



*A sound mind  
in a sound body*



**Health freak- a person  
who thinks only of his/her  
health**



Match a word with its translation

*Eyesight*  
*dumb-bell*  
*seed*  
*sunflower*  
*oxygen*  
*germ*  
*lift*

*көрү*  
*гантель*  
*дән*  
*күнбагыс*  
*оттегі*  
*микроб*  
*көтөрү*





# GOOD AND BAD HABITS

## GOOD:

Regularity In life promotes your health. Sleeping seven or eight hours, getting up early, eating breakfast, a healthy diet and regular meals is really a good way to live.

## BAD:

Sleeping too much or too little, snacking and skipping breakfast are not quite as deadly as smoking, obesity and drinking. But they are indicative of dangerously chaotic lifestyles.





# Importance of health in our life

The health a very important thing in the life of everyone. The people must care about their health since their childhood. The life of people with problems connected with their health isn't nice. They think about these problems a lot of time.

As for me, I take my health seriously, because I think that health isn't bought and I should take care of it.

A sound mind in a sound body.

I wish you good health.

A composite image featuring a vibrant green leaf in the upper right corner, with a single water droplet suspended just above it. Below the leaf, a pool of water is shown with concentric ripples emanating from a point where a droplet has just fallen. The background is a bright blue sky filled with soft, white clouds. The overall composition is clean and evokes a sense of nature and purity.

**This project was done by Rataeva  
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