

HEALTHY LIFESTYLE



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11 class

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In the concept of "healthy lifestyle" includes: regular classes in various sports, balanced nutrition, basic personal hygiene, the most complete rejection of bad habits, such as alcohol and cigarettes, as well as various tempering procedures.



SPORT - A PLEDGE OF A HEALTHY LIFESTYLE

Physical activity improves overall health and functioning of the lymphatic system, detoxifying of the body. According to studies, people who exercise regularly, colds by 25% less likely than those who do not lead a healthy lifestyle.

Nevertheless, we should not be too zealous. Only 30-60 minutes a day of sport that allows you to become healthier, while more severe stress will make you weaker. Be sure to include in the program push-ups - they contribute to better performance of the lungs and heart.





Daily morning exercises - mandatory minimum of physical activity a day. Need to make it as a habit, as washing in the morning



MORE VITAMINS



Each of us need vitamin D, which is found in salmon, eggs and milk. Studies have shown that many people do not get enough vitamin C, - says Elizabeth Politi, director of nutrition at Duke Diet & Fitness Center. Citrus - an excellent source of vitamin C. "The fact that vitamin C prevents colds, - myth", - she says. "But getting the required amount of vitamin C from fruits and vegetables charges the immune system."





Just for immunity is very important zinc it has anti-virus and anti-toxic effect. You can get it from the seafood from the raw grains and brewer's yeast. Also drink tomato juice it contains large amounts of vitamin A.



TEMPERS!

Your assistant in leading healthy lifestyles may be hardening of the body. To him it is best to start from childhood. The easiest way of tempering - air baths. Great importance in the process of hardening play and water therapy - strengthening the nervous system, favorably affecting the heart and blood vessels, normalizing blood pressure and metabolism. Primarily recommended for a few days to rub the body with a dry towel, and later move on to wet wiping. Sponge oneself need to start with warm water (35-36 C), gradually moving to the cool water, and then to the perfusion. Summer water treatment is better to take in the fresh air after charging.



CONCLUSION

I think that we should not only be healthy, but actively and aggressively work in this direction as the easy way to achieve a high level of health no.

