



Healthy
Life
Style

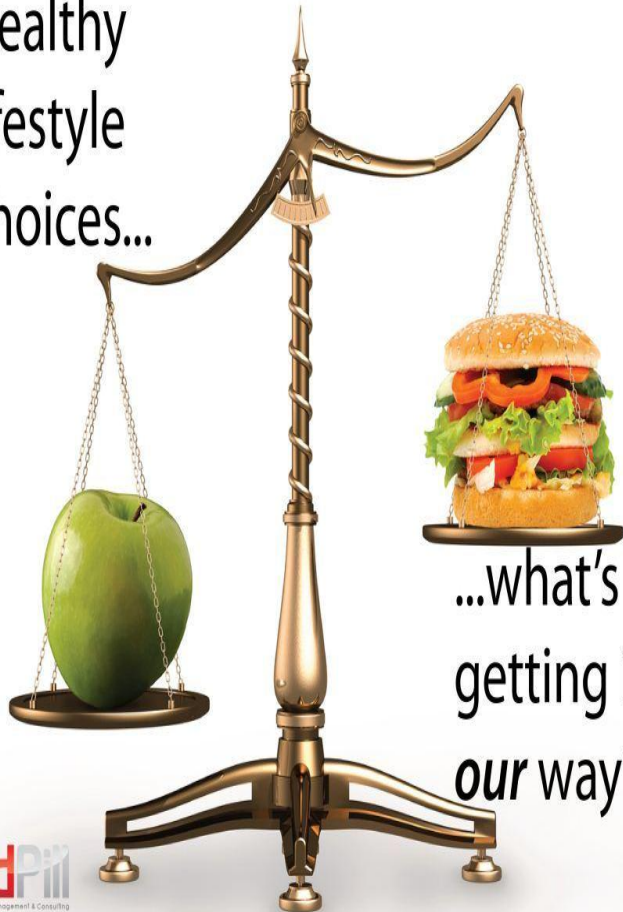


"Good health is a duty to yourself, to your contemporaries, to your inheritors, to the progress of the world."

Gwendolyn Brooks

Concept of health:

Healthy
lifestyle
choices...



...what's
getting in
our way?



Health is major need of
the person, his defining
ability to work. It is the
major precondition
fortunately the person.

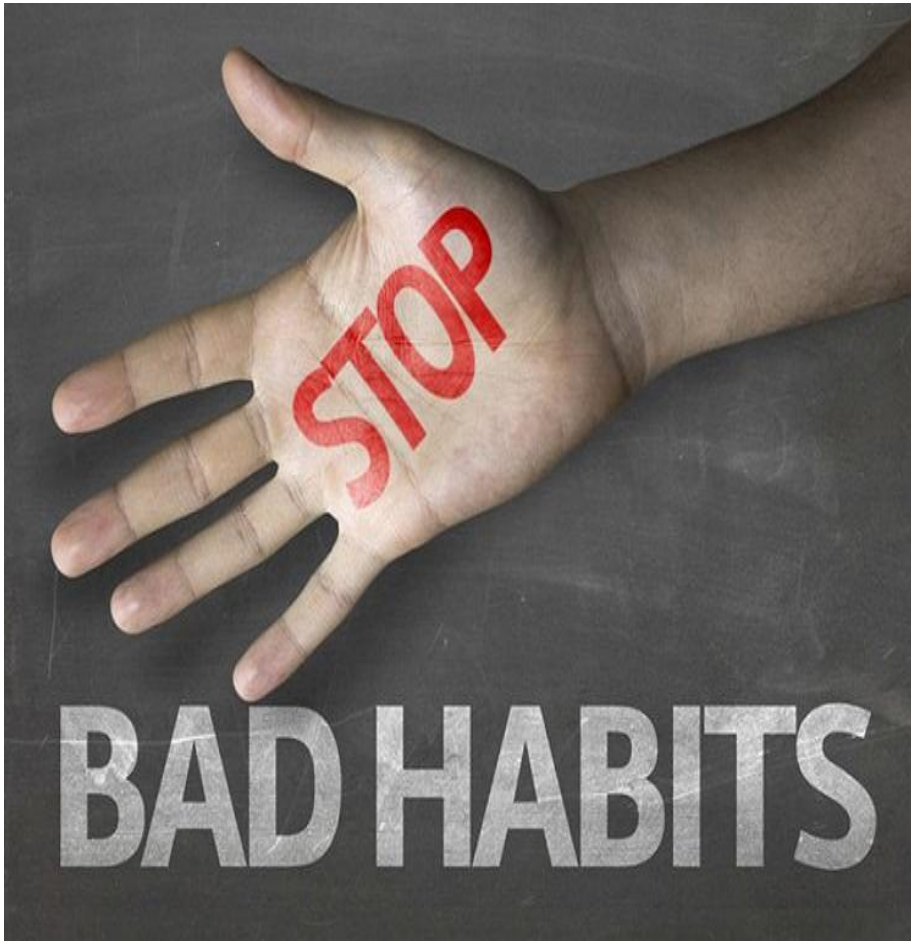
Modern life is very chaotic and stressful. That's why we should keep to a healthy lifestyle in order not to get depressed and not to feel bad. A healthy lifestyle consists of active mode of life, healthy diet, avoiding of stress and absence of bad habits.



