



HEALTHY LIFESTYLE

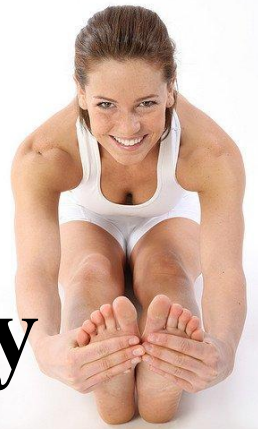


What is the healthy lifestyle?

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

Physical activity-our life!

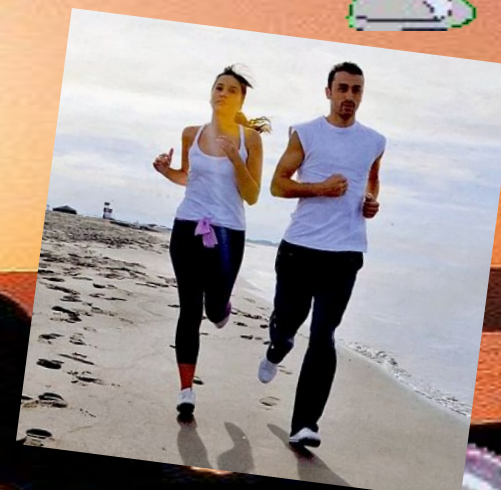
Physical activity is very important for the healthy lifestyle. For good health you should do exercises for 30 minutes a day.



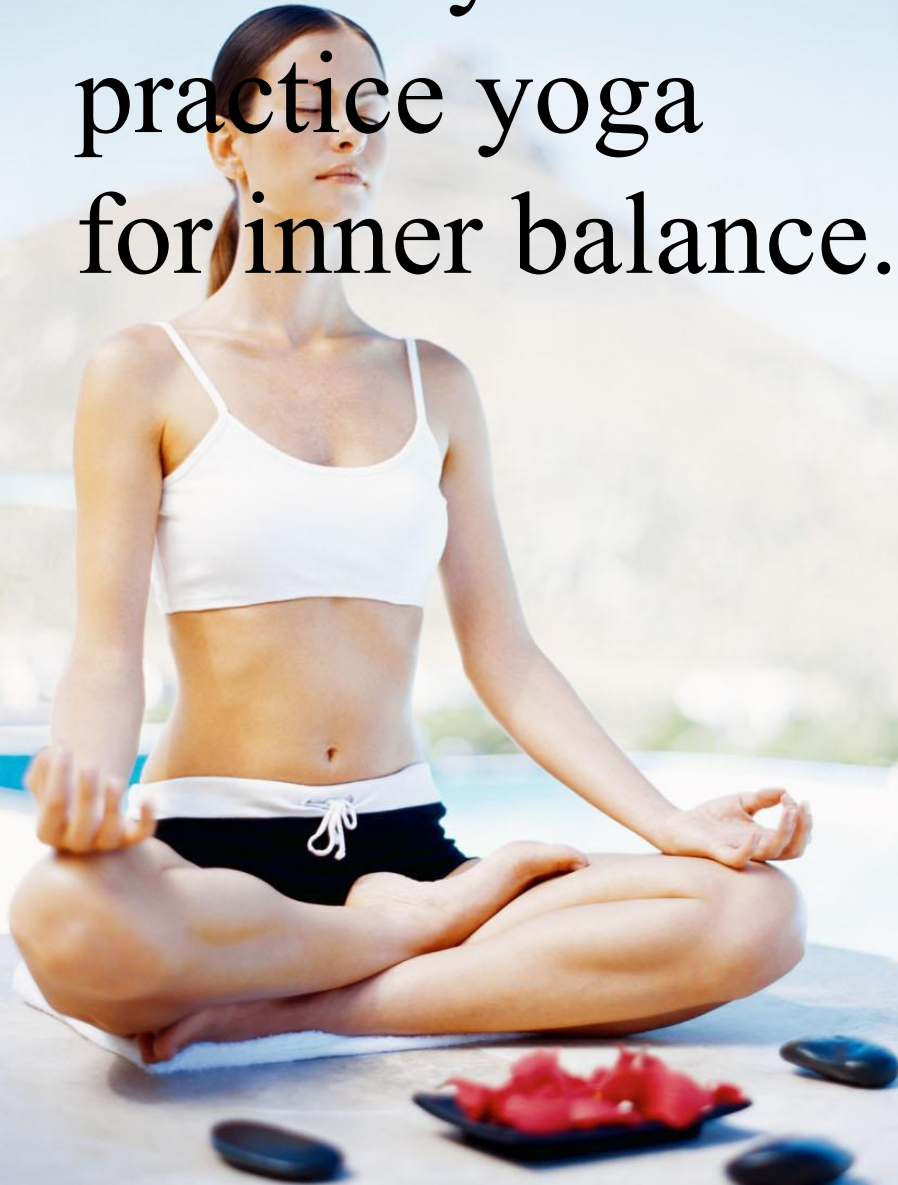
In the morning
don't forget
about physical exercises

You should do complex of exercises





Also in your free time you can to
practice yoga
for inner balance.





