

A close-up photograph of a stack of sliced fruits. From top to bottom, the slices are: a green apple, a red apple, a yellow pear, and an orange. The slices are arranged in a slightly overlapping, diagonal stack. The background is a soft, out-of-focus white surface.

**HEALTHY
LIFESTYLE**

A vibrant assortment of fresh fruits including lemons, oranges, strawberries, and blueberries. The fruits are arranged in a cluster, with some sliced to show their internal texture. The colors are bright and natural, suggesting freshness and health.

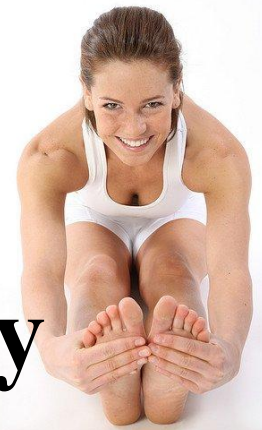
What is the healthy lifestyle?

Healthy lifestyle — the way of life, physical activities, the healthy food that contains vitamins, fat, proteins and carbohydrates . Here you can find some simple tips to have the healthy lifestyle.

Physical activity-our life!

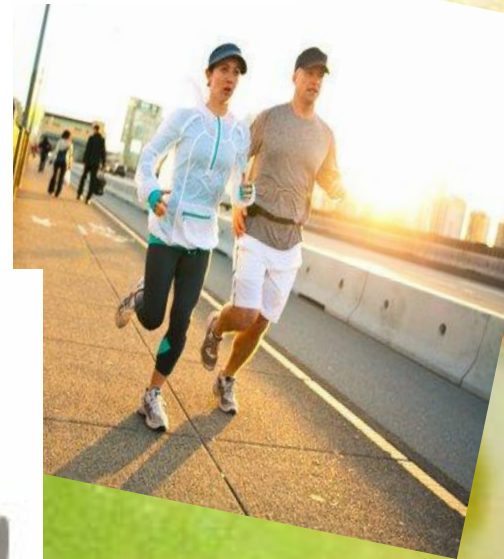


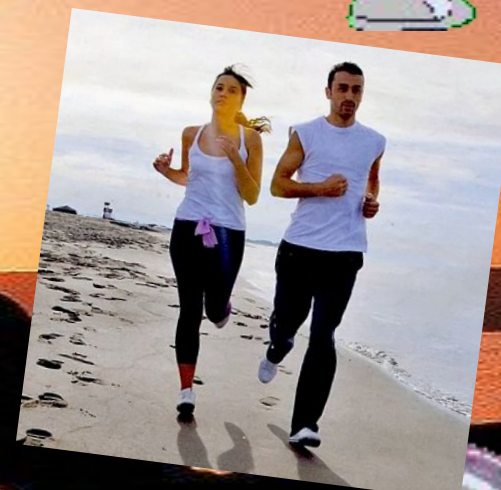
Physical activity is very important for the healthy lifestyle. For good health you should do exercises for 30 minutes a day.



