

# Healthy Living Guide

Sinitsina N. I.

Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability. A person should be strong and healthy in order to overcome all difficulties. To achieve this aim people ought to care of their physical and mental health. There are several ways to do it. The state of your body depends on how much time you spend doing sports. At least everybody must do morning exercises every day. The most healthy kinds of sports are swimming, running, cycling, jogging and skating. Healthy food is also a very important factor. Overeating causes many dangerous diseases. The daily menu should include meat, fruit and vegetables, milk product, which are rich in vitamins, fat, proteins. On the other hand modern diets are very popular especially among women. Diets may be harmful, if they are used in the wrong way. To be healthy, people should get rid of their bad habits. It is necessary to stop smoking and drinking much. Everyone should remember that cigarettes, alcohol and drugs destroy both body and brains. Besides according to statistics most of crimes are committed by people under the influence of drugs and alcohol. In addition it is recommended to watch TV less, avoid anxiety and observe daily routine. Certainly it is hard to follow all these recommendations, but every person have to choose between healthy life style and numerous illnesses.

To be healthy you have to give up these habits or never start them.





# Diets and Healthy Food.

People in different countries have different ideas about what is good to eat and what is the best diet for them. Diets are very popular nowadays. Every newspaper, every pop or film star offers a new diet. But nobody should be on a diet without doctor's control. Many people feel they are too fat, even if their doctors disagree. And a lot of people try to improve their fitness. There are a lot of ways to lose weight and avoid gaining it. If you want to lose weight you should cut out snacks and desserts. People have also become more aware of calories, the energy value of food. Some people count the number of calories they eat every day, so that they can try to take in fewer calories and lose weight. This is called a calorie-controlled diet. Manufacturers are increasingly producing special foods with fewer calories for slimmer. But excessive dieting may be dangerous too. Some people refuse to eat meat as they consider it harmful. They say a vegetarian diet reduces the risk of cancer and vegetarians live longer than others. That's wrong to put down a food simply because excessive amounts can cause health problems. Consumed in moderate amounts, meat is perfectly good for our health.

Eating the proper foods is important to stay healthy. There are five basic types of food, which each person should eat. Meat group includes: chicken, fish, meat and eggs. Meat helps us have a strong and healthy body by providing us protein.





Milk group includes: cheese, ice-cream, kefir, soured cream and milk  
Dairy builds strong teeth and bones by providing calcium.

Bread- cereal group includes cereal, spaghetti and bread. These products give us energy by providing protein, iron and several B vitamins.

Fruit and vegetables group consists of wild berry, orange, corn, carrots, cabbage and juice. Fruit and vegetables help us have healthy gums, good eyesight by providing vitamins A and C. Vitamins are good for our health. The most important vitamin is vitamin C. It can be found in lemons, oranges, apples and other fruit.

The last group consists of sugar, butter which give us a lot of energy. But we all know that to eat much fat is bad for our health.

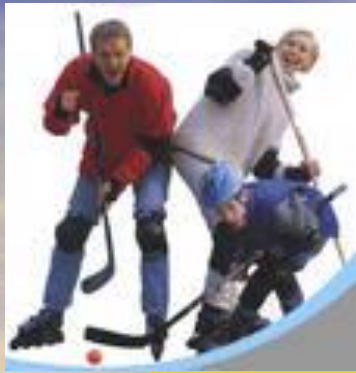
Finally, there are three main messages to follow for healthy eating:

- 1) We should eat less fat, particularly saturated fat.
- 2) We are to cut down on sugar and salt.
- 3) We must eat more fresh fruit and vegetables.

In the end we should mention that we always should remember that we eat to live but not live to eat.







# Physical Activity

Many people prefer to go in for different kinds of sports and lead an active way of life. Sport helps people to stay in good shape, keeps them fit, healthy and makes them more organized and better disciplined in their daily activities. Doing exercises is the best way to avoid depression caused by the abnormal rhythm of the everyday life. There are many opportunities for keeping fit. Running, jumping, swimming, cycling are among the most popular exercises. Today everybody wants to feel good, look slim and stay young. There are many fitness clubs and public leisure centers in our country where people go in for aerobics, yoga, body-building, swimming, skating, jogging. Many people prefer jogging, which is the cheapest kind of sport. You can see a lot of people in white "trainer" shoes and tracksuits who run through the parks or along the streets early in the morning. In order to keep fit some people do aerobics or yoga; others prefer some kind of weight training in a gym. A healthy body becomes a fashion. Besides regular exercises develop positive traits of character and learn how to work hard, to be strong, patient, well organized and disciplined.



# Bad

# Habits.

Such habits as smoking, drinking alcohol and using drugs, can ruin your health. Active smokers cause damage to non-smokers. Non-smokers don't smoke themselves, but they inhale the smoke from the cigarettes of those who are active smokers. Although smoking hasn't got an immediate deadly effect, it still is a process of poisoning. Smoking influences the work of the heart. Smoking, drinking alcohol and taking drugs are not simply habits, but they can be called a voluntary suicide.

To be healthy you have either to give up these habits or never start them.

Nowadays smoking has been banned by law in public places and at work in the presence of other people. Cinema and TV should stop portraying people smoking, because many teenagers smoke as they want to look like adults, but not because they like it. Now advertisements of cigarettes and alcohol are banned on TV and radio.



Another bad habit is drinking alcohol. It's a very serious problem. Some people think that alcohol can help them to relax and feel more confident. When drunk, people look terrible. They don't care about their appearance or health. They ruin their health and their lives. They lose their families. Then alcohol influences the brain and a man stops being a man. A great man said that drinking alcohol is a voluntary madness. He was right.

The usage of drugs is a bad habit too. Drugs change people. People can get accustomed to taking them very quickly. In the beginning a pusher gives drugs for free or at a symbols price. But later after several doses one can't live without drugs. A drug addict has to take drugs every day or he suffers from the syndrome of abstinence. Drugs ruin all human organs, and drug addicts die young. Few of them live longer than several years after they have started taking drugs.



# Information Resources

- [http: // portfolio. 1 september. ru/](http://portfolio.1september.ru/)
- Устные темы по английскому языку
- Учебник «English» автор В. П. Кузовлев 8 класс, издательство «Просвещение» 2009год
- Учебник «Happy English. ru» автор К. И. Кауфман 9 класс, издательство «Титул» 2009год