

Healthy Lifestyle

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*The healthier we are, the better we feel.
The better we feel, the longer we live.*



Say «NO» to bad habits!

NO SMOKING



NO ALCOHOL



Keeping fit and going in for sports is also important for our health.



A healthy diet is an essential part of staying healthy!



Getting enough sleep, from 8



Taking a proper rest!



Thank you for your attention!
Good luck!