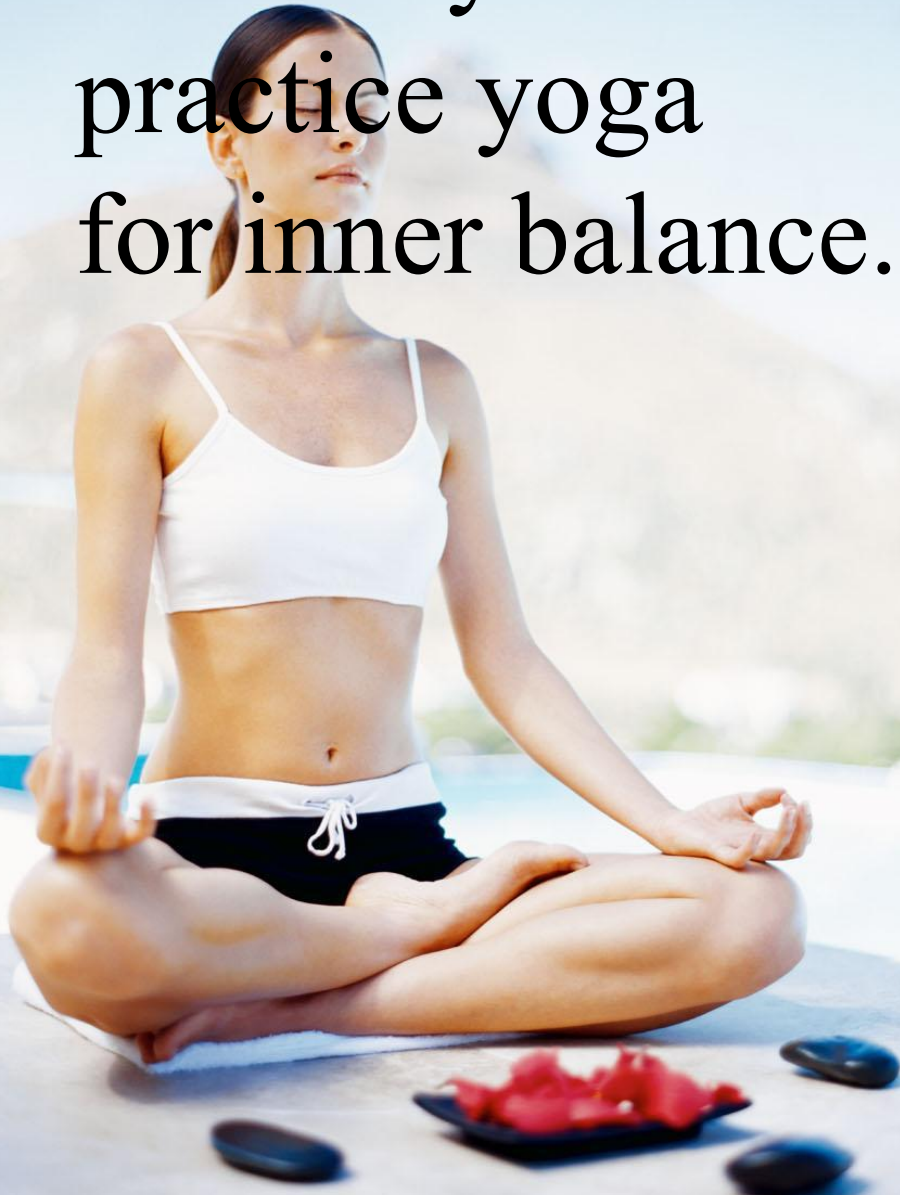
In the morning
don't forget
about physical exercises

You should do complex of exercises





Also in your free time you can to practice yoga for inner balance.



A close-up photograph of a stack of sliced fruits. From top to bottom, the slices are: a green kiwi slice, a red apple slice, a yellow pear slice, and an orange slice. The background is a soft, out-of-focus mix of these colors.

Eat smaller portions!

1. Take a smaller plate and put less food on it, but don't skip meals.
2. You have to eat less bread, sugar and fat.
3. Eat more fruits and vegetables. They are always good for you.

The background of the image is a collage of fresh fruits. The left side is filled with a dense pile of bright red strawberries, showing their characteristic white seeds and green leafy tops. The right side features several ripe apples with a mix of red and yellow-orange hues. The overall lighting is bright, highlighting the natural textures and colors of the produce.

Concentrate on your food!

Don't read or watch TV when you eat.

Eat your food slowly and carefully



fruit



fish



milk



grains



The healthy food contains:



