

Good health is
above wealth



What should you do to be healthy?

- keep fit
- do morning exercises
- go in for sport
- eat healthy food
- have regular meals
- sleep 7 or 8 hours
- take medical tests and check-ups
- eat low fat food
- play games



Do you care about your health?

- Say 3-4 sentences



Let's relax

- No smoking, no drinking.
- No running, stop thinking.
- Work all day, play all night,
- Do what I say – that's right.
- Turn left, turn right,
- Always love, never fight.
- Come early, don't be late,
- Try to be good, don't hate.



Bad habits



- smoking
- taking drugs
- drinking alcohol
- overeating



Every day 3.360 (1.2 million of year) Europeans die from smoking. 14 % of all deaths in Europe.

According to information of Russian Association of Public Health:

Smoking

30 % 5-7 formers
55 % 8-11 formers

Alcohol

77.3 % boys
84.1 % girls



97 % teenagers in Moscow and 88 % teenagers in Moscow region tried alcohol

Drugs

**11.6 % boys and
7% girls in
Moscow region
tried drugs**



57 % teenagers meal irregularly, often skip a meal or prefer snacks.

Teenagers express disapproval



	5-7 formers	8-11 formers
smoking	90 %	60 %
alcohol	80 %	47 %
drugs	91.5 %	



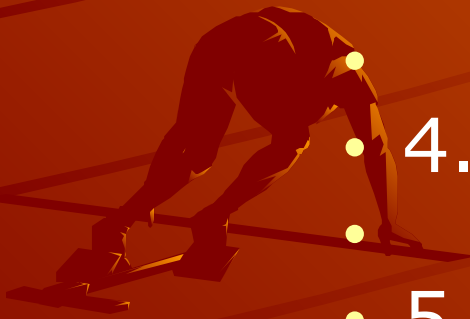
Heart Health at Risk for Obese Kids

- advanced artery damage
- to associate with
- obesity
- overweight
- to diagnose
- to reverse
- vascular
- plaque
- cholesterol
- blood pressure



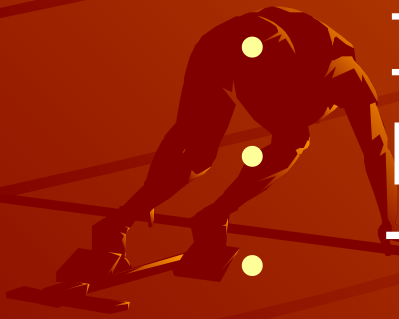
True / False

- 1. Obesity has been linked to a lot of stomach diseases.
- 2. Few people associate artery damage with kids.
- 3. Dr.Savard explains what parents can do to diagnose damage.
- 4. The plague in kids'arteries soft but the progression can't be stopped.
- 5. Overweight kids must diet, exercise and get enough sleep.



What rules are mentioned here?

- To be healthy in your life
- Don't forget to do all five.
- Get up early, quick and bright,
- Exercise with all your might.
- In the morning jump and run,
- Eat your breakfast you have done
- Train your body, train your brain,
- And all bad habits pass away.



Healthy Lifestyle Rules

- Be active
- Go in for sport
- Follow a healthy diet full of vitamins
- Give up smoking
- Don't take drugs
- Don't abuse alcohol
- Think positive
- Avoid stress



Homework

- a poster “How to be health”
- a presentation “What leads to health”
- a report “What prevents kids from bad habits”
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