



# Healthy lifestyle. Habits

Student: Kulbida Olga V.  
Engineering School of Energy  
Group 5072

Adviser: Obskov Alexander V.  
Assistant Professor,  
Department of Foreign Languages

Tomsk  
2017

# Contexts

---

- Introduction
- Bad habits
- Useful habits
- Conclusion

# Introduction



# Bad habits

---

- Drugs
- Alcohol
- Smoking



# Useful hobbies

- Eight-hour sleep
- Daily walks
- Exercise
- Daily regime
- Healthy food



# Conclusion

---

There is healthy mind in a  
healthy body

**THANK  
FOR YOUR  
ATTENTION!**