



Diet and Health

Диета и здоровье

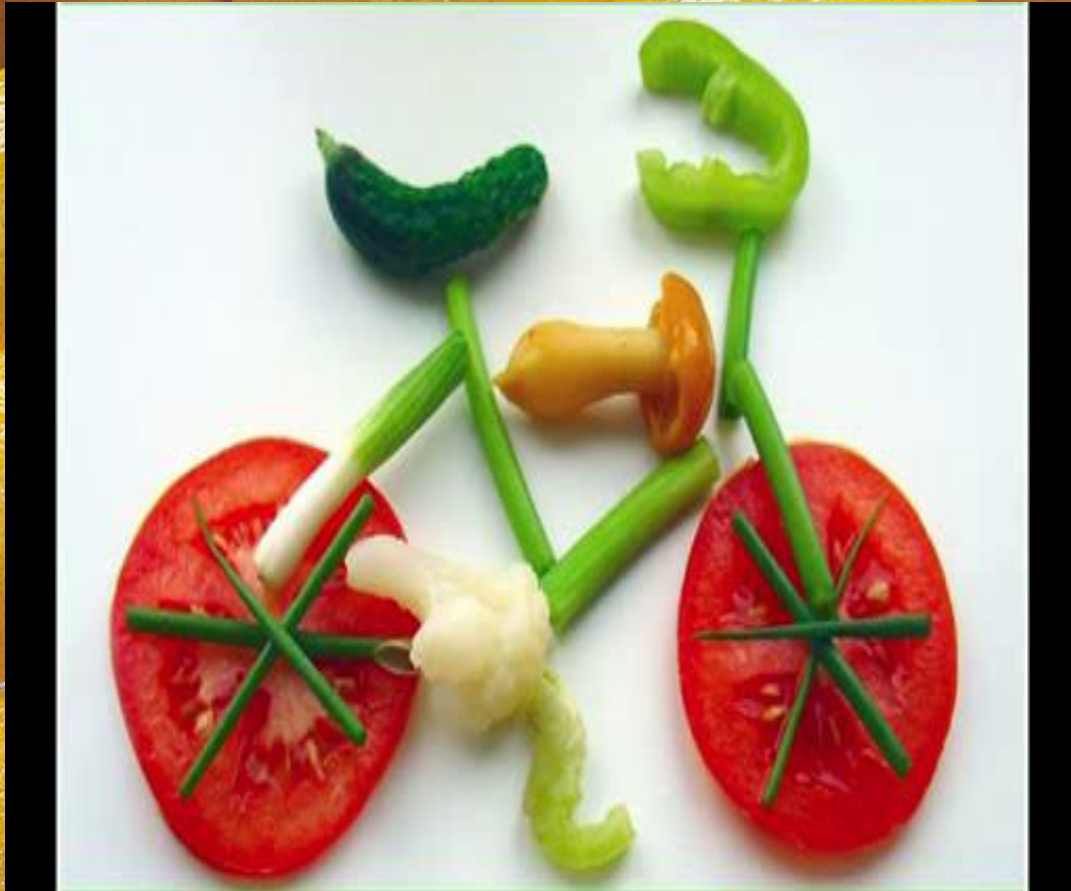
**I think
keeping
health is
very
important
for
everyone.
Moreover
health is
one of the
most
urgent
problems in
the world
now. Why is
that so?
There is**

health



**«Health is
above wealth»**

**wise people
say, because
you can't be
good at your
studies or
work well if
you don't take
care of your
health. No
doubt,
everybody
wants to live a
long healthy
life.**





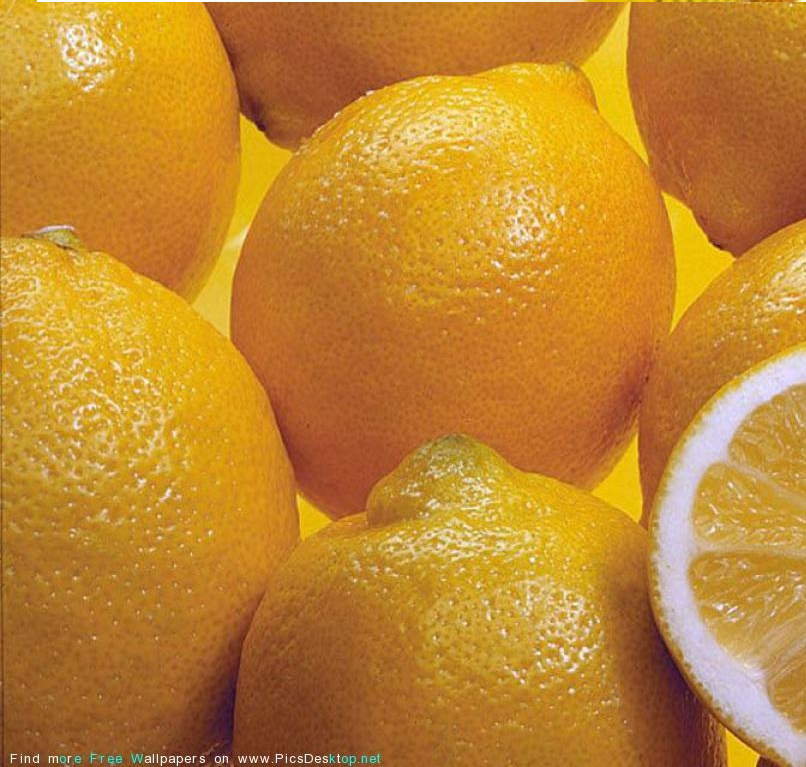
**Unfortunately,
now it has
become a dream.**

