



HEALTHY WAY OF LIFE

**Кондакова Наталья
Владимировна**

**Учитель английского языка
МОУ СОШ №4 г.Дмитров**



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**



+



=



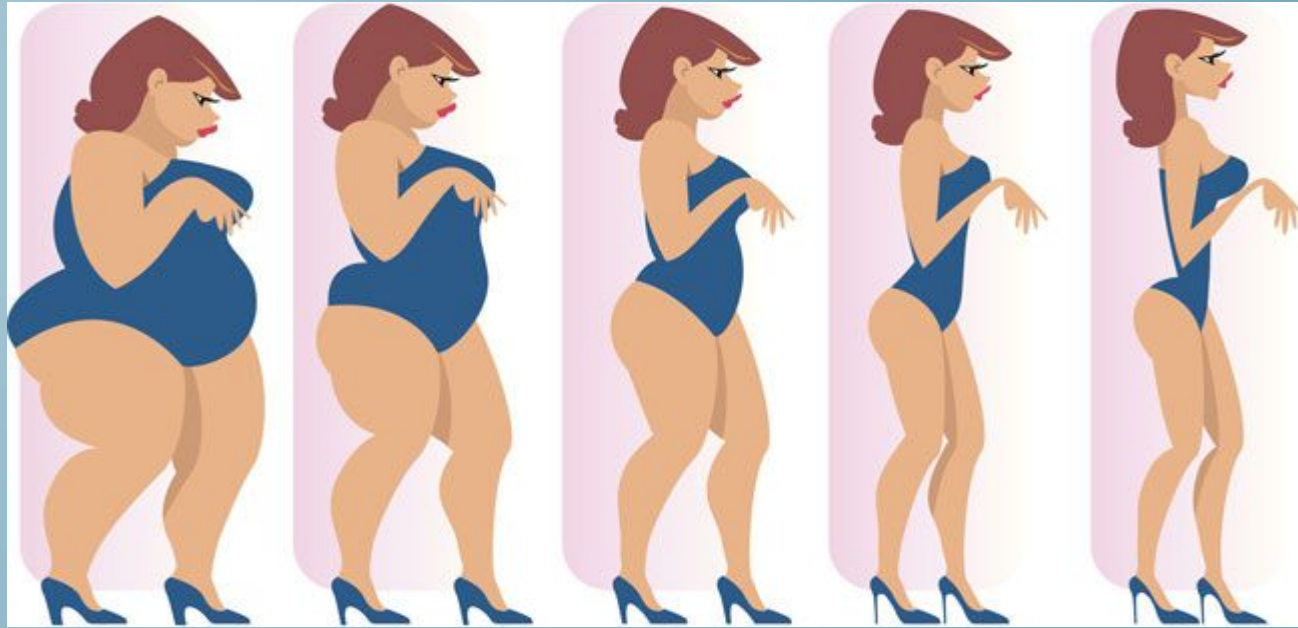
