

***Health is wealth***

***Денсаулық – зор байлық***





**Eating fruits and  
vegetables**



**Smoking**

**Doing morning  
exercises**

**Drinking  
alcohol**

**Keeping of a  
day regime**

**Walking**

**Mobile phones**

**Healthy sleep**

**Working on a  
computer,  
watching TV**



**Healthy  
lifestyle**

A bright blue sky with scattered white clouds. The clouds are mostly concentrated in the lower half of the image, with some wispy clouds near the top. The overall scene is clear and bright.

# **Useful and healthy habits**

# Keeping of a day regime

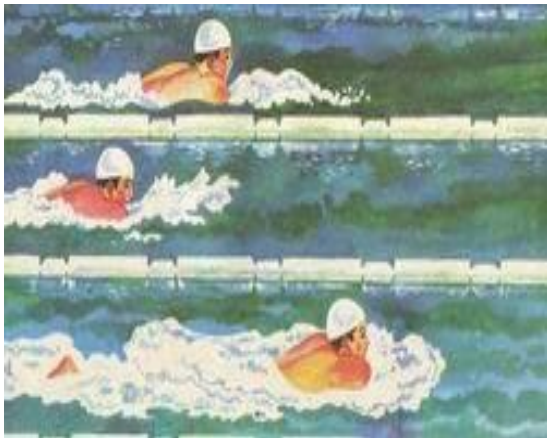
[кірің of ə dei rei:ʒim ]-Күн режимін сақтау

- ✦ makes your life more regular. It helps you to organize yourself. You have more time for rest and leisure activities. It makes you healthier because you have more time for sleeping either. Especially you need it during your exams.



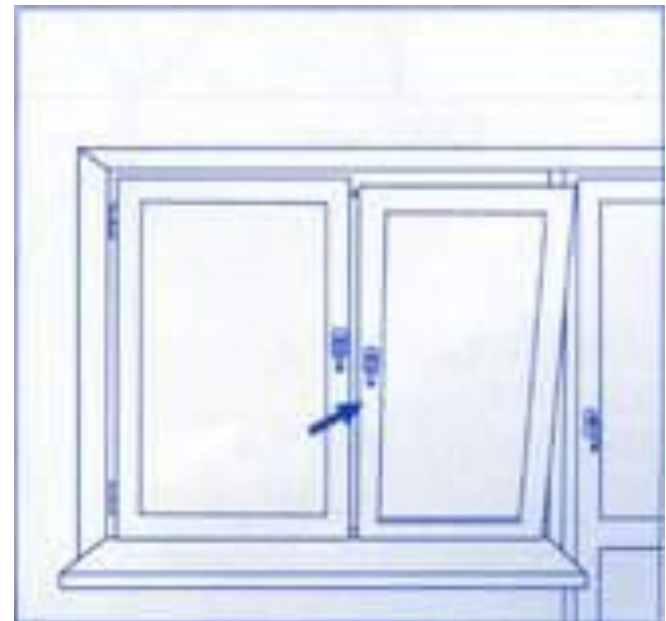
# Going in for sport [gəʊɪŋ ɪn ə spɔ:t]- спортпен шұғылдану

- ◆ it is very useful for us. Nowadays our life is too dynamic and nervous and so sport helps to relax. For example, jogging is good for your heart, swimming is good for your arms, cycling is good for your legs and so on.



# Airing the room [eiriŋ θe ru:m]- бөлмені желдету, тазарту

- ✦ it helps you to avoid colds. Air your room for 15 minutes every day. If you have allergy do it twice a day with wet cleaning of your flat.



# Water procedures [wotə præsɪdjʊrs]- су процедуралары

- ✦ you should do it every day. It makes you feel clean, better and healthier. If you are nervous take a warm bath. A warm bath or shower helps you to sleep. This is so hygienic and pleasant.



# Healthy sleep [helθi sli:p]- жақсы ұйқы

- ✦ it's the best way of rest. You should sleep not less than 8 hours a day. Go to bed and wake up at the same time even at weekends. There are a lot of ways which can help you to sleep, one of them is to drink a cup of hot milk and honey.





# Morning exercises[мо:ниң иксайзес]-таңғы ЖАТТЫҒУ

- ✦ if you have no time to take up sport regularly morning exercises are just for you. It helps you to keep your fitness and to be in a good form.



# Walking [wəkiŋ] - серуендеу

- ◆ helps you to relax, to loose your weight, to breath the fresh air. You have time not to be hurry, to think, to talk. It's very healthy to do it after dinner and before going to bed.



# Eating fruits and vegetables [i:tiŋ fruts ən vejeteibls] – жеміс және көкөністер жеу

- ✦ fruits and vegetables have a lot of vitamins. They help to get better our organism, for example banana has much potassium and so it is good for heart; brains; teeth.



# **Bad and Harmful Habits**



# Drinking alcohol [drinkiŋ alkəhól] – алкогольдi сусындар iшу

- ☀ is absolutely harmful for you. It is a disease which ruins not only your organism, but your personality too. It affects your health, first of all your liver. Beer is also alcoholic drink and the result will be the same as from wine, vodka and etc.



# Smoking [smoukiŋ] – шылым шегу

- ☀ is widely spread nowadays. Many people smoke without thinking about themselves and about people near them, especially children. Smoking damages your health: such organs as lungs, bronchial, tubes, heart and others. Stop smoking today or it will be late.



# Mobile phones [mobail founs] – ұялы телефондар

- ☀ it's very convenient to be connected everywhere and every minute. But it's known that mobiles can be harmful because electric waves which make bad influences on your health. Especially it dangerous to use mobiles in an underground and tunnels. In order to find their stations mobiles increases the amount of the waves. Try not to spend all days long with your mobiles.



# Overeating [əʊvərɪtɪŋ] – ретсіз тамақтану

- ☀ is bad first of all your stomach and liver. It can be a cause of some diseases and obesity, you can change your metabolism and get a lot of problems.





# Working on a computer, watching TV [wokiŋ on ə kompjutə, wo fiŋ tivi] – компьютерде ұзақ уақыт жұмыс жасау, теледидар қарау

- ☀ When you do it one or two hours it's not bad. You can get a lot of new information, it helps to do you homework etc. But when it's too much it damages you. First of all it `s bad for your eyes, brains, nerves system. Other result your sight becomes worth, you can't sleep well and so on.



Exchanging of your clothes with your friends  
[iks feɪnʃɪŋ of juə klauθes wiθ juə frends]  
өз киімдеріңді достарыңмен ауыстырып кию

- ☀ of cause it is not hygienic. You can get some infections, contagious or skin diseases.