Because of the polluted environment people suffer a lot of diseases. And the best way to be healthy is to go in for sports. But many people don't take enough exercise to keep themselves healthy.

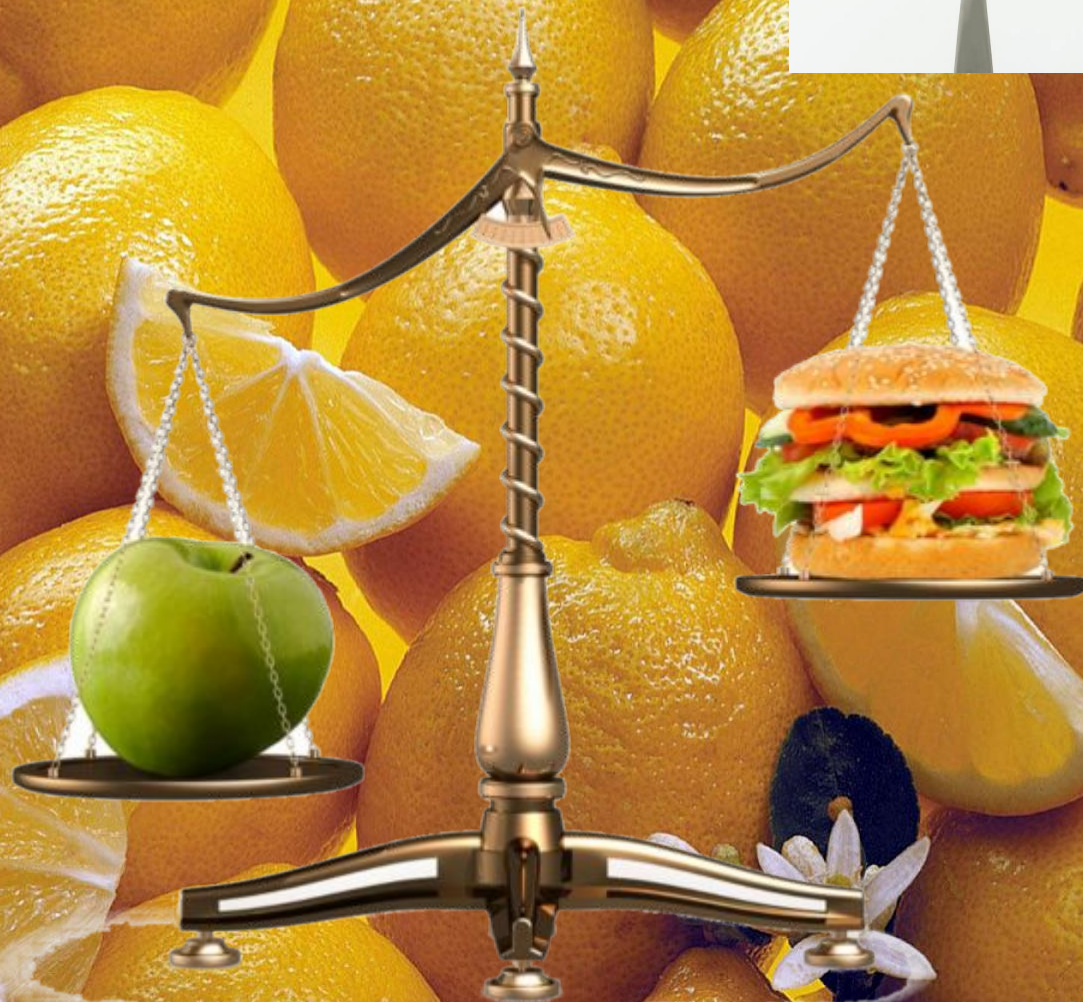


**As far as I know many
men and women are
overweight.**





The most spreading illness today is obesity. One of the reasons is wrong food. Fast food is becoming



**If you want to be healthy and slim
you should try to shorten fat
products and fast food.**





It's necessary to eat the right food. I recommend old and young to do and play sports because it makes them strong and energetic. Keeping fit is very trendy today. People should remember that bad habits are extremely dangerous for their health. Don't forget a proverb: "Early to bed and early to rise makes a man healthy, wealthy and wise".

Do sports, eat more fruit and vegetables, sleep 8 hours a day, don't eat fast food, don't have bad habits and you will be healthy and happy.



**In conclusion I wish all
strong health for many
years.**



it's what you eat.