vegetables

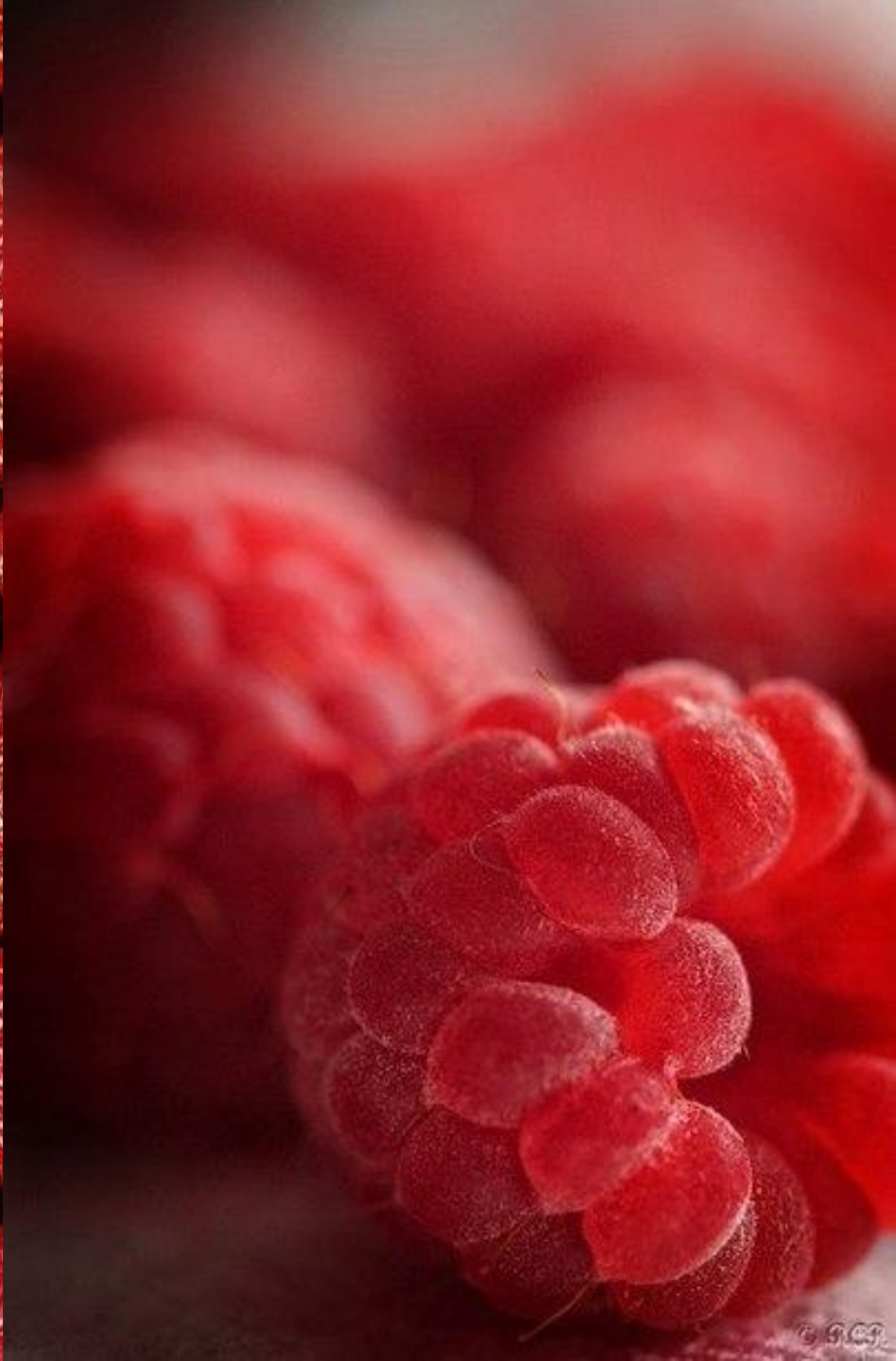


potatoes



meat





A close-up photograph of water being poured from a glass pitcher into a glass. The water is clear and creates a dynamic splash as it falls. The background is a solid, vibrant blue.

