



HEALTHY LIFESTYLES



Be Healthy!

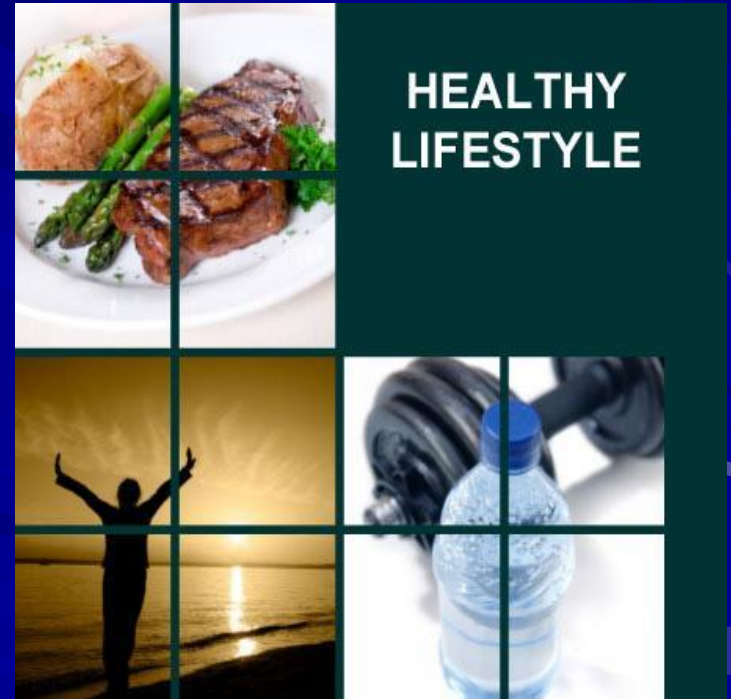
Eat well, Live well.



healthy
Lifestyles

You should

- Get up early and go to bed early
- Wash your hands before eating
- Go in for sports
- Sleep enough
- Take a cold shower
- Air the room



You shouldn't

- Smoke
- Watch TV too long
- Eat too many sweets
- Spend much time indoors
- Eat between meals



Healthy food

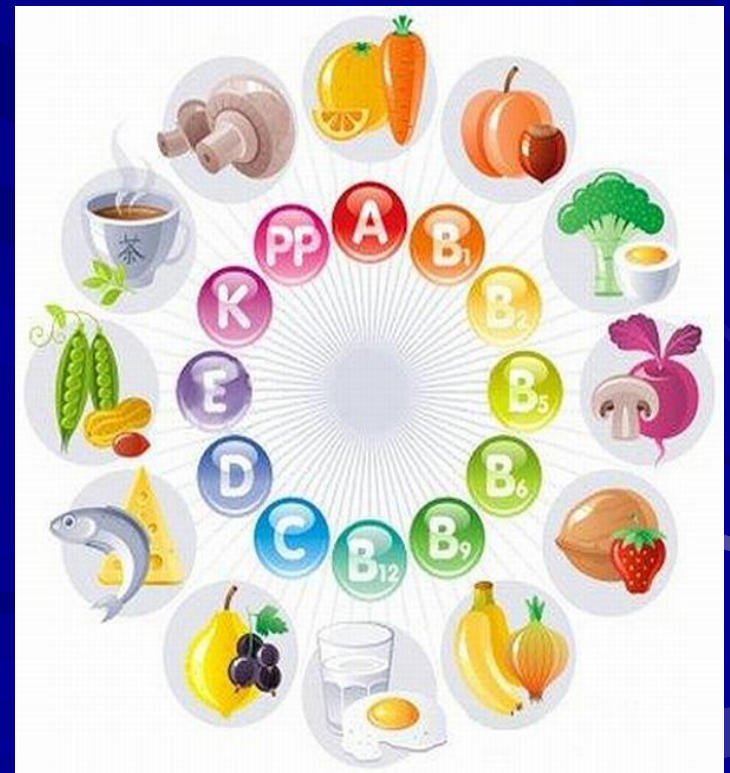
Bread- fiber

Fruit and vegetables- vitamins

Meat, fish, eggs- proteins

Milk, yogurt, cheese – fat
and calcium

Eggs, meat- iron

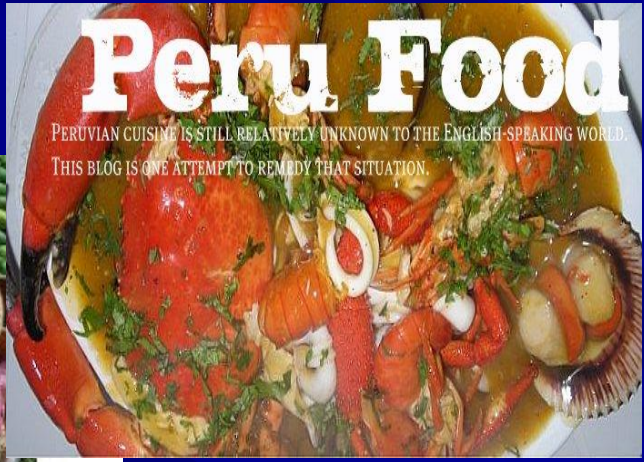
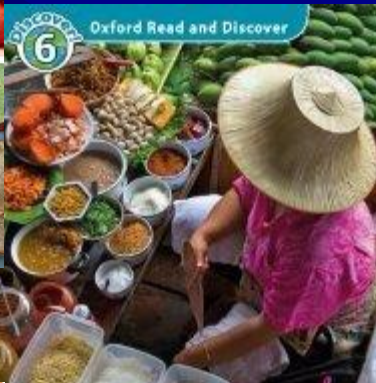




