

# Secrets of longevity





# Sport

- If you want to be healthy and fit do exercise every day. Run ,jog and push-up. Walk at the fresh air. These activities will make your body and your health will be better.

Make your body nice!



# Healthy food

- Every day you should drink a lot of clean water. Eat fresh fruits and vegetables. Eat smaller portions especially before going to bed. Don't eat a lot of chocolate, cakes and sweets.

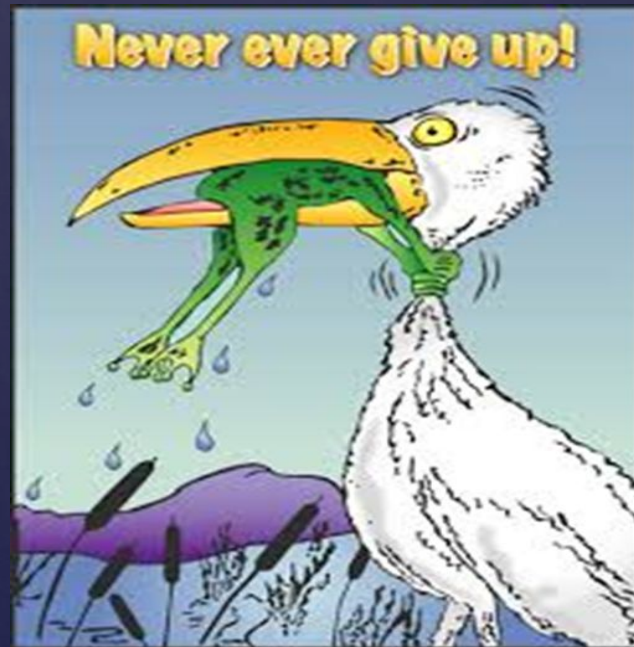
Care about your teeth!



# Optimism

Be optimistic! A good sense of humor prolongs not only your life, but also your friend's life.

Laughter and jokes are cool! 😊







# Rest

- Modern life is fast and stressful, so don't forget stop and have a good rest. But avoid dangerous activities!
- Think about comfort and security.



# But...it is not at all

- I think that the most important thing is to have a goal in life. It will wake up in the morning.

