A Healthy Lifestyle.

Подготовили ученицы **10 «А».**

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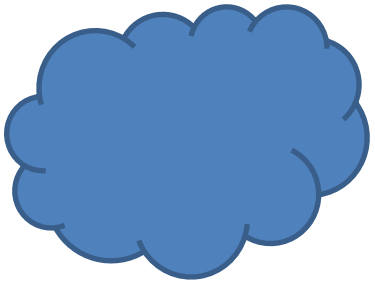
Health.

It is very important to be healthy. Health is the greatest wealth. If you want to be healthy you should avoid bad habits, they can be dangerous for your health. You shouldn’t smoke and drink alcohol.

You should go in for sports. It is very useful to do exercises every morning. You can also jog every morning and go to the swimming pool.



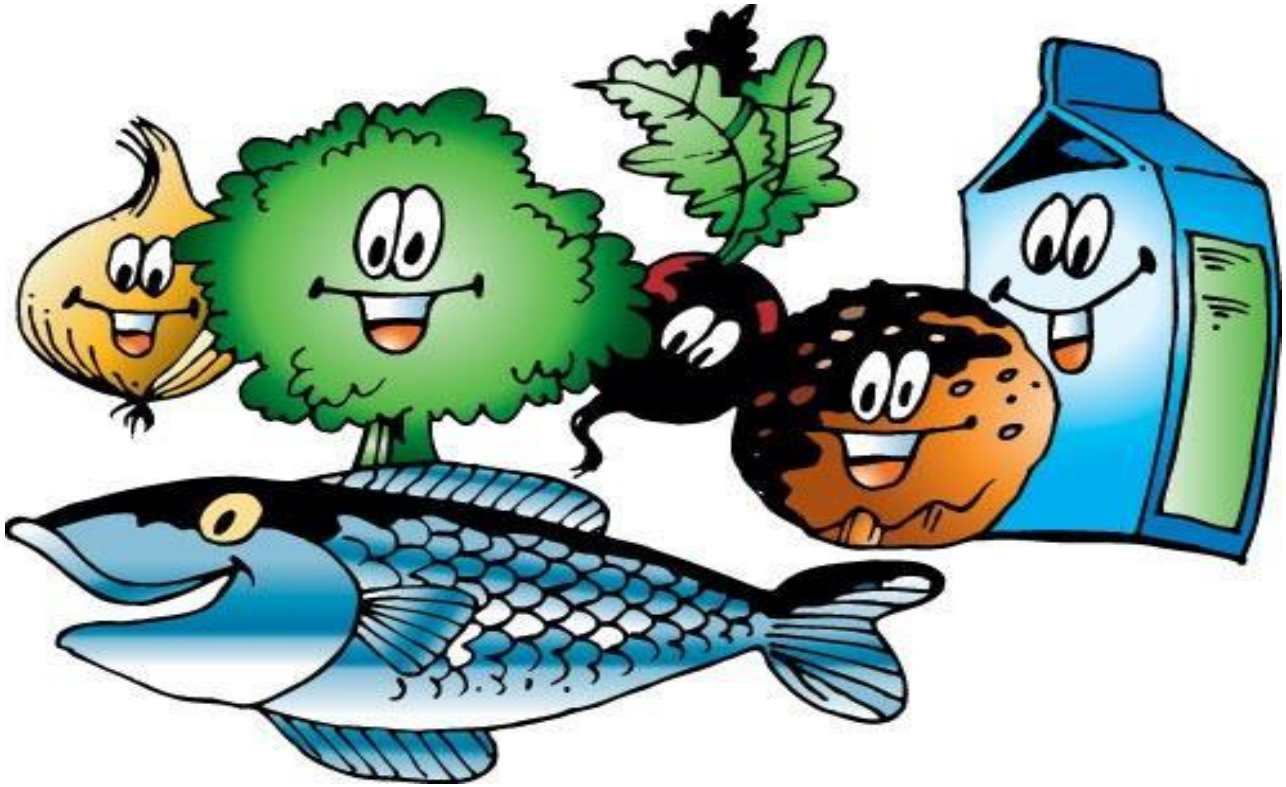
Need to know.