Unhealthy food

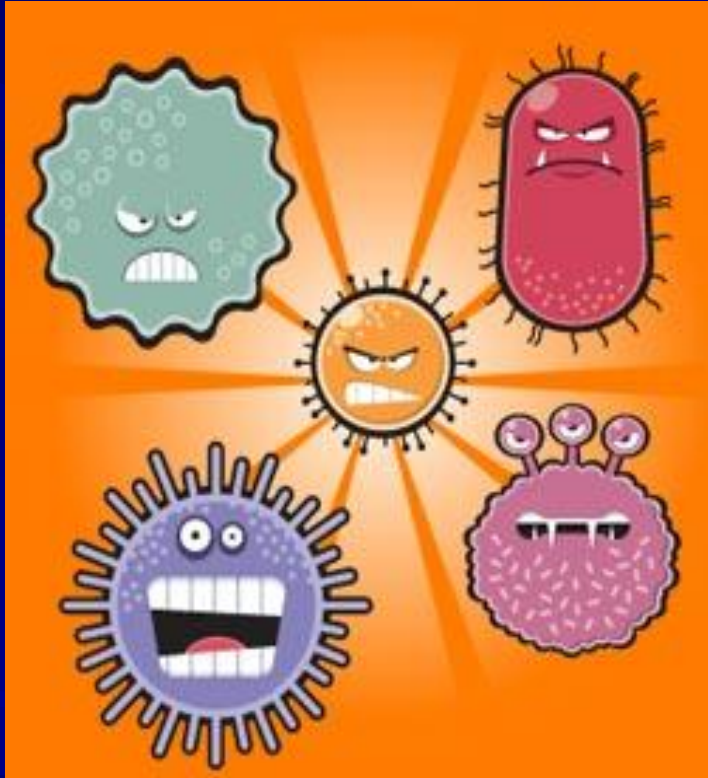


FOOD AROUND THE WORLD!!!





WHY DO YOU WASH?



microbes



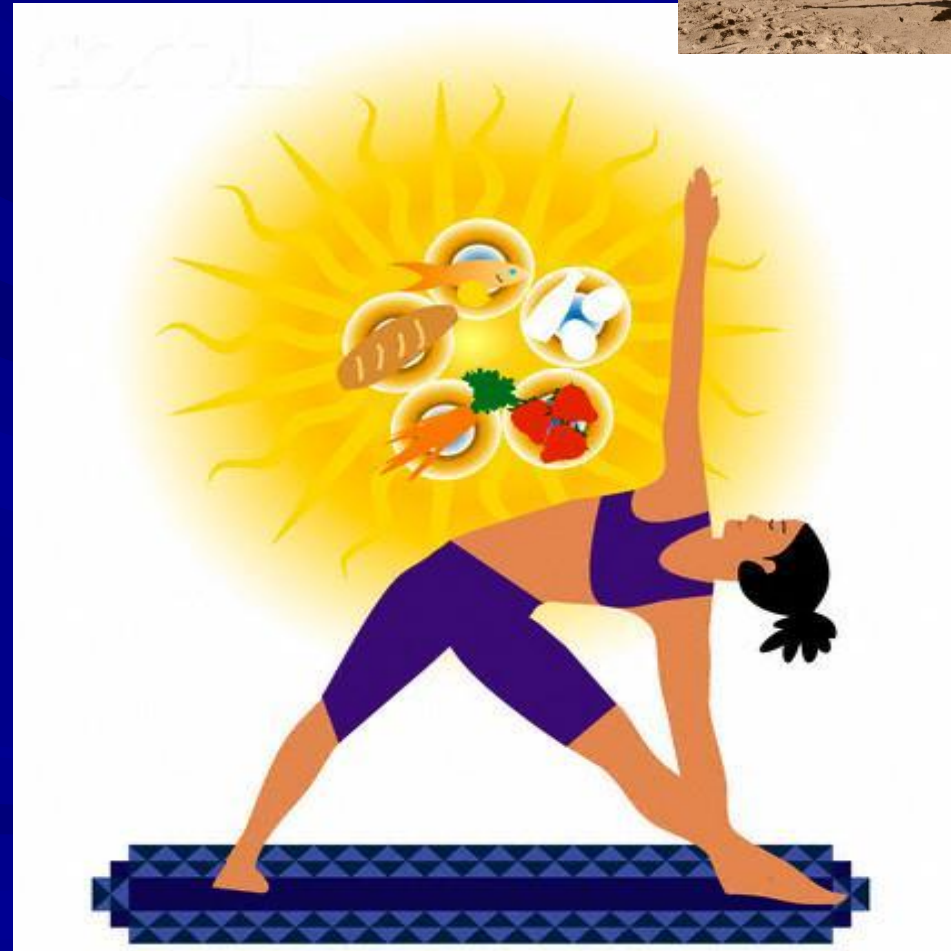
Wash hands



SPORT



**Everyone
Needs
Sport
To stay
Healthy!!!!!!**



Protect your body!

You should:

- Before exercise warm up muscles
- Then make stretching exercise
- Think about breathe
- After exercise cool down muscles with slow running
- Drink water
- Use right equipment





Time outdoors



Rest and Sleep



**TIME TO
REPAIR
BODY**



YOGA

SLEEPING

RELAXATION

Thank you for your attention!

