

HEALTHY LIFESTYLE

Karpenko Maxim 8a





What is the healthy lifestyle?

Healthy lifestyle — the way of life, physical activities, the healthy food that contains vitamins, fat and proteins. Here you can find some simple tips to have the healthy lifestyle.

You should do complex of exercises





Also in your free time you can
to practice yoga.





- Sport is very important in our life. It is popular among young and old people. The most healthy kinds of sports are swimming, running and cycling.

THE HEALTHY FOOD CONSIST :







Drink a lot of water

Drink at least two liters of water every day.
Tea and coffee don't count!





You should not eat:



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Healthy

- I think it is very important to be fit and healthy, and it is necessary to take care of your health. Only way to stay healthy and to keep fit is by going in for sports. Every person have to choose between healthy life style and numerous illnesses.

You shouldn't drink alcohol



ПЬЯНСТВУ - БОЙ



• Have the healthy lifestyle and then your children will be healthy



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Thank you for your attention:)

love

happy.

