

Dnipropetrovsk State Medical Academy

# Healthy Lifestyle

Presentation prepared:  
Student 8a group  
The 1st medical faculty  
Eduard Grigorenko

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# The man's health depends on his lifestyle.



The life of modern man is endangered by many factors:  
\*the increasing pollution of the environment,



\*sedative lifestyle of the majority of the population,



\*the quality of food.

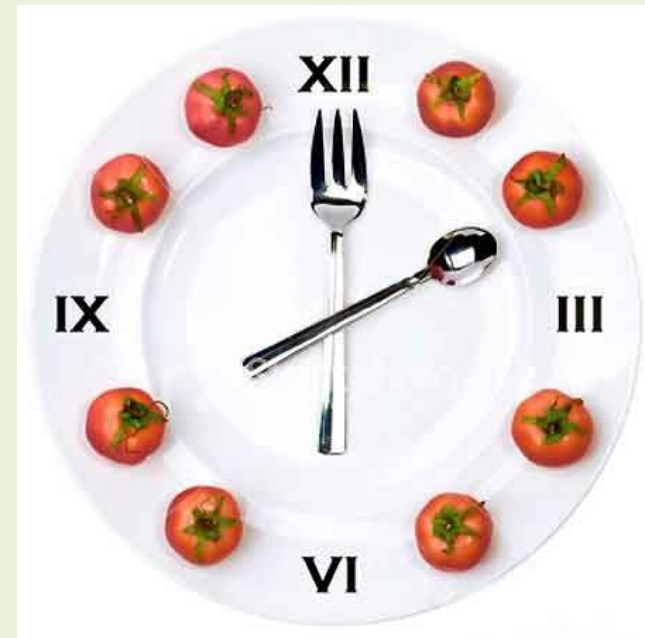


To prevent the diseases it's necessary to keep some simple regulations:

\*to go in for sports,



\*to eat carefully,



\*to take a rest,

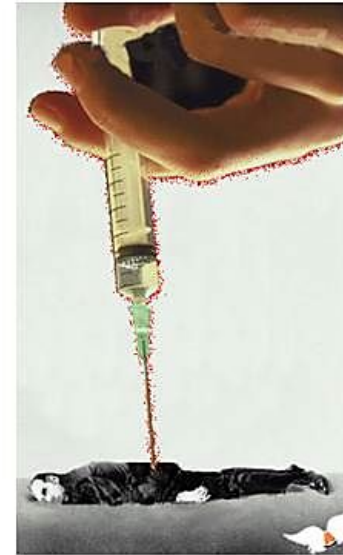




\*to walk frequently in the open air,



\*giving up unhealthy habits like drinking, smoking, and drugs.



Physical fitness has become an integral part of many people's lives.



To keep fit, you may visit health and fitness clubs,  
swimming – pools



or just do regular exercise — aerobics  
or yoga, training in a gym,



# walking, running.



Mass running competitions gain popularity with Ukrainians.



Even moderate physical activity can protect you from heart disease and strokes, obesity and influenza.





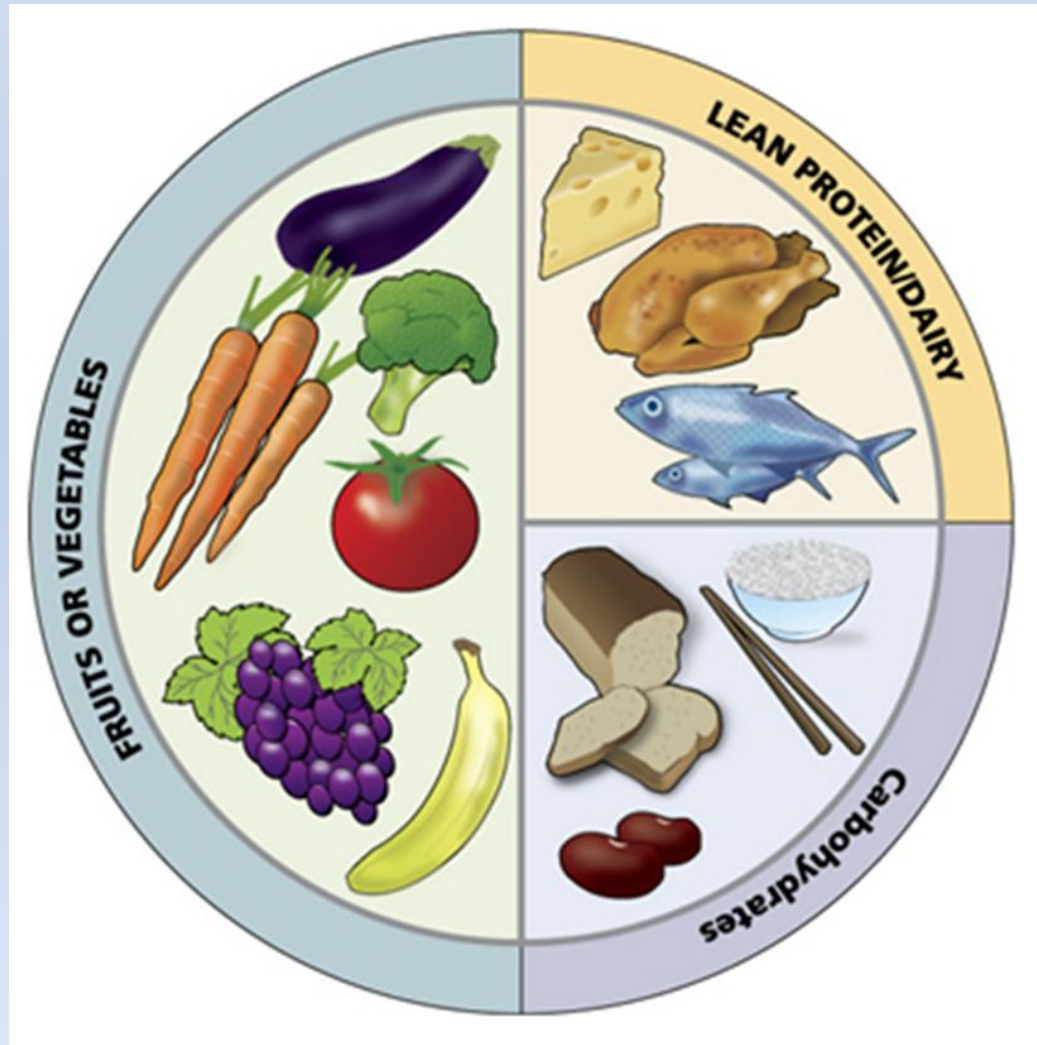
The morning exercises gives strength  
for a whole day.



