

# Healthy Way of Life



People nowadays  
are more  
health-conscious  
than they used to  
be. They  
understand that  
good health is  
above wealth



- To be healthy we should avoid different bad habits that can affect our health. In my opinion, smoking and drinking too much alcohol, are the worst ones. It's common knowledge that smoking and drinking can shorten our lives dramatically. Smoking, for example, causes a number of heart and lung diseases, such as pneumonia, emphysema and cancer.





Besides, it makes your teeth yellow and skin unhealthy. Fortunately, in recent years smoking has received a lot of bad publicity, and fewer people smoke nowadays.

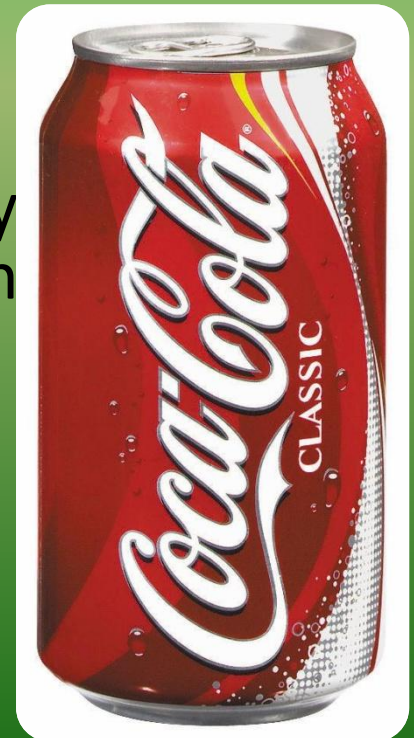
Some companies don't employ people who are smokers. Smoking has been banned in most public places because everyone agrees it does harm to our health. I don't smoke, because I don't want to have unhealthy skin and teeth and die young.

- Smoking and drinking are joined by less dangerous habits, such as skipping meals, eating unhealthy food, or even overeating. Of course, they are not quite as deadly as smoking or drinking alcohol, but they also affect our health.





- If we eat too much, we'll become obese, and obesity leads to serious health problems. A lot of people like drinking coca cola and coffee, and enjoy pizzas and hamburgers. But what is tasty is not always healthy. Fast food makes you fat, that's why Americans are the fattest people in the world.





