

# „ The healthy way of life. Harmful habits”



***Many people in the world  
have bad habits***



***Smoking is the most preventable cause of death in Ukraine.***



**Parents play a very important  
role in a child's decision  
whether to smoke or not**



# ***The next great problem is drinking alcohol***



# ***We need to fight bad habits***



# *Sport and healthy diet have to be friends to us*





# ***the rules of Good Health***

1. Do morning exercises every day.
2. Don't hurry when you have a meal
3. Work and have an active rest
4. Eat in time
5. And remember







*“Early to bed and early to rise, makes a man healthy, wealthy and wise”*

