

Healthy Way Of Life

A photograph of three women in a gym setting, performing a bridge exercise on orange mats. They are lying on their backs with knees bent and feet flat on the floor, lifting their hips. The woman in the foreground is wearing a pink shirt and black pants. The woman in the middle is wearing a white shirt and grey pants. The woman in the background is wearing a blue shirt and black pants. The gym has a wooden floor, a mirror on the wall, and a window in the background.

Performing :Nursadik Meruert

GLOSSARY

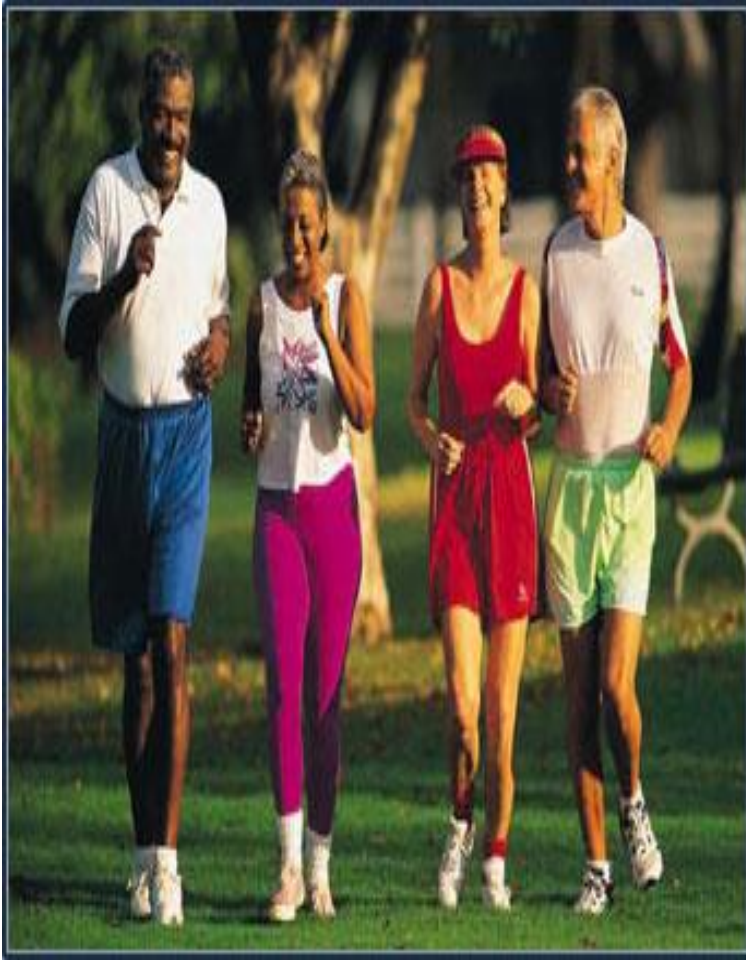
Scientists forecast •	Ғалымдар болжамы
Malnutrition	Дұрыс тамақтанбау
Consequences of obesity	Семіру салдары
Healthier	Сау
Lung cancer	Өкпе ауруы
Heart attacks	Жүрек талмасы

PLAN

- Scientists forecast
- Malnutrition
- Consequences of obesity
- Smoking and alcohol consumption

- Health is our wealth

SCIENTISTS FORECAST



Scientists say that in the future people will live longer. With healthier lifestyles and better medical care the average person will live to 90 or 100 instead of 70 and 75 like today. When the human genome is decoded, we'll probably live up to 150. Incurable diseases will be cured and "bad" genes replaced.

Malnutrition

And today, we continue to stuff ourselves with fast food — chips and pizzas, hamburgers and hot dogs. We are always in a hurry. We have no time to enjoy a home-cooked dinner with family and friends. We want to eat now and we want to eat fast. What is tasty is not always healthy. Doctors say that chips and pizzas are fattening, cola spoils our teeth and coffee shortens our lives.



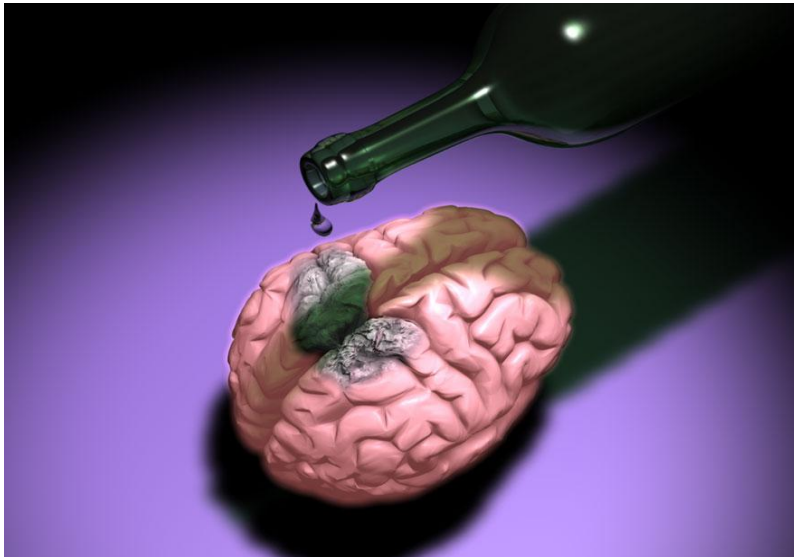
Consequences of obesity.

Lack of exercise is another serious problem. We spend hours in front of our computers and TV-sets. Few of us do morning exercises. We walk less, because we prefer to use cars or public transport. Research shows, however, that young people who don't take enough exercise often suffer from heart attacks.



SMOKING AND ALCOHOL CONSUMPTION

It's common knowledge that smoking and drinking can shorten our lives dramatically. Cigarette-smoking, for example, kills about 3 million people every year. Many of them die from lung cancer. Some aren't even smokers. They are people who live or work with heavy smokers.



Yet many young people smoke and drink. Why? One answer is that tobacco and drinks companies invest enormous sums of money in advertising their products. For them cigarettes and alcoholic drinks mean money. For us they mean disease and even death.

Health is our wealth.

We all know that the healthier we are, the better we feel. The better we feel, the longer we live.



Thank you for attention!



Source: .plos.org