



***Healthy lifestyle.  
Your choice!***

*You hear a lot about living a healthy lifestyle, but what does that mean? In general, a healthy person doesn't smoke, is at a healthy weight, eats healthy and exercises.*

***Sounds simple, doesn't it?***





- The secrets of a healthy lifestyle
- A healthy mind in a healthy body
- It just feels good to breathe, feel and live

## *Secrets of healthy eating*

Eating a healthy diet is a part of the healthy lifestyle. Not only can a clean diet help with weight management, it can also improve your health and quality of life as you get older.





## ***Fundamentals***

- *Eat moderately* – even much of a good food can be bad
- *Balance* – a balanced diet increases the mental capacity and learning ability of students
- *Variety* – if we eat a wide variety of foods, our organism can get all the nutrients we need.
- *Vitamins* – essential for a healthy life  
If you follow these guidelines, you can eat whatever your heart desires!



# *The Super Foods:*

1. Eggs
2. Yogurt
3. Nuts
4. Kiwi
5. Quinoa
6. Beans
7. Salmon
8. Broccoli
9. Sweet potato
10. Berry



All the 10 super foods are easy to obtain, delicious, inexpensive and provide benefits to our health.

# *5 reasons to eat fruits and vegetables*

- They are nourishing and tasty!*
- They are unique – each of them tastes differently*
- They contain plenty of vitamins and minerals*
- Fruits and vegetables are high in fiber, which gives us satiety and helps digestion .*
- Eating them sufficiently can prevent several diseases*



## *A healthy mind in a healthy body*

One of the biggest problems today is lack of activity. We know it's good for us but avoid it like the plague either because we're used to being sedentary or afraid that exercise has to be vigorous to be worth our time. The truth is, movement is movement and the more you do, the healthier you'll be. Even moderate activities like chores, gardening and walking can make a difference.





# Sport



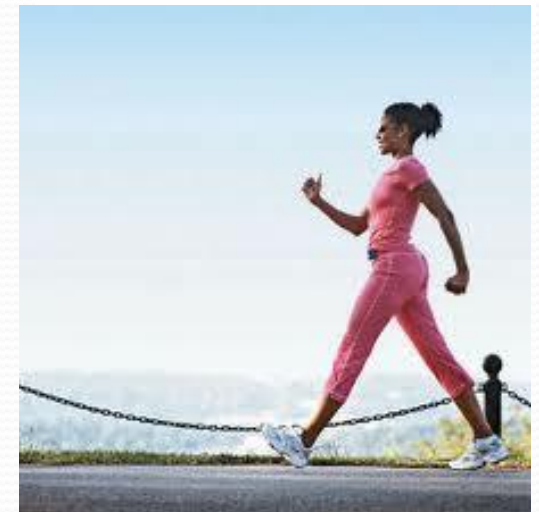
- Exercising a little is necessary for a healthy life, but don't overdo with it!
- Exercising makes you feel good
- Exercising in fresh air is good for brain
- Exercising relieves stress, helps to overcome worries and makes you happy
- Some forms of sports do not require much effort (e.g. Rollerblading, swimming), so everyone can find the sport of their likings

# *Simple Ways to Move Your Body*

You can start the process of weight loss now by adding a little more activity to your life. If you're not ready for a structured program, start small. Every little bit counts and it all adds up to burning more calories.

**Turn off the TV.** Once a week, turn off the TV and do something a little more physical with your family. Play games, take a walk...almost anything will be more active than sitting on the couch.

**Walk more.** Look for small ways to walk more. When you get the mail, take a walk around the block, take the dog for an extra outing each day or walk on your treadmill for 5 minutes before getting ready for work.





**Do some chores.** Shoveling snow, working in the garden, raking leaves, sweeping the floor...these kinds of activities may not be 'vigorous' exercise, but they can keep you moving while getting your house in order.

**Pace while you talk.** When you're on the phone, pace around or even do some cleaning while gabbing. This is a great way to stay moving while doing something you enjoy.

