

Health is the Greatest wealth



Magazine Health

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

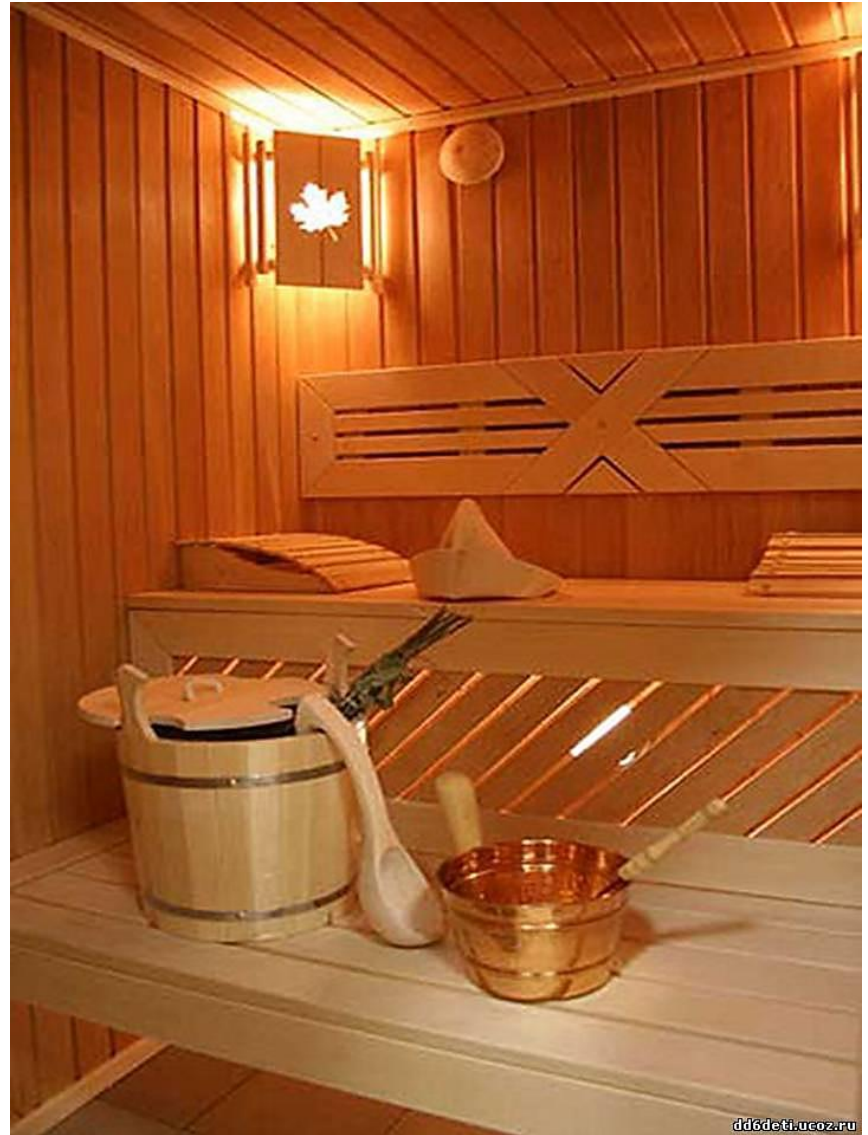


**Read our magazine
and enjoy yourselves!**

▶

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

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

Eat healthy food to keep fit



The rules

Never smoke to keep fit.



The rules

Clean your teeth every morning and every evening to keep fit



The rules

Wash your hands before you eat to keep fit.



Don't forget:

Too little food makes you thin.



Don't forget:

Too much food makes you fat.



Don't forget:

The wrong food makes you ill.



Don't forget:

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.

