



# **HEALTHY WAY OF LIFE**

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***You hear a lot about living a healthy lifestyle, but what does that mean? In general, a healthy person doesn't smoke, is at a healthy weight, eats healthy and exercises.***

***Sounds simple, doesn't it?***



- *The secrets of a healthy lifestyle*
- *A healthy mind in a healthy body*
- *It just feels good to breathe, feel and live*

**5**

**steps to a  
healthy  
lifestyle**



**Get active for an  
hour or more  
each day**



**Choose water  
as a drink**



**Eat more fruit  
and vegetables**



**Eat fewer snacks  
and select healthier  
alternatives**



**Turn off the TV  
or computer  
and get active**





*Healthy way of life – image of modern women*



• **EAT HEALTHY FOOD**





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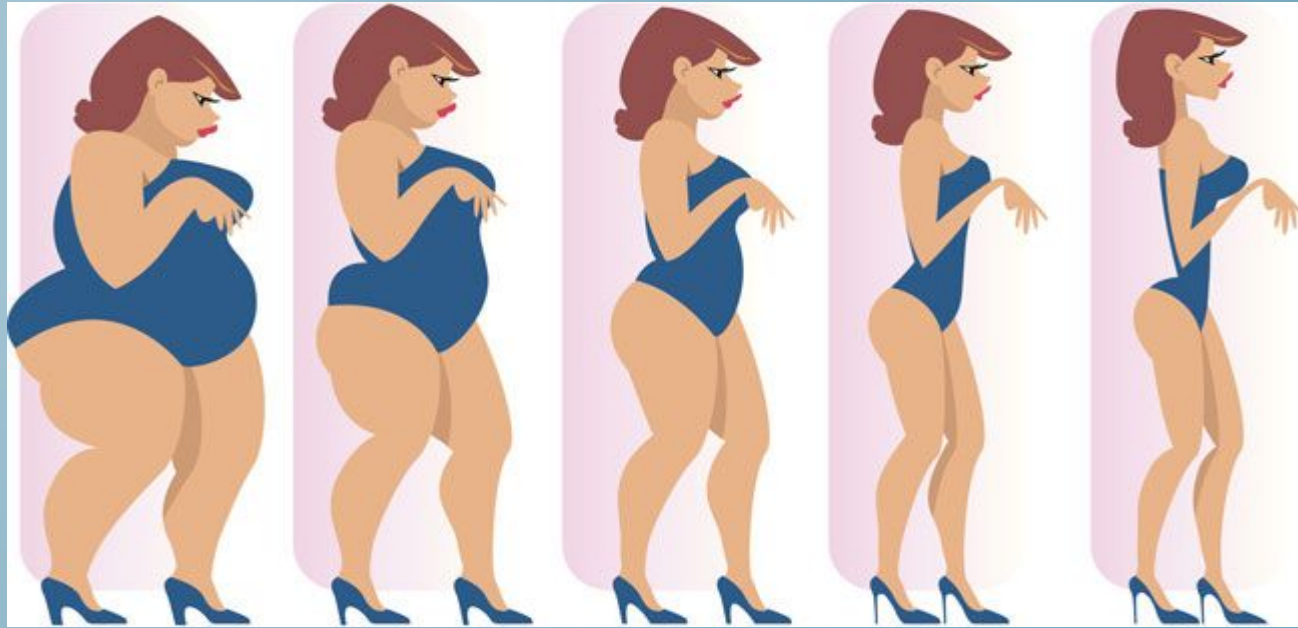
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**WE ARE WHAT WE EAT**