Health and nutritious food

Food is a key element of our good health. Eating healthy, nutritious and vitamin-rich products can improve your health. Fruit and vegetables are natural resources of vitamins A, B, C and E and other useful substances. Bread, dairy products, nuts and low-fat meat give you a large amount of energy and nutritious elements.

Bad habits:



A person with bad habits risks to get a lot of illnesses. Smoking cigarettes shortens your life and can cause cancer. Drinking alcohol ruins your organism, destroys your nervous system and leads to liver malfunction. Taking drugs causes addiction and a large number of such illnesses as cancer, AIDS and tuberculosis. If you want to live a long and healthy life you should give up all your bad habits.

You should try to avoid stress or at least take it easy and don't be too nervous. Nervousness has a negative impact on our health and causes many diseases.



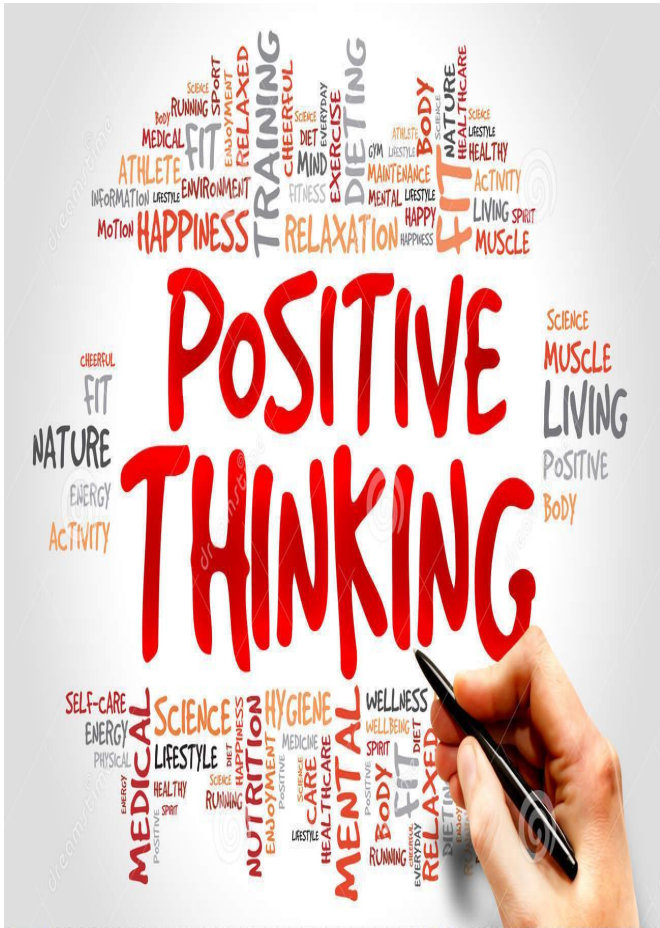
Good and healthy sleep:

Sleep is one of the main factors that influences our health. Every person needs to sleep about 8 hours to stay active during weekdays. Bad sleep can decrease your mental and physical abilities, and become a reason for illnesses and stress.



Positive thinking:

A lot of people do not consider their emotions as a health factor. Being an optimist allows you to live more happily and easily cope with difficulties and problems. Positive emotions, smiling and laughing prolong your life and let you avoid stress.



An aerial photograph of London, England, taken during the 'blue hour' of sunset. The River Thames flows through the center of the frame. On the left, the Elizabeth Tower (Big Ben) is illuminated with a warm golden light. In the foreground, the intricate Gothic architecture of the Palace of Westminster is visible. To the right, the massive London Eye Ferris wheel stands out against the sky. The city skyline is filled with various buildings, some of which are also lit up. The sky is a mix of soft blues, oranges, and greys, with wispy clouds. The overall mood is serene and majestic.

Thank you for attention!