**Be aware.** Make a list of all the physical activities you do on a typical day. If you find that the bulk of your time is spent sitting, make another list of all the ways you could move more--getting up each hour to stretch or walk, walk the stairs at work, etc.





It just feels good to breath, feel and live

## *Nobody's perfect*

- The society and environment affects our lifestyles, so it is very important to be kind and friendly to everyone
- No one is born into this realm, as they wouldn't wish
- No one should be cast out of the company of others because of their looks, race or wealth – it's low.
- Everyone has a soul, even animals



# *Consumption of alcohol and tobacco damages health*



- A person who smokes or drinks alcohol is repulsive to others
- Smoking can result in getting cancer





## *Sleep is sweeter than honey...*

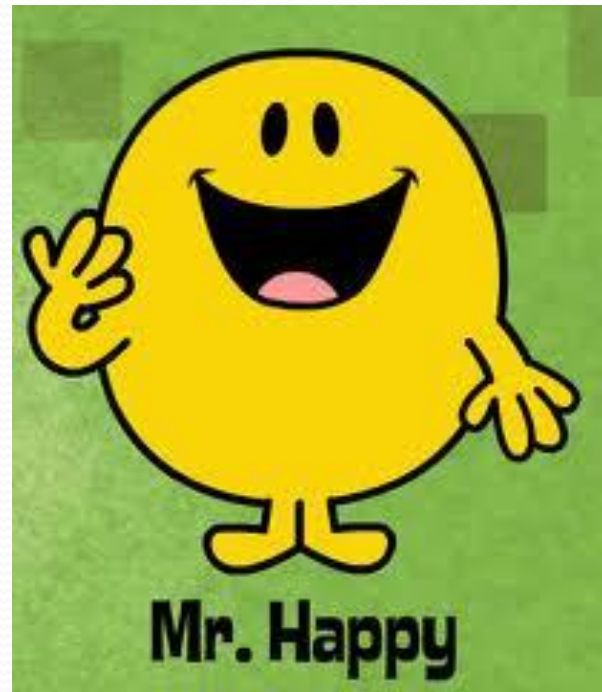
- Sleeping sufficiently is an important component of a healthy lifestyle
- An average adult needs about 7-8 hours of sleep per a day
- Children need to sleep more, infants sleep the most.
- The need to sleep decreases as we age
- And most importantly – it's pleasant to sleep