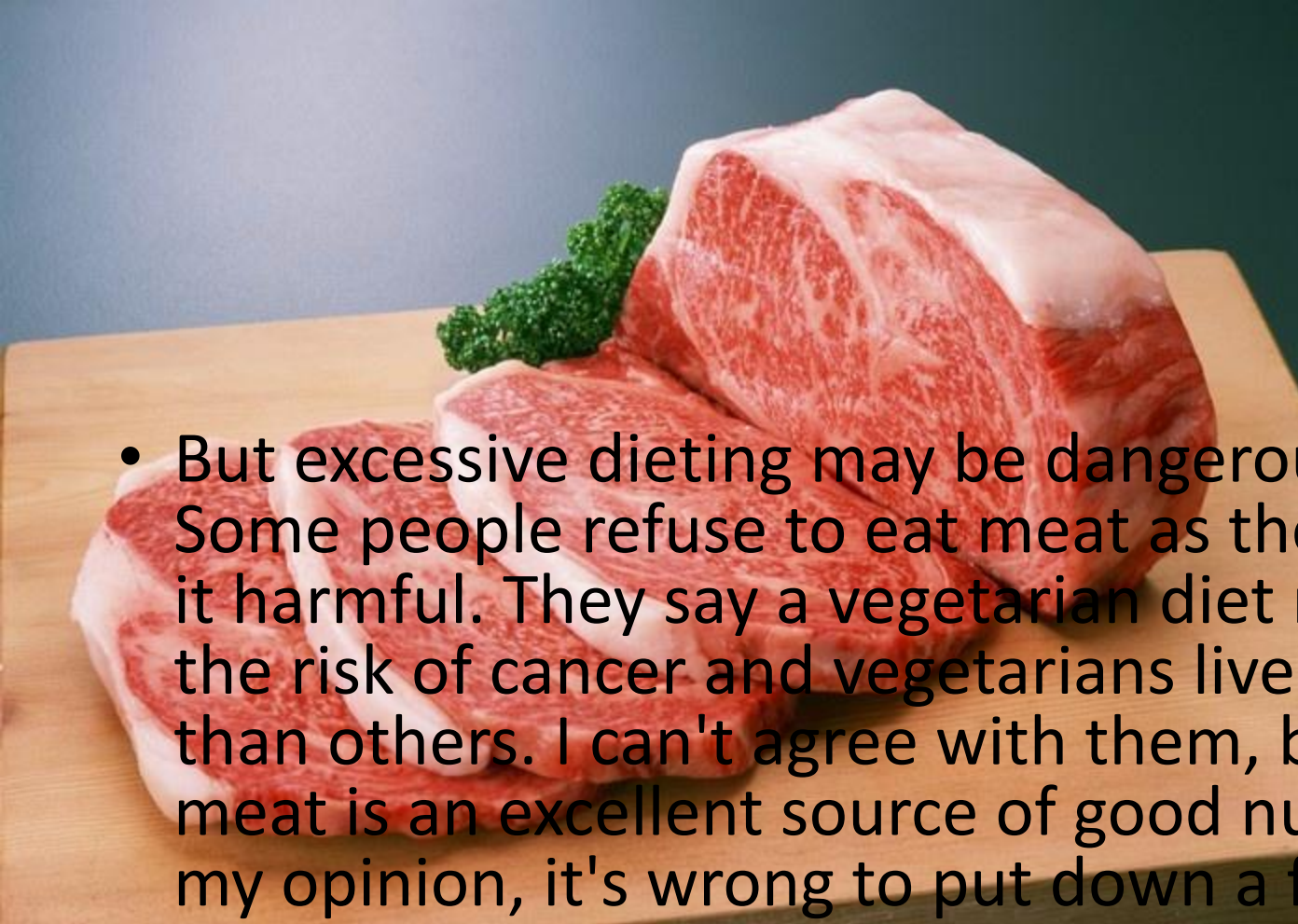
recent years eating habits have undergone a change. People are encouraged to eat less fat and more fibre. Fat is believed to be one of the major causes of obesity and heart disease. High fibre and low fat foods can now be found in all shops and supermarkets. Salads, beans, and fruit have taken the place of steak and ice cream. The fashion for health food is growing all the time.





- Many people feel they are too fat, even if their doctors disagree. And a lot of people try to improve their fitness. There are a lot of ways to lose weight and avoid gaining it. Perhaps the most popular of them is following a diet. If you want to lose weight, you should cut out snacks and desserts, and cut down on fat. People have also become more aware of calories, the energy value of food. Some people count the number of calories they eat every day; so that they can try to take in fewer calories and lose weight. This is called a calorie-controlled diet. Manufacturers are increasingly producing special foods with fewer calories for slimmers.





- But excessive dieting may be dangerous, too. Some people refuse to eat meat as they consider it harmful. They say a vegetarian diet reduces the risk of cancer and vegetarians live longer than others. I can't agree with them, because meat is an excellent source of good nutrition. In my opinion, it's wrong to put down a food simply because excessive amounts can cause health problems. Consumed in moderate amounts, meat is perfectly good for our health.

- To my mind, the only way to stay healthy and to keep fit is by going in for sports. Among the benefits of regular exercise are a healthier heart, stronger bones, quicker reaction times and more resistance to various illnesses. Besides, you can eat and drink as much as you want because you are burning it all off.

To be healthy, it is also very important to spend a lot of time in the open air. It is useful to go for a walk before going to



- I think it is very important to be fit and healthy, and it is necessary to take care of your health. Being fat, in fact, can cause real problems. It is harder for fat people to get a good job, or even to make friends. If you want to do well, you must be thin. That's why I go in for sports on a regular basis. I have been doing aerobics for three years and I feel great. I am not enthusiastic about strict dieting, but I try to eat only low-fat food, and fruit and vegetables which are rich in vitamins.

- Personally I believe that regularity in life promotes our health. Sleeping eight or nine hours, getting up early, regular meals, a healthy diet and going in for sports is really a good way to live.

