

HEALTHY LIFESTYLE

THE HEALTH OF A PERSON IS THE
MAIN VALUE IN THE LIFE.

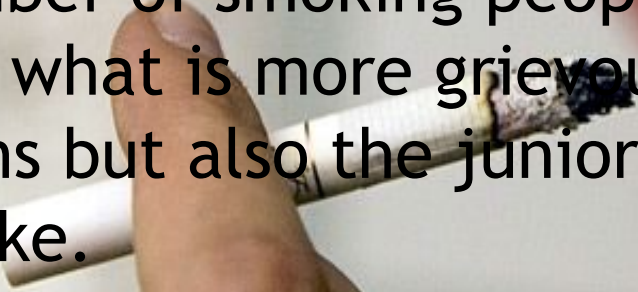


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- A woman with blonde hair, wearing a white leotard, is captured in mid-air, jumping or dancing in a green field under a clear blue sky. Her arms are outstretched, and her head is tilted back, conveying a sense of freedom and joy.
- ◉ But how to be healthy, when there are a lot of fatal temptations around us?

Don` t begin! Don` t make the first cigar inhalation, the first sip of alcohol! Everything begins so simply, but comes to the end with a trouble.

SMOKING

- It was said so much about the harm of smoking. For a long time it has been proved, that smoking is not only reflected on the budget of a family, pollutes air, but also ruins our health. But, in spite of all that the number of smoking people is not diminished. And what is more grievous, not only the teens but also the junior schoolboys begin to smoke.