*Smile and the world will smile back to you...*



- *Happiness is the key to life*
- *Every smile adds 5 minutes to your life*

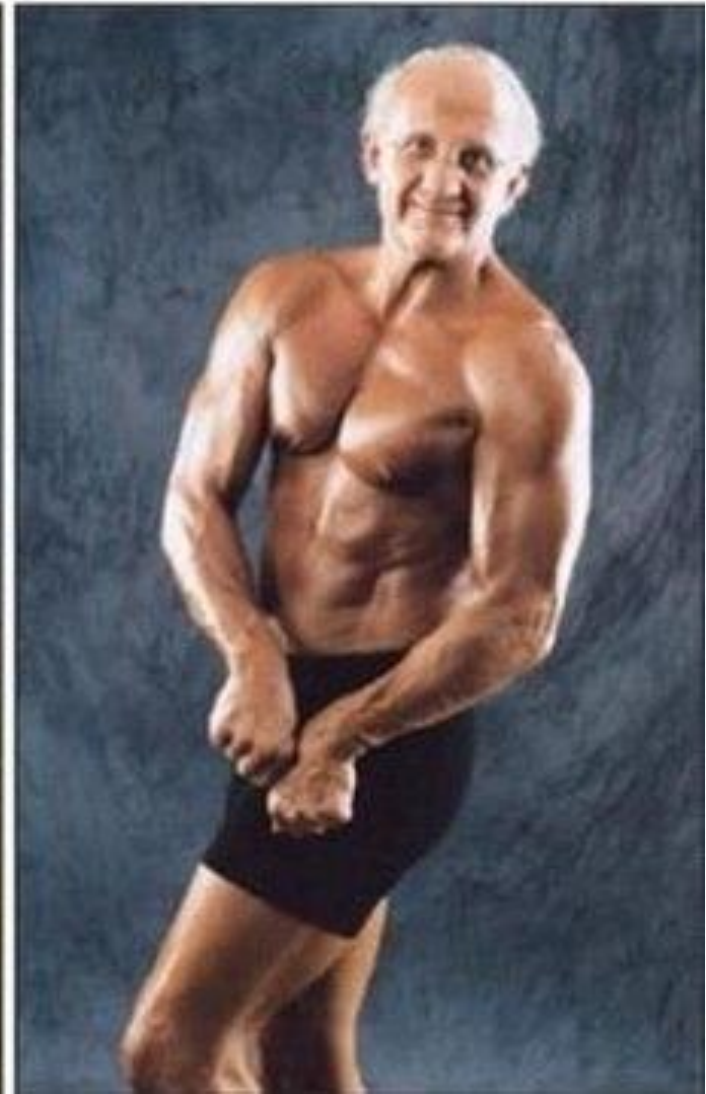
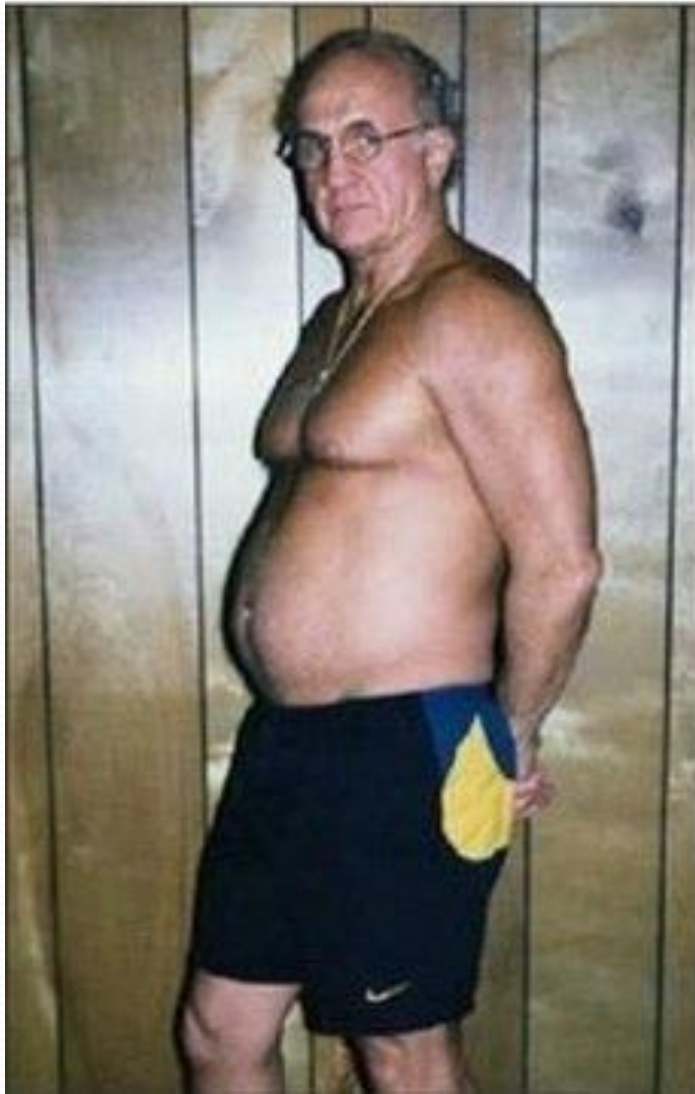


## *Friends*

- Good mood and being friendly attracts others
- Friends are a necessary for a good life
- They help you when the times are rough and they always understand you
- Thanks to your friends you are happy and enjoy even little things



**This guy was 70 years old when he decided it wasn't too late to get into shape.**







**What's your excuse?**