Healthy Lifestyle

Выполнил ученик 8 «А» класса Кривцов Арсений The healthier we are, the better we feel. The better we feel, the longer we live.



Say «NO» to bad habits!

NO SMOKING







Keeping fit and going in for sports is also important for our health.



A healthy diet is an essential part of staying healthy!



Getting enough sleep, from 8



Taking a proper rest!



Thank you for your attention! Good luck!

