

SPORT AND PHYSICAL CULTURE ARE SECRETS OF LONGEVITY

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An elderly woman with weathered skin, wearing a blue jacket and a light blue hat, is kneeling on a grassy field. She is holding a small green plant with both hands, looking down at it intently. The background shows a body of water and a clear blue sky with some clouds. The overall scene conveys a sense of nature, health, and longevity.

The Secrets of Long Life



ВОР
АЧА
ДОМ

РЕГИСТРАТУРА

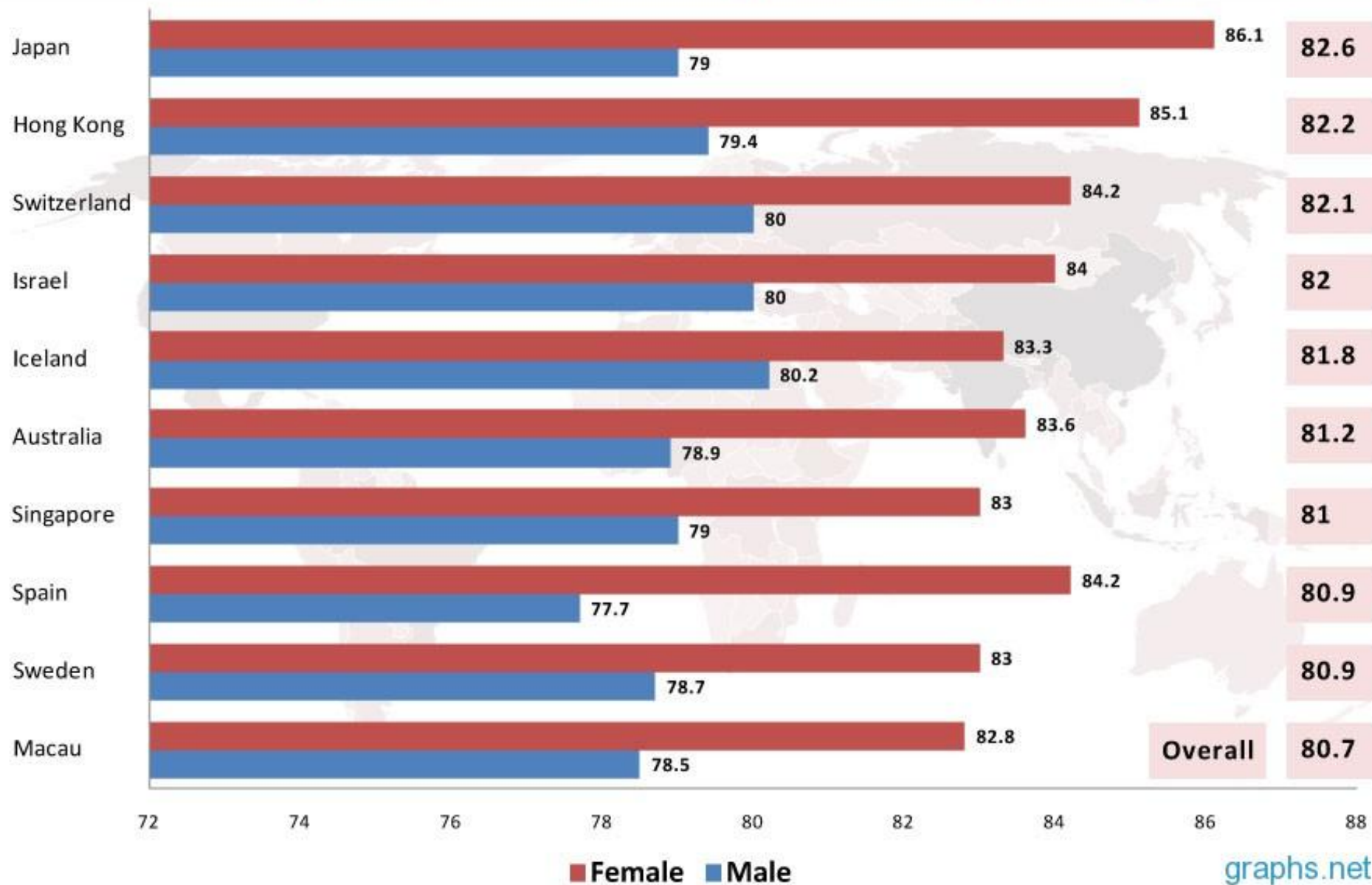
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Top 10 Countries with Highest Life Expectancy