+



=



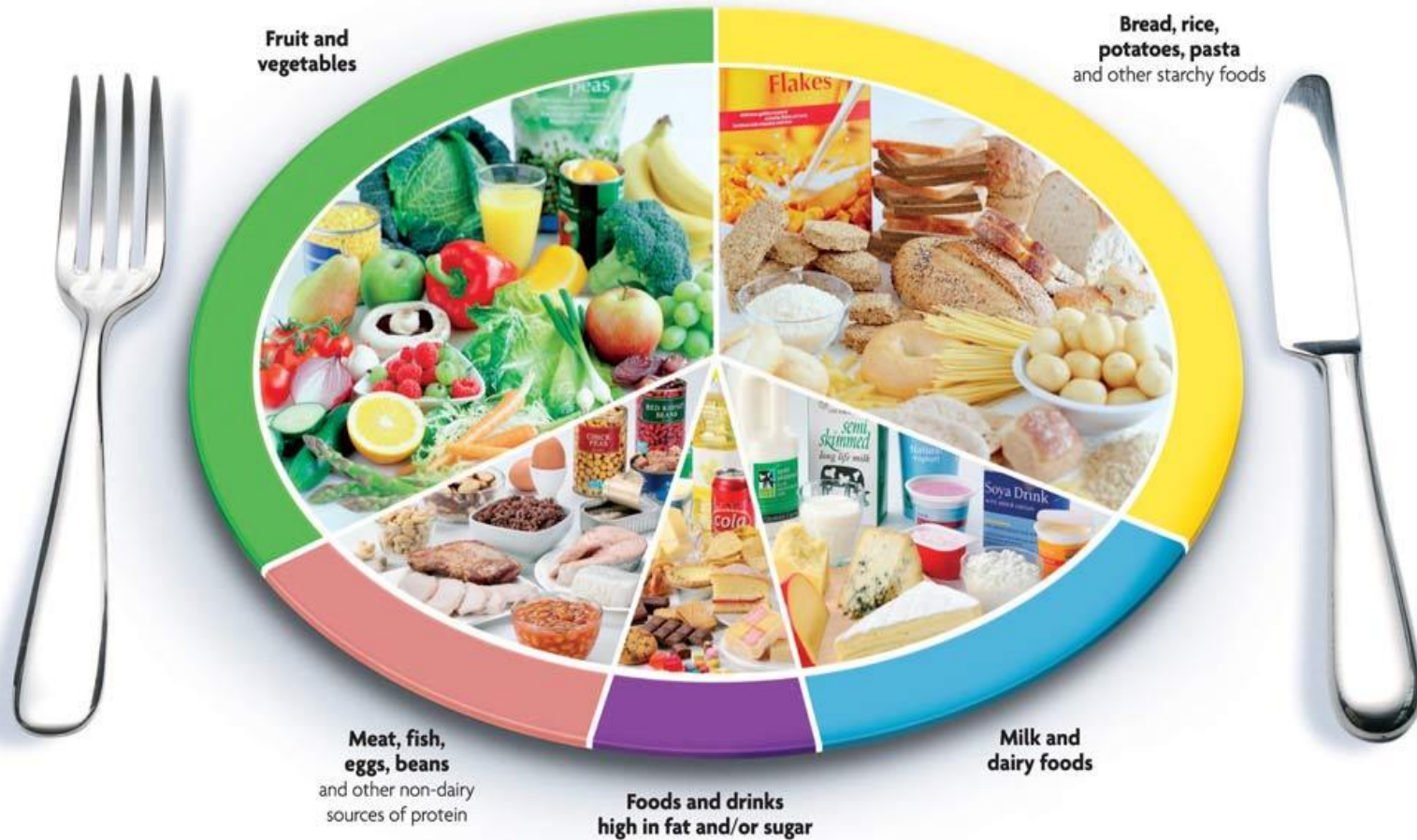
WE ARE WHAT WE EAT



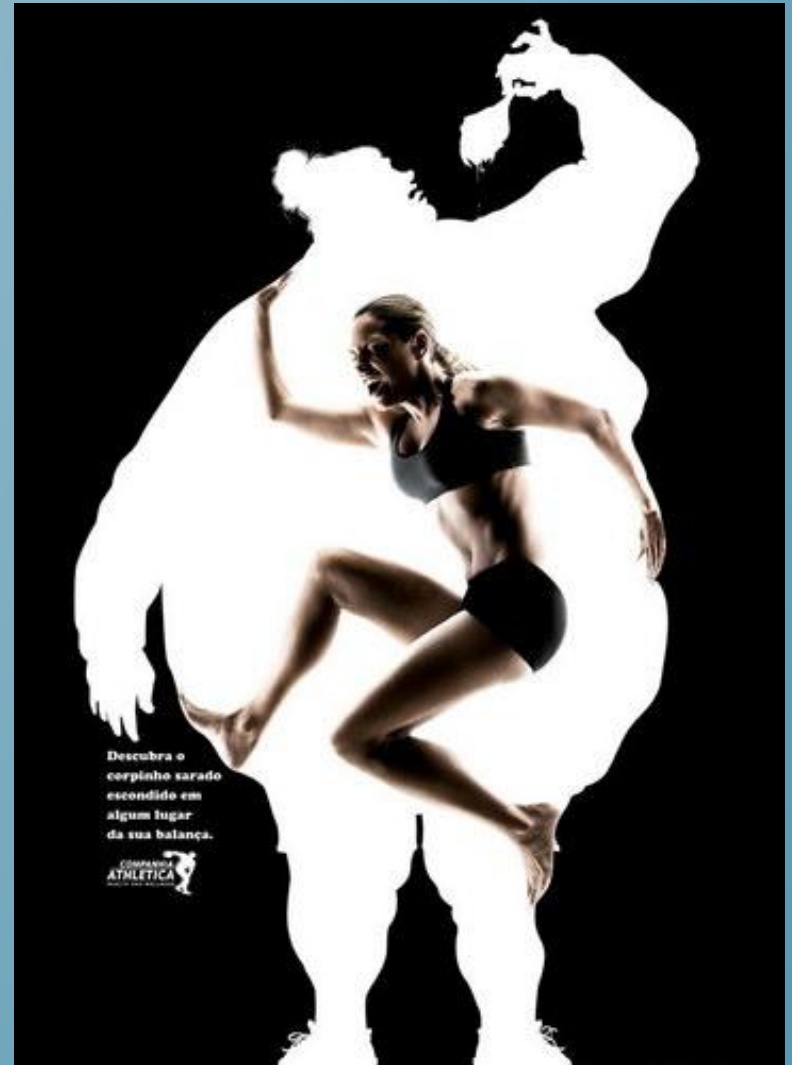
***I am on a seafood diet.
I see food and I eat it!***

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

