

# Healthy way of life



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To be healthy is very important. You can work, learn, and have fun only when you are healthy. Health is man's greatest wealth. The modern concept of health is defined as the general physical, mental, and emotional ability to function effectively and in harmony with one's environment. If you are ill, nothing seems nice.





Individual  
Lifestyle 50%



HEALTH

Medical  
Service 10%

Environment  
20%

Heredity 20%

To become a healthier person, you should follow some rules.



# 1

Get a lot of sleep. Sleep is food for the brain. If you sleep little, you will look bad, feel bad and work poorly. Teens need about 9 hours of sleep every night.





## 2



- Eat healthy food. Healthy eating habits are very important for our health. A balanced diet should include different kinds of products, such as
- Dairy products: milk, cheese, cottage cheese, sour-cream
- Meat: pork, mutton, lamb, poultry, beef
- Fruit: peaches, pineapples, oranges, bananas
- Vegetables: beetroots, cauliflower, peas, pepper, cabbage, leek, onions
- Grains: bread, wheat, corn, buckwheat





### 3

You should try to eat more homemade food and less junk food or fast food. People, who eat fast food, can become overweight. Fast food has a lot of additives, flavorings and preservatives.



# 4



Do exercises. To be healthy and fit a person should exercise more. It's possible to lose weight and become fitter just doing regular exercises. You can jog every morning or do stretching exercises in the evening.





# 5



Say no to addictions. There are two types of addiction – substance addiction and behavioral addiction. People can become addicted to drugs, alcohol, tobacco, sniffing glue or petrol. They can also be addicted to gambling or playing computer games. As for me, I have no bad habits as I understand: the more you care about your health, the longer you will live.



# At last...

# Healthy people!