MISAO OKAWA





Steps to longevity



1. DRINK MORE



2. GET POSITIVE EMOTIONS AND HAVE REST



3. KEEP HEALTHY DIET



4. SAY NO ALCOHOL, SMOKING AND DRUGS



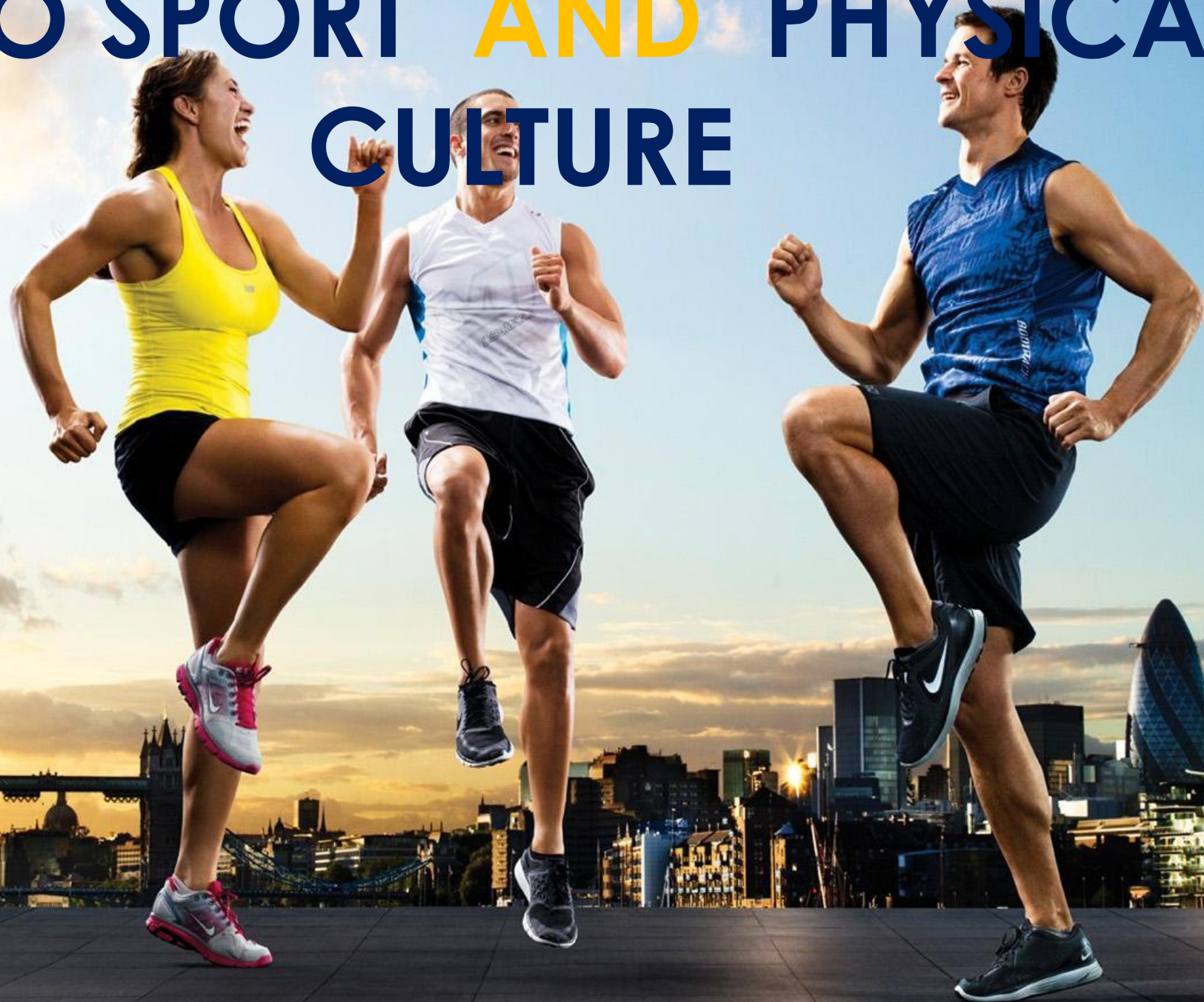
5. HAVE A GOOD SLEEP



6. TRAIN BRAIN



7. DO SPORT AND PHYSICAL CULTURE





No matter what
kind of
sport would you

choose



Don't forget,
your health is your
**personal
responsibility!**

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the image.

THANKS FOR YOUR ATTENTION

