

Healthy body, healthy mind

Health is better than wealth!

Health is not valued till sickness comes.

Prevention is better than cure.

Is there anything more important than health?

- If your body suffers from any disorder your mind suffers with the body, too.
- You can't be good at work or at studies.
- Aches [eiks] and pains lead to irritation, nervous exhaustions [igzo:st.ɛn], apathy. (*Боли ноющие и острые ведут к раздражению, нервному истощению, апатии*)
- If you have a headache [ˈhedeɪk], toothache, backache, stomachache (*стамэкэйк- желудочные боли*) or earache, if you have a sore throat, eye [aɪ] or finger, if it hurts you to move – you should go to the doctor.

Doctor, doctor!

- **Are you all right?** – *С тобой всё в порядке?*

- **What's wrong with you?**– *Что-то не так?*
- **What's up?** – *Что произошло?* **What's the matter?**–*Что случилось?*
- **Let me help you.**– *Позволь помочь тебе.*
- **Don't worry! / Take it easy!** - *Не волнуйся!*
- **It's going to be all right!** – *Всё будет хорошо!*
- **It's nothing serious.**– *Ничего серьёзного.*

Use “should” (*должен/следует*)

*You should take care of your health!

If you have a stomachache, you should eat a light meal.

- If you have an earache, you should put drops in it.
- If you have a sore throat, you should have a hot cup of tea.
- If you have a toothache, you should take a painkiller.
- If you have a high fever, you should drink plenty of fluids.
- If you feel exhausted, you should lie down and get some rest.
- If nothing helps you, you should call the doctor and follow all his/her recommendations!
- **Take care! Keep your HEALTH! There is Nothing better than HEALTH!**

Health is the main value for all the people. We should take care of it. We should have a balanced diet, go in for sports and avoid bad habits. When we are healthy – we are happy!



RECOMMENDATIONS

- Go in for sport, it can help you look better.
- It can burn more calories
- It can help you sleep better.



What's the right activity for me?

- A lot of activities can be done by yourself. Here are some of the best, easiest and most popular ways to start getting fit . Put you in touch with a school club. Such as:
 - Dancing
 - Basketball
 - Skiing



Proper Nutrition





No Bad Habits



Say it using “If”

- If we ... (think) about our future, we ... (take care) of our health.
- If we ... (take care) of our health, we ... (lead) healthy lifestyle.
- If we ... (lead) healthy lifestyle, we ... (eat) only good food and ... (ignore) junk food.
- If we ... (eat) only good food and ... (ignore) junk food, we ... (feel) well.
- If we ... (feel) well, we ... (do) sports.

- If we ... (do) sports, we ... (not to have) time to try smoking, alcohol and drugs

- If we ... never (try) smoking, alcohol and drugs, we ... (keep) fit as a fiddle.
- If we ... (keep) fit as a fiddle, we ... (be able) to do good things.
- If we ... (be able) to do good things, many people ... (be happy).
- So, lead a Healthy lifestyle do sport and be happy.

• Now it's time to relax!!!