

**PRESENTATION ON: “IN
HARMONY WITH MYSELF”.**

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The first important thing about me is healthy way of life. Bad habits greatly influence our lives. Smoking leads to a number of heart and lung diseases, makes your look unhealthy. Drugs tend to lead drug users to early deaths. All it can shorten our lives, so I don't Smoke. I don't drink alcohol. I don't take drugs.



The second important thing about me is healthy diet. A healthy diet helps maintain or improve overall health. We need to eat a lot of vegetables, fruits, meat, dairy products for our health. It is important for me.



The third important thing about me is doing sports. Nowadays the popularity of sports is increasing. I believe that physical activity has many advantages and brings us great benefit. It is the best way to do our life, health, mood and appearance much better.



The fourth important thing about me is reading books. Reading makes me better. I need read books to increase my intellectual abilities and skills. I also read books to learn something new.



The fifth important thing about me is chess. I love to play chess they develop concentration and logical thinking. And the main thing that are just fun to play.



What I do to be my own best mate.

I must be kindness.

I must be good-natured.

I must be sociable.

I must be easy-going.

Thank you for your attention!