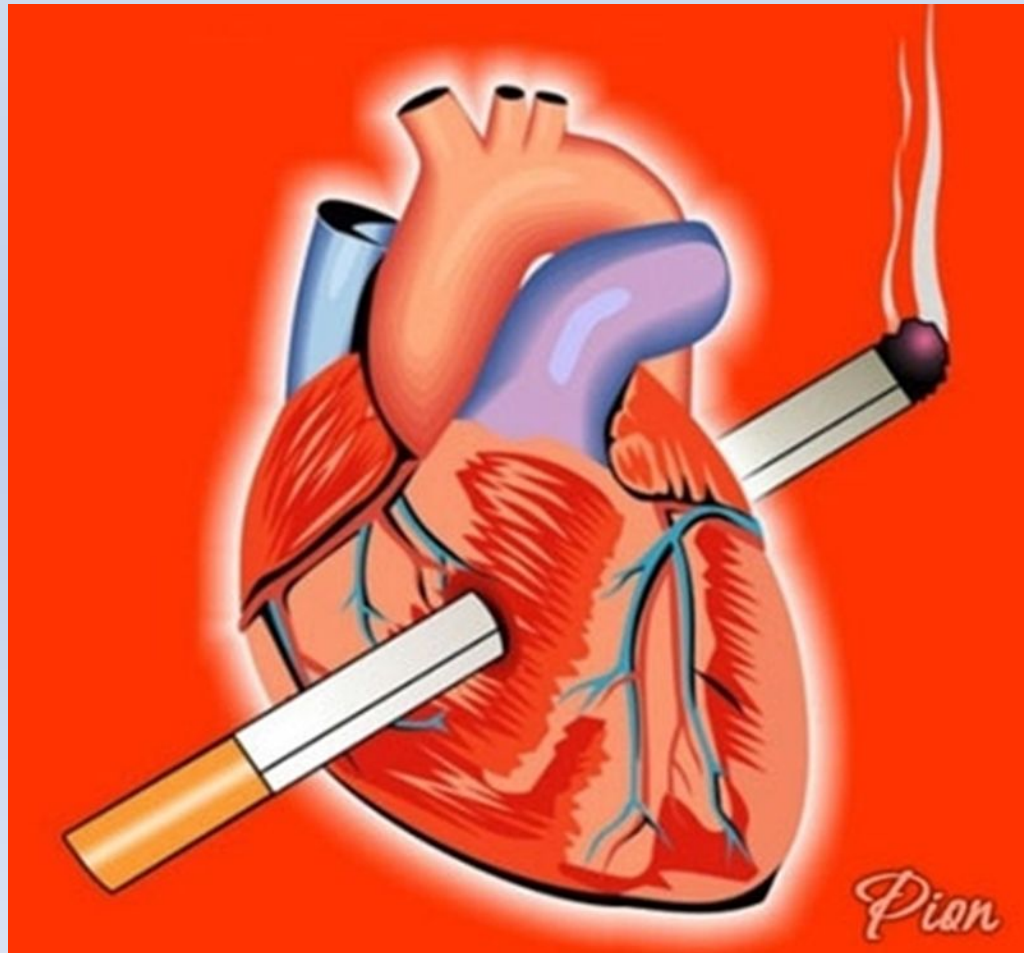
The conditioning to the cold is the main method for preserving health.



A healthy diet protects our body from a wide range of diseases, including heart diseases, liver disease and cancer.



You should abstain from smoking as it is hazardous for your health and can lead to fatal diseases.



Everybody must begin to take care of his health in his youth because it's easier to take care of our health than to recover it.