**Drink a lot of
water**

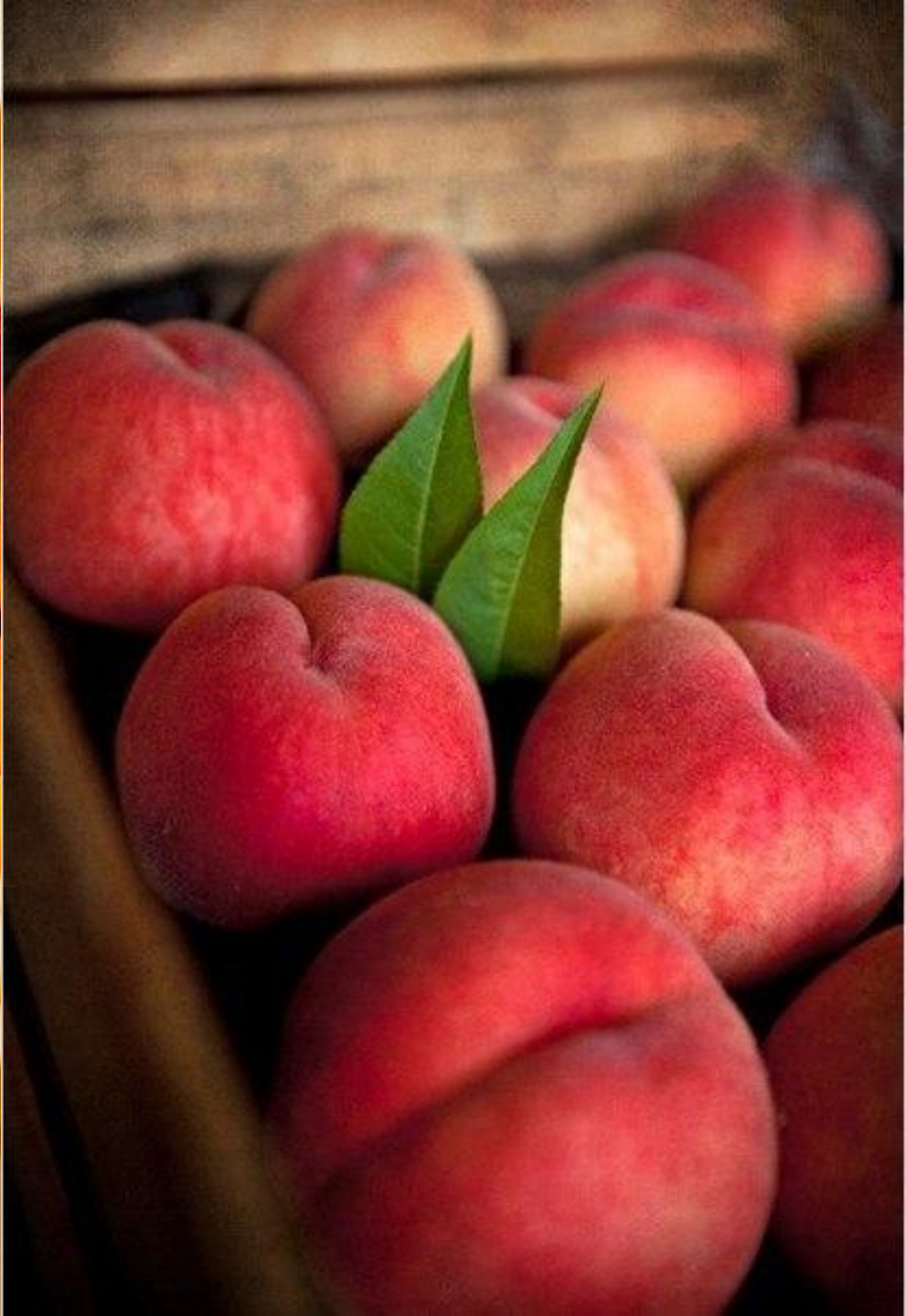
**Drink at least two
liters of water every
day.**

**Tea and coffee don't
count!**

A tall glass filled with bright orange juice. In the foreground, several slices of fresh orange are arranged on a white surface. The lighting is bright, highlighting the texture of the fruit and the clarity of the juice.

Drink fruit juice

**It is always good for
you.**



Don't eat after 7 p.m.



A close-up photograph of a stack of sliced fruits. From top to bottom, the slices are: a green kiwi, a red apple, a yellow lemon, a green apple, and an orange. The text "You should not eat:" is overlaid in the center of the image.

You should not eat:










Go for a walk!



Every day we go to the sports school!



A man and a woman are jogging on a paved sidewalk during sunrise. The woman is in the foreground, wearing a white and blue athletic jacket, black leggings, and a blue cap. The man is slightly behind her, wearing a grey t-shirt, white shorts, and a dark cap. The background shows a city skyline with buildings and a bright sun low on the horizon, casting long shadows. A concrete barrier is on the right, and a metal fence is on the left. The text "Our results....." is overlaid in a large, black, serif font across the middle of the image.

Our results.....



Before



After

You shouldn't smoke!