Eat smaller portions!

1. Take a smaller plate and put less food on it, but don't skip meals.
2. You have to eat less bread, sugar and fat.
3. Eat more fruits and vegetables. They are always good for you.



Concentrate on your food!

Don't read or watch TV when
you eat.

Eat your food slowly and
carefully



fruit



fish



milk



grains

The healthy food contains:



vegetables

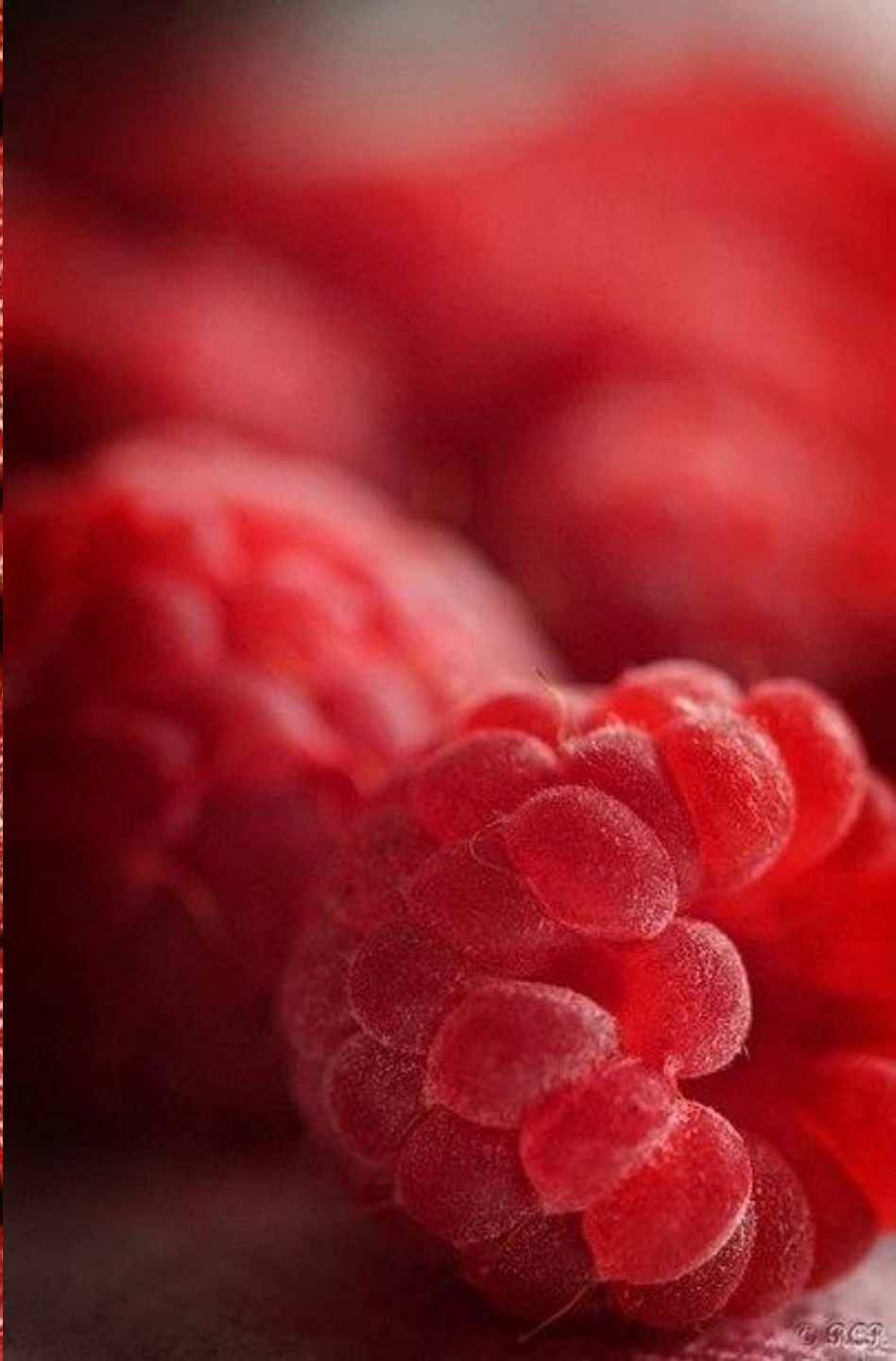


potatoes



meat





A close-up photograph of water being poured from a glass pitcher into a tall glass containing ice cubes. The background is a solid blue color.

Drink a lot of
water

