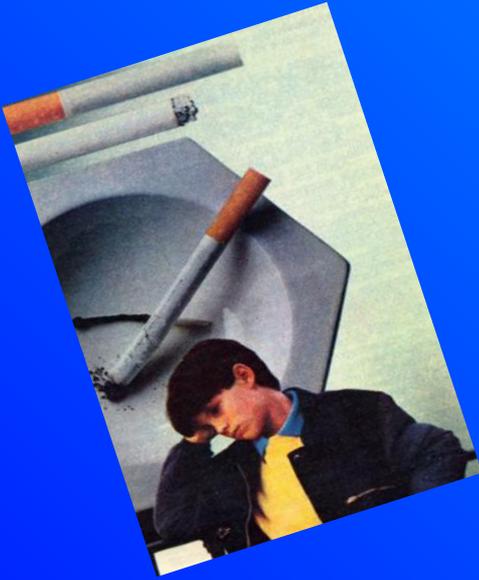




Bad And Good Habits

What good and bad health habits can people have?





Bad



Habits

smoking

taking drugs

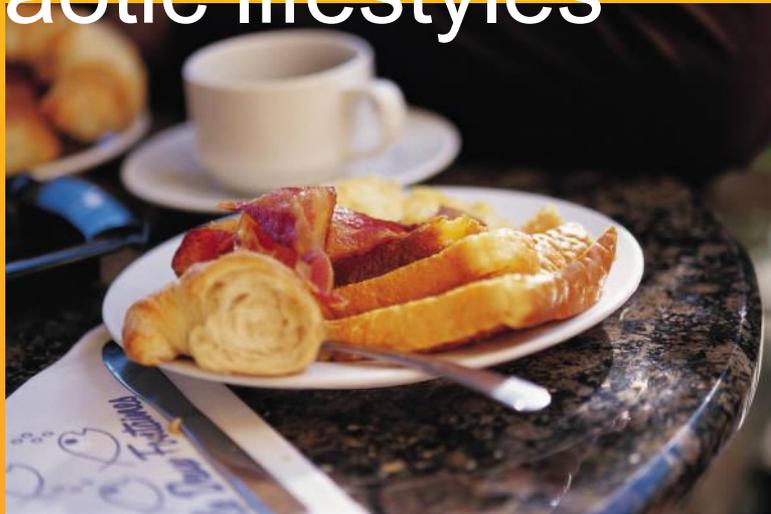


drinking

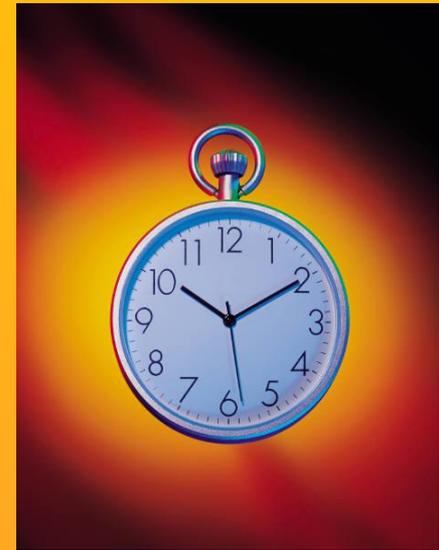


Bad Habits

Physical inactivity and
chaotic lifestyles



Snacking and skipping
breakfast, eating
sweets



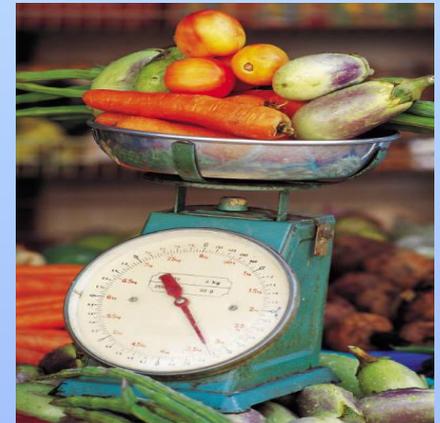
Sleeping
too much
or too little

Good Habits



Exercising

Good Habits



Eating high- fibre food

low-fat food

fruit and vegetables

Good Habits

Regularity in life

Spending time outdoors



Sleeping 7-8 hours

Habits

Eating good plain food

Smoking

Exercising

Snacking

Drinking too much alcohol

Taking drugs

A healthy diet

Physical inactivity

Too many sweets

Sleeping too much or too little

Regularity in life

Skipping breakfast

Obesity

Disease

Wholemeal bread

High-fibre food

Low-fat food

High-fat food

health

Spending time outdoors

Chaotic lifestyle

Can you speak about your habits?

- An apple a day keeps the doctor away.
- Laughter is the best medicine.
- Good health is above wealth.
- Early to bed and early to rise make a man healthy, wealthy and wise.

