

„ 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”