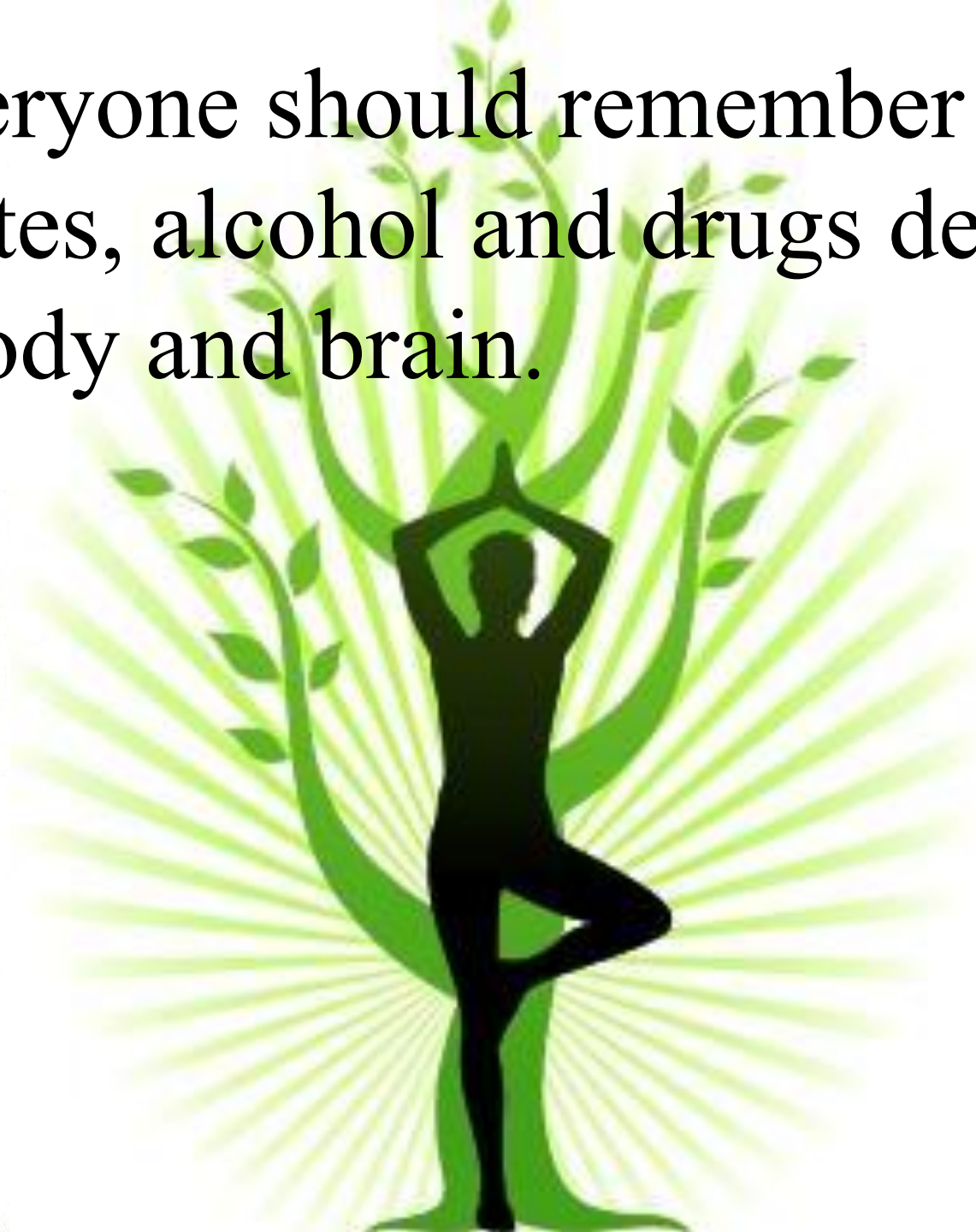


You shouldn't drink alcohol.



ПЬЯНСТВУ - БОЙ

So everyone should remember that cigarettes, alcohol and drugs destroy both body and brain.



Have the healthy lifestyle
and then your children will
be healthy!



Never give up!



Thank you for your
attention:)

love
happy.



Используемые ресурсы:

- http://samopoznanie.ru/schools/zdorovyj_obraz_zhizni/
- http://omp.ucoz.com/index/animacionnye_kartinki_zdorovyj_obraz_zhizni/0-209
- [Фото из личного архива](#)