

Health is the Greatest wealth



# Magazine Health

- Grime for Health
- Dirty cosmetics
- Humorous stories
- Crossword



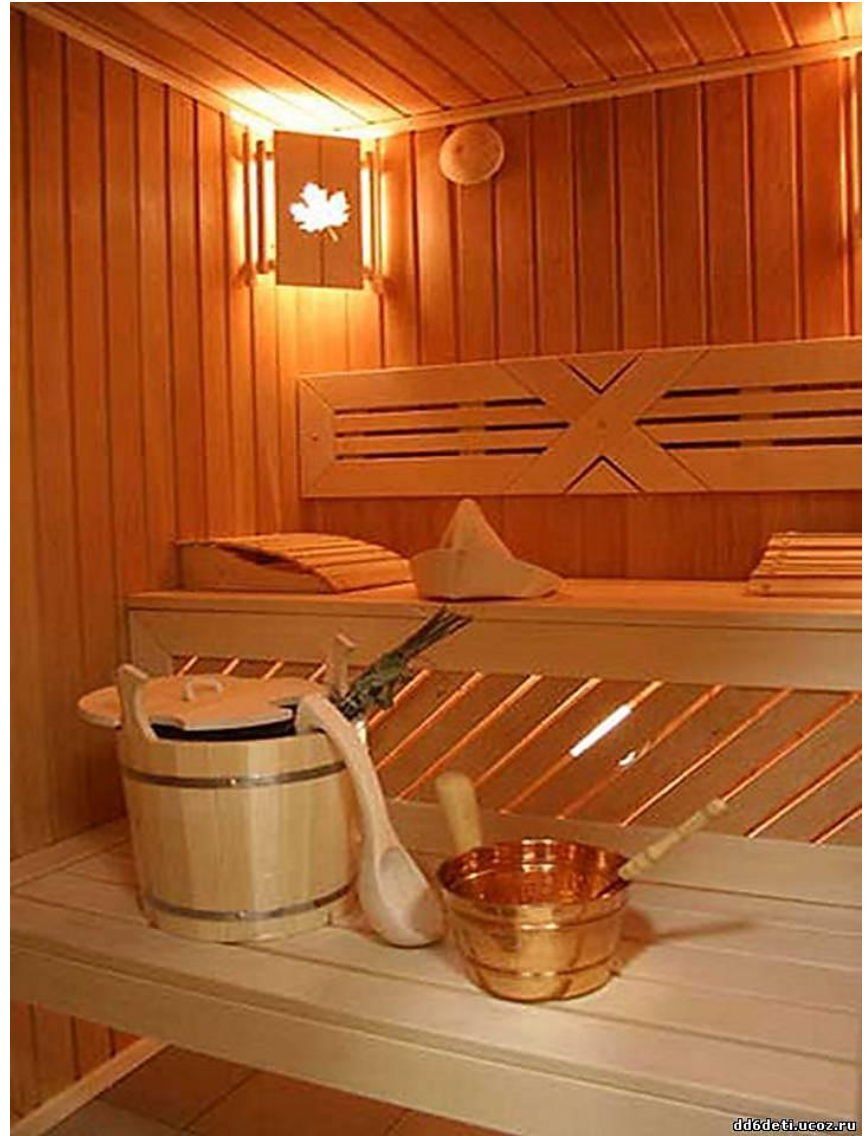
**Read our magazine  
and enjoy yourselves!**

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# Russian Bath

Russian bath makes us healthy and gives us a sense of strength. Even in ancient times doctors valued effect of a bath on peoples health.



# A Public Opinion Poll

buy sweets instead of healthy food

don't eat meat and fish

52%

30%

## Important!!!

**Meat-** helps you have a strong and healthy body by providing protein, iron and several **B** vitamins.

**Fats and sugar** are fast sources of energy.

# A Public Opinion Poll

have bad eyesight

have curvatures of the spine

68%

47%

**Important!!!**

**Fruit and vegetables help them have good eyesight**

**Morning exercises, sleeping on a hard bed and a right seat at the desk would help them.**

# Advertising of Iodomarin

Pills of 'Iodomarin' will help you. You'll get rid of fatigue with the help of it. That drug is a very good remedy for development of mental abilities. You'll be very energetic during the day.



# McDonalds Fast Food

Medical research shows that people eating fast food have high level of cholesterol in their blood. And as for a liver after three months of fast food it can look like a liver of an alcoholic.



We'd better eat  
“эчпечмак”!

# Kolobok



This is a glass of milk. Dairy builds strong teeth and bones by providing calcium. Milk is so useful.





# Kolobok

Carrot will give you some power and help you have healthy gums and teeth , good eyesight by providing Vitamins A and C.



# Kolobok

Apples contain iron and vitamins. Apples are fast sources of energy.



# Kolobok



Here is condensed milk. It is like cream candy.



# The rules

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Get up early and go to bed early to keep fit.



# The rules

Take regular exercises to keep fit



# The rules

Take a cool/cold shower to keep fit.



# The rules

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Eat healthy food to keep fit



# The rules

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Never smoke to keep fit.





# The rules

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Clean your teeth every morning and every evening to keep fit



# The rules

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Wash your hands before you eat to keep fit.



Don't forget:

Too little food makes you thin.



Don't forget:

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Too much food makes you fat.



Don't forget:

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The wrong food makes you ill.



Don't forget:

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The right food keeps you well.



# Don't forget:

Too many sweets are bad for you especially for your teeth.



Thank you for your  
attention.