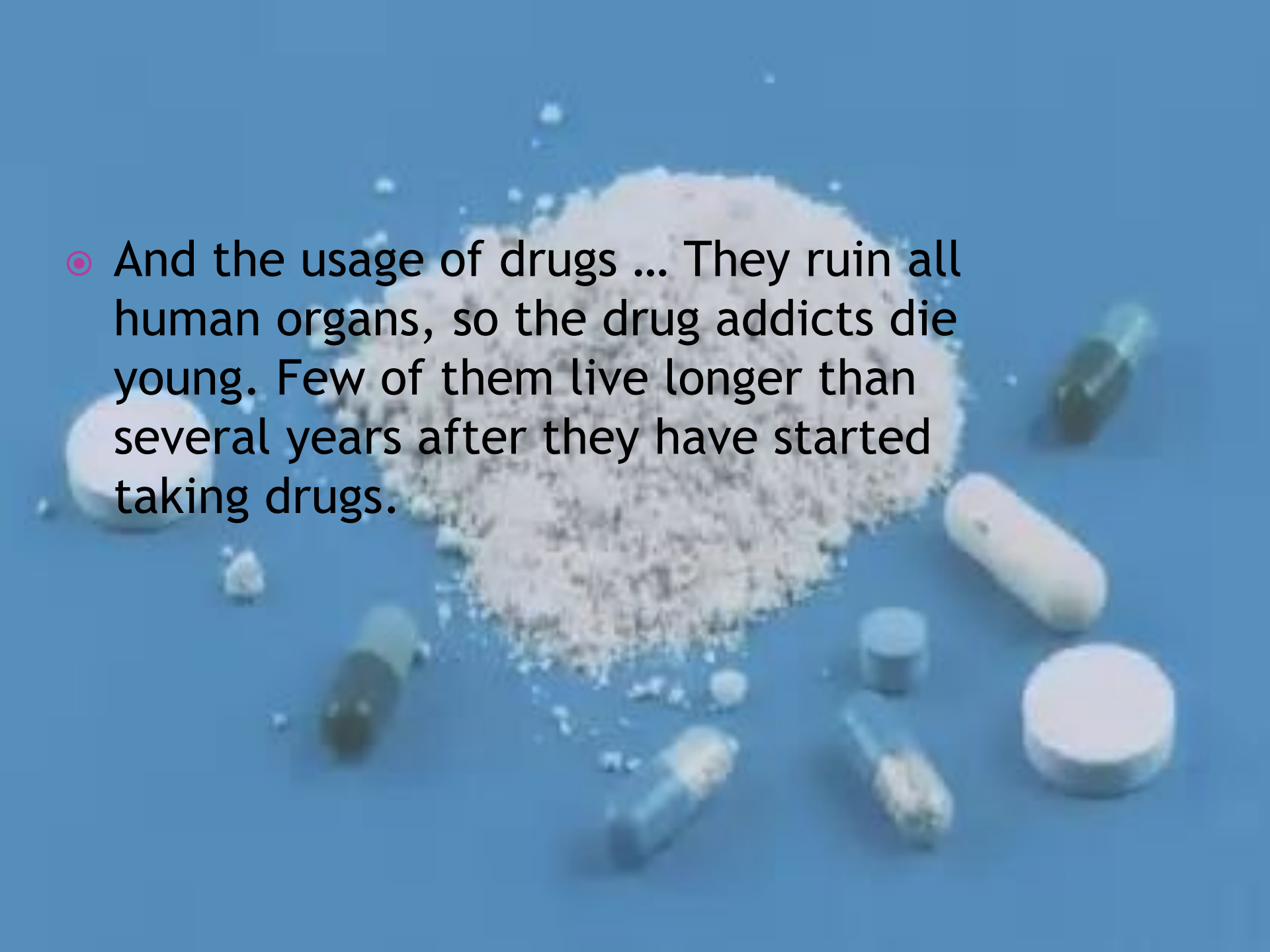


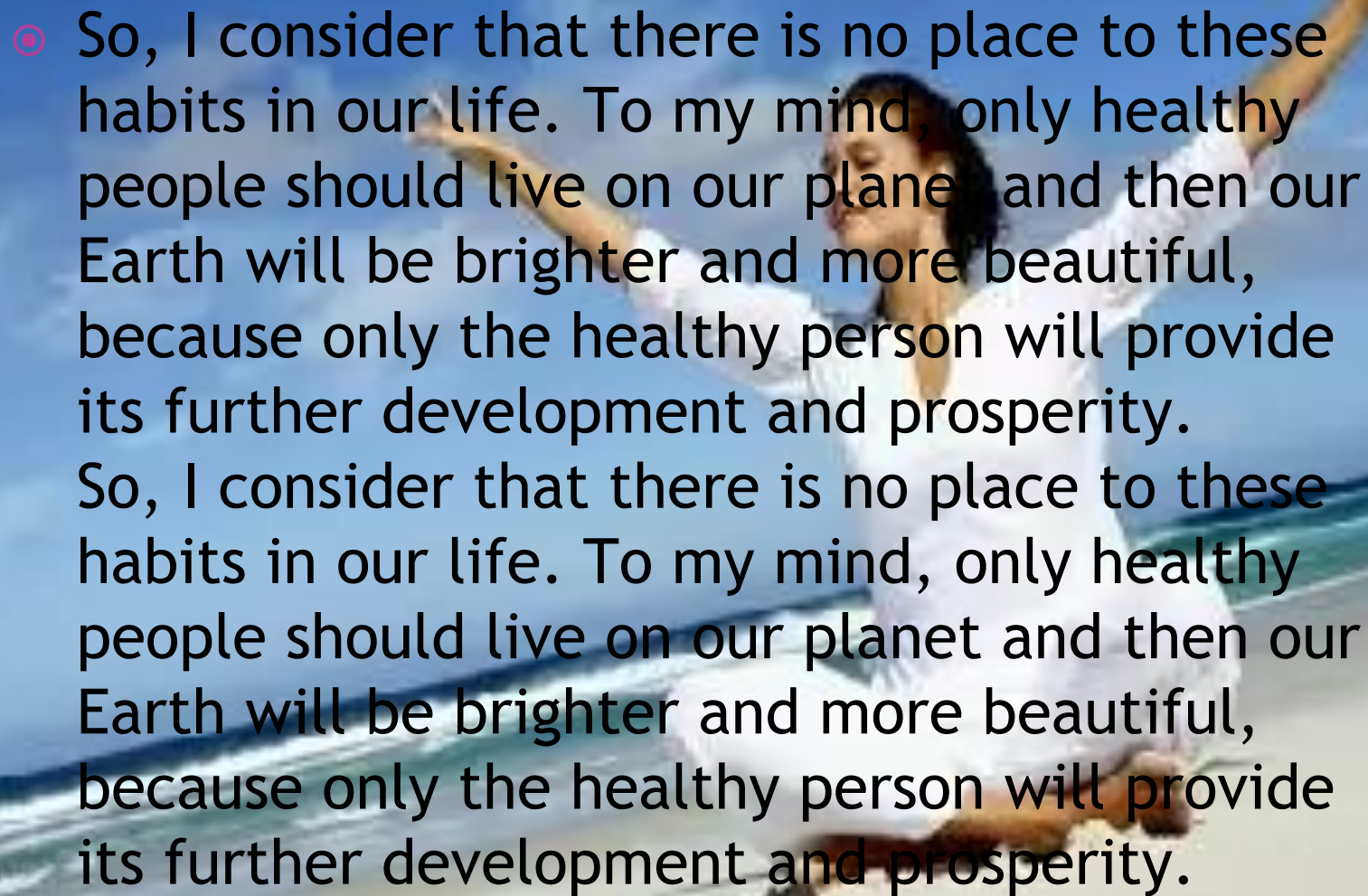
IN ADDITION TO SMOKING, WE CAN
NAME THE OTHER FATAL HABIT: THE
DRINKING OF ALCOHOL



- Unfortunately, very often they combine with each other. Alcohol is a poison! Having penetrated into an organism, it has destroyed the brain of the person for some months. A great man said that drinking alcohol is a voluntary mad, and I think he was right. Under the influence of alcohol the person can make absolutely rash actions. The matter is that alcohol is the drug, and drugs influence on the brains of the person. Especially alcohol is very dangerous for the young because their organism is exposed to the influence of harmful substances more easily. Even a single sip of alcohol causes a poisoning which can lead to death.

- And the usage of drugs ... They ruin all human organs, so the drug addicts die young. Few of them live longer than several years after they have started taking drugs.



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- A woman in a white dress is sitting on a sandy beach, her arms raised in a gesture of joy or triumph. She is looking towards the right. The background shows the ocean waves and a clear blue sky. The text is overlaid on the image.
- So, I consider that there is no place to these habits in our life. To my mind, only healthy people should live on our planet and then our Earth will be brighter and more beautiful, because only the healthy person will provide its further development and prosperity.
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