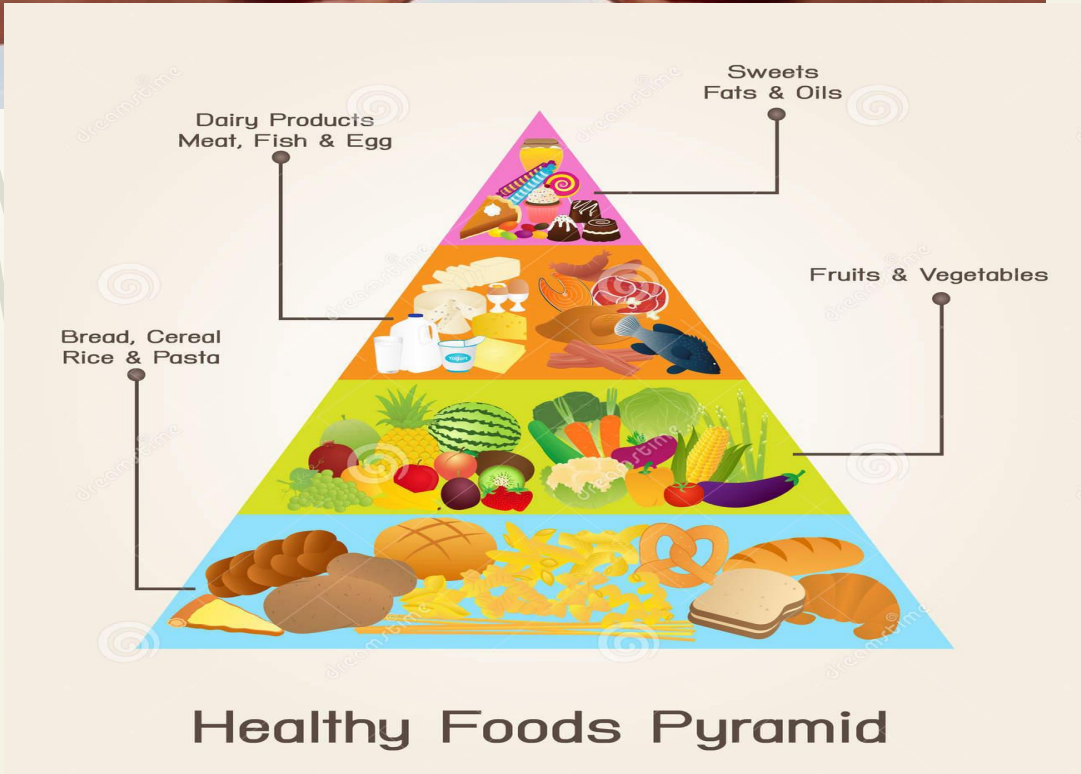


**Simple Ways to Move Your Body** You can start the process of weight loss now by adding a little more activity to your life, because it burns more calories.

**Turn off the TV.** Once a week, turn off the TV and do something a little more physical with your family. Play games, take a walk...it will be more active than sitting before TV. Walk more. Look for small ways to walk more.



We shouldn't forget about healthy eating either. Proteins, fats and carbohydrates should be balanced. Proteins are the «bricks» that make up the body's cells. Your body needs fats that reserve energy and calories. Carbohydrates are the main supplier of energy for life. Dietary fibers stimulate good digestion, protect the organism from dietary carcinogens and help to prevent many diseases. That's why it is not recommended to limit you in products, which contain proteins, fats, and carbohydrates. But it is necessary to limit yourself in sweets, salt, spicy and fried foods, and also strong carbonated drinks



***It is also important to keep to a day regimen. We should go to bed and get up at approximately the same time.***



***Bad habits and a healthy lifestyle are incompatible.***

***Consumption of alcohol and tobacco damages health***

***A person who smokes or drinks alcohol is harmful to others. Smoking can result in getting cancer.***





*So, if we follow a healthy way of life, we will live a long and beautiful life.*