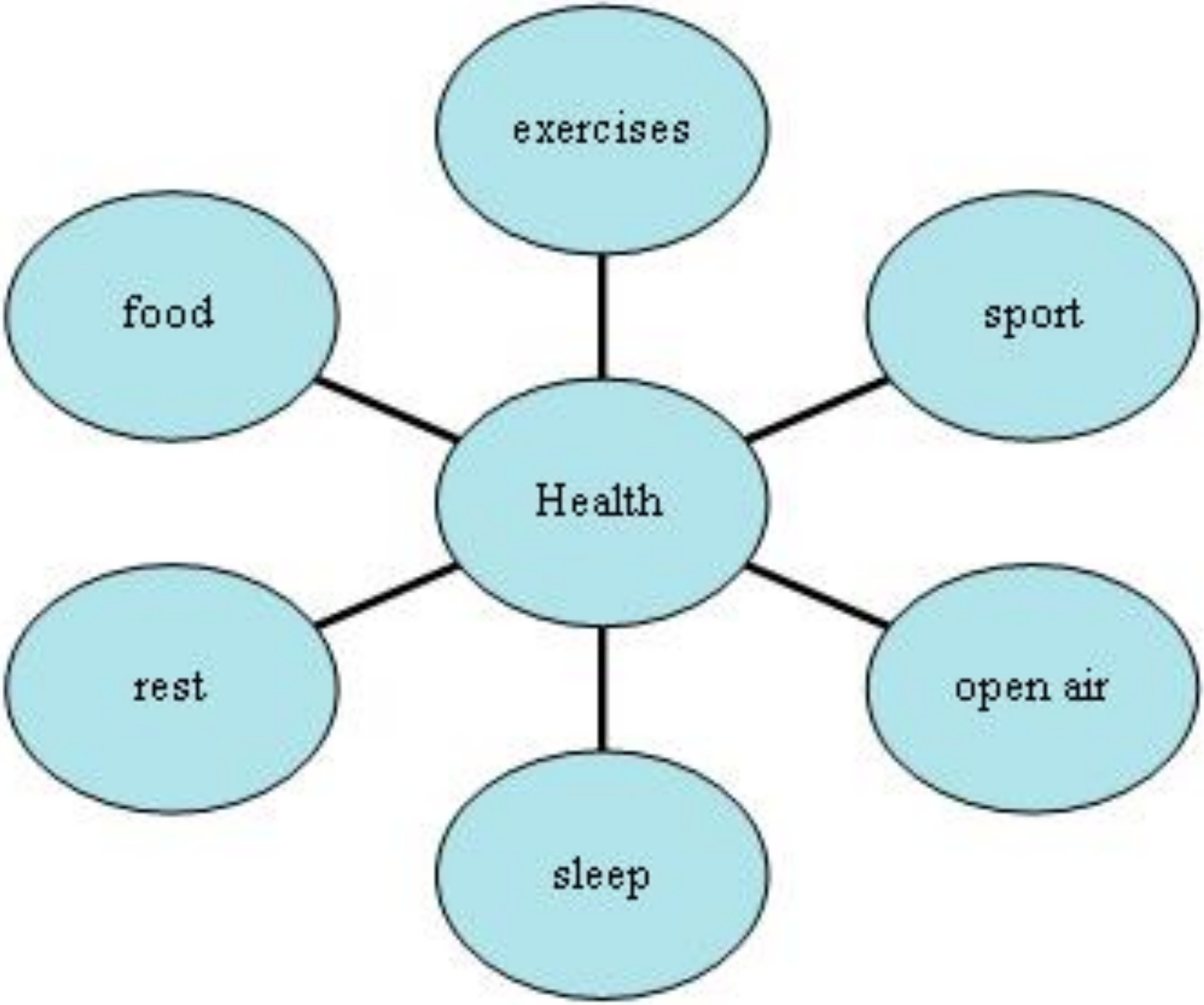
I consider that man's health depends on his mode of life. To prevent the diseases it's necessary to keep some simple regulations:

- to go in for sports,
- to eat carefully,
- to take a rest
- to walk frequently in the open air.

eat

If you want to be healthy, you should eat healthy food, such as vegetables and fruit, and drink green tea or fresh juice. Do not eat fried foods. Try to eat only fresh dishes.




exercises
food
sport
Health
rest
open air
sleep

About me

To my mind, one of the best ways to stay healthy and fit is to go in for various sports. My favorite sport is swimming. I spend a lot of time in the swimming-pool. I think it revitalizes my body and gives me energy for the whole day.

To stay healthy, it is also important to spend lots of time in the open air. It is especially useful to go for a walk before going to bed. Following these simple rules regularly is the only way to promote our health.

Чтобы оставаться здоровым, важно также тратить много времени на свежем воздухе. Особенно полезно ходить на прогулку перед сном. Регулярное следование этим простым правилам является единственным способом поддержания нашего здоровья.

I'm not sick.

I get ill very rarely because I eat a lot of fruit and vegetables, sleep eight hour a day, have a rest every hour. I also like to go to the country. I visit my doctor twice a year and do exercises every morning.

In summer I swim a lot and ride a bike. In winter I go to the gym.

If you are getting sick often, you should take vitamins and follow your doctor’s advice.

ФИЗИЧЕСКОЕ ЗДОРОВЬЕ

Thank you.