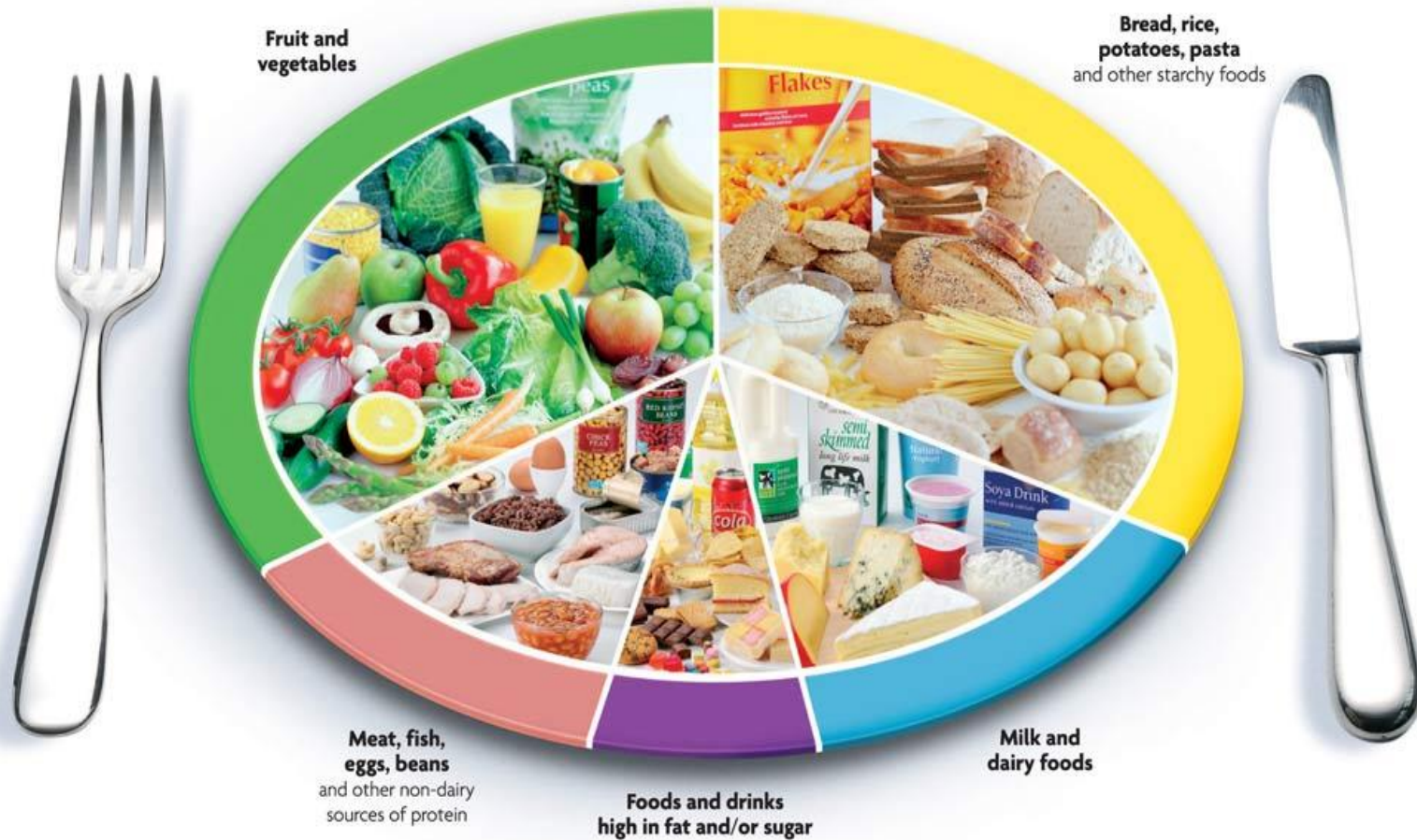


***I am on a seafood diet.  
I see food and I eat it!***

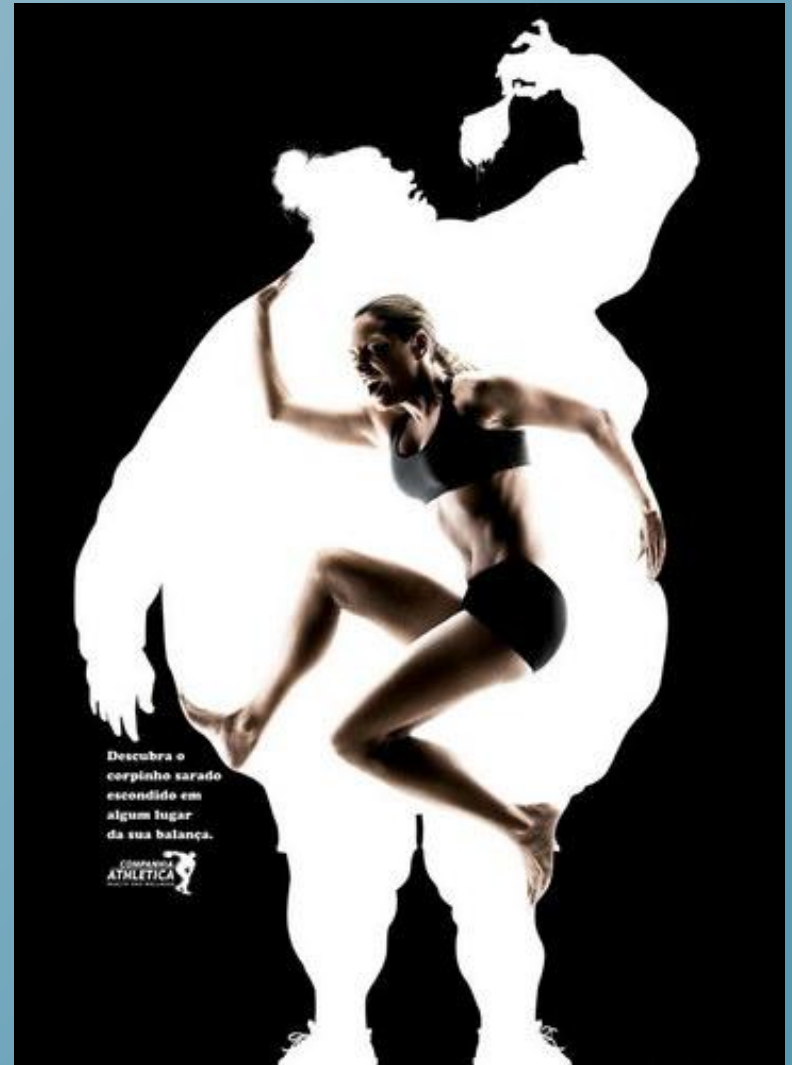


# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



# ***A HEALTHY MIND IN A HEALTHY BODY***



Descubra o  
corpinho sarado  
escondido em  
algum lugar  
da sua balança.

COMPANHIA  
ATHLETICA



**Rid of your bad habits.**

**It's necessary to stop smoking and drinking**



# The Negative Effects of Obesity on Your Health and Your life



THESE TWO WOMEN ARE  
APPROXIMATELY THE SAME AGE.



*Which life are you designing?*





**THINK** POSITIVELY  
*and*  
**EXERCISE** DAILY  
**EAT** HEALTHY  
**WORK** HARD  
**STAY** STRONG  
**BUILD** FAITH  
**WORRY** LESS  
**READ** MORE  
**BE** HAPPY



**TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.**



Love Yourself



