

Sport for Healthy Life Style

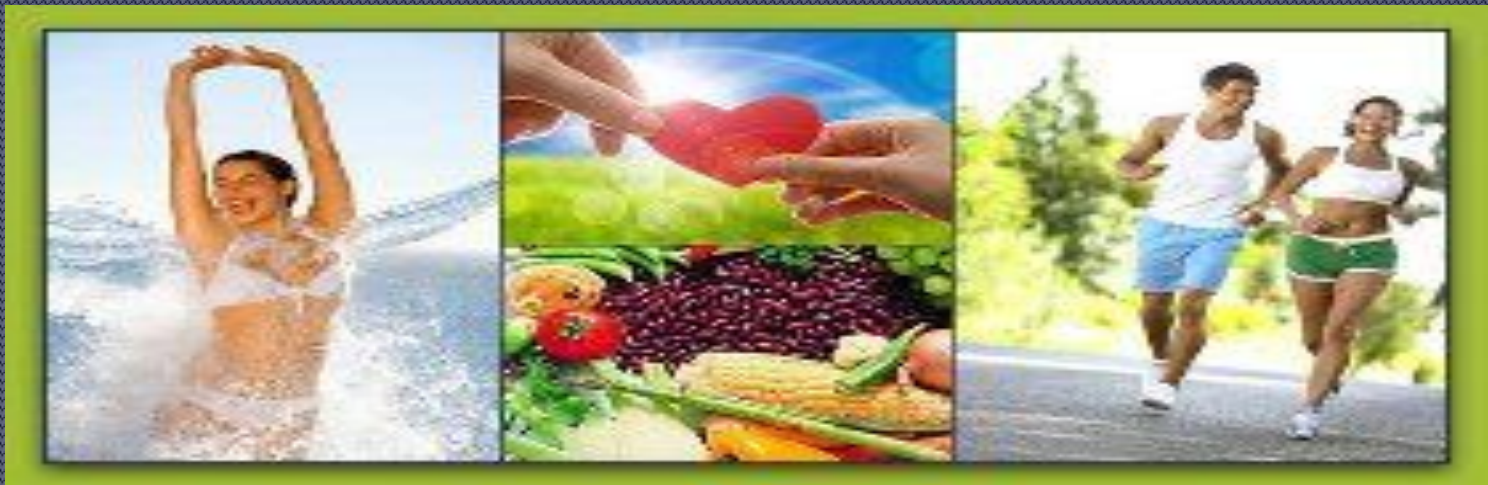
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- ❖ Nowadays healthy life-style is gaining more and more popularity. Lately people have finally realized that whatever a person would do and whatever post he would hold, health is the most valuable wealth in our life.



- ❖ People became more health-conscious. Now everyone understands that healthy nutrition is not a mere name. Even developing countries began to take GMO, colorings and unnatural additives with caution. Now buying only organic and healthy food, eating more fruits and vegetables, as well as going in for sports and keeping fit are in.



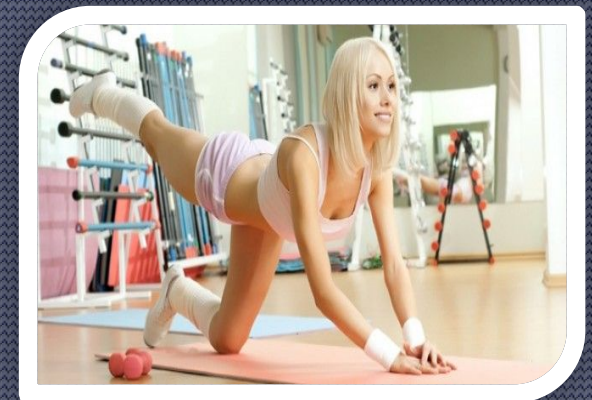
- ❖ Sport is as important as the quality of food. Many people are still lazy and do not want to take up any sports, because they think that sport is only weights and bulky exercise equipments. In fact, sport is an active approach to life and desire to improve a body. We are not talking only about the gyms and professional sports centers. The alternative of any exercises can be dancing, walking and jogging in the open air.



❖ The only possible way of preserving one's health is healthy way of life which includes keeping fit, balanced meals and giving up unhealthy habits like drinking, smoking, and drugs



- ❖ To keep fit, you may visit health and fitness clubs, public leisure centres, indoor water parks or just do regular exercise — aerobics or yoga, training in a gym, walking, jogging or other accessible sports



Today, there are a lot of sports that are beneficial to human health, each person should be 'interested' in the sport.



Sport in my life

I love to do aerobics in fitness clubs and at home. I love dancing. I am fond of football but most love to watch you play. I am a fan of football club Real Madrid



in conclusion

Healthy lifestyle is not only a sound body but also a sound mind. Faith, optimistic approach to life, ability to keep even temper and calm - these things are also equally important.

Thank you

