Diet and Health

Диета и здоровье

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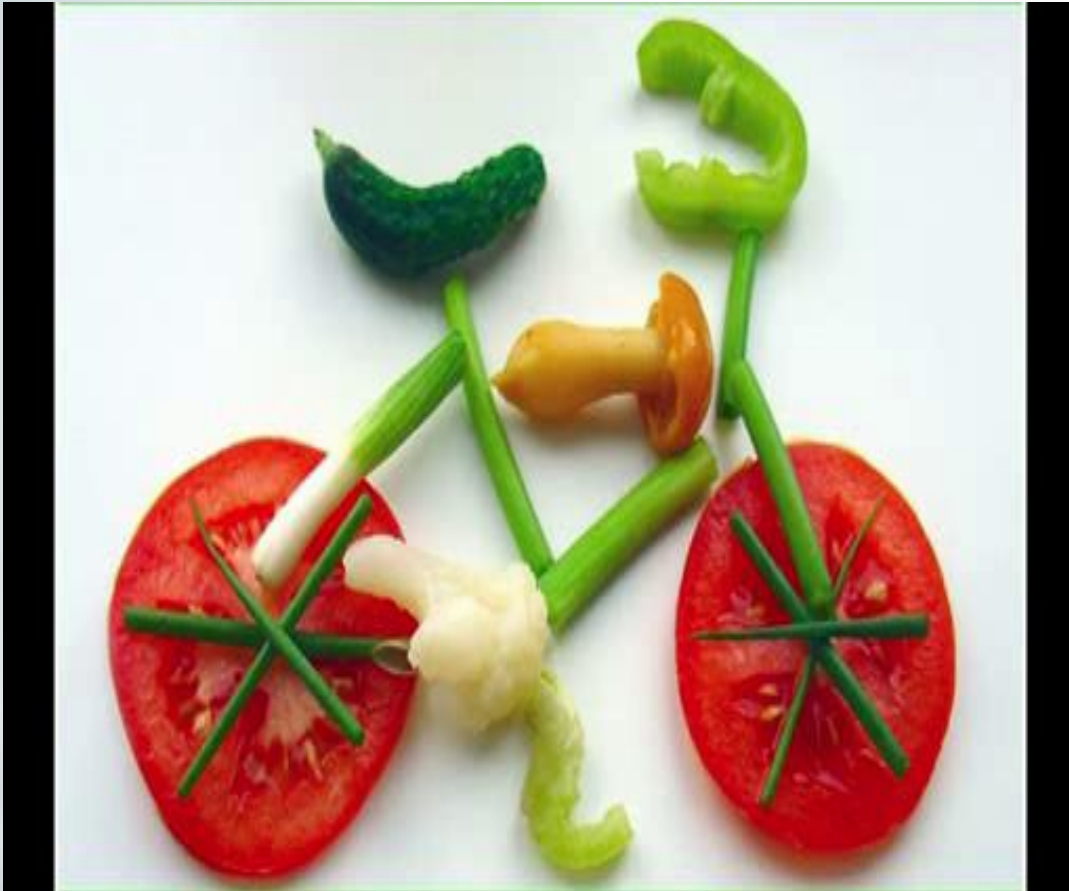
I think keeping health is very important for everyone. Moreover health is one of the most urgent problems in the world now. Why is that so? There is

«Health is above wealth»

wise people say, because you can`t be good at your studies or work well if you don`t take care of your health. No doubt, everybody wants to live a long healthy

Unfortunately, now it has become a dream.

* Because of the polluted environment people suffer a lot of diseases. And the best way to be healthy is to go in for sports. But many people don't take enough care of themselves

The most spreading illness today is obesity. One of the reasons is wrong food. Fast food is becoming pul

* If you want to be healthy and slim you should try to shorten fat products and fast food.

*It s necessary to eat the right food recommend old and young to do sports because it makes them strong energetic. Keeping fit is very trendy today. People should remember that bad habits are extremely dangerous for their health. Don t forget a proverb : "Early to bed and early to rise makes a man healthy, wealthy and wise".

*So I can say if you want to be healthy and keep fit:

* **Do sports, eat more fruit and vegetables, sleep ... hours a day, don't ... don't have ... you ... an ...**

health
it's what you eat.

*In conclusion I wish all strong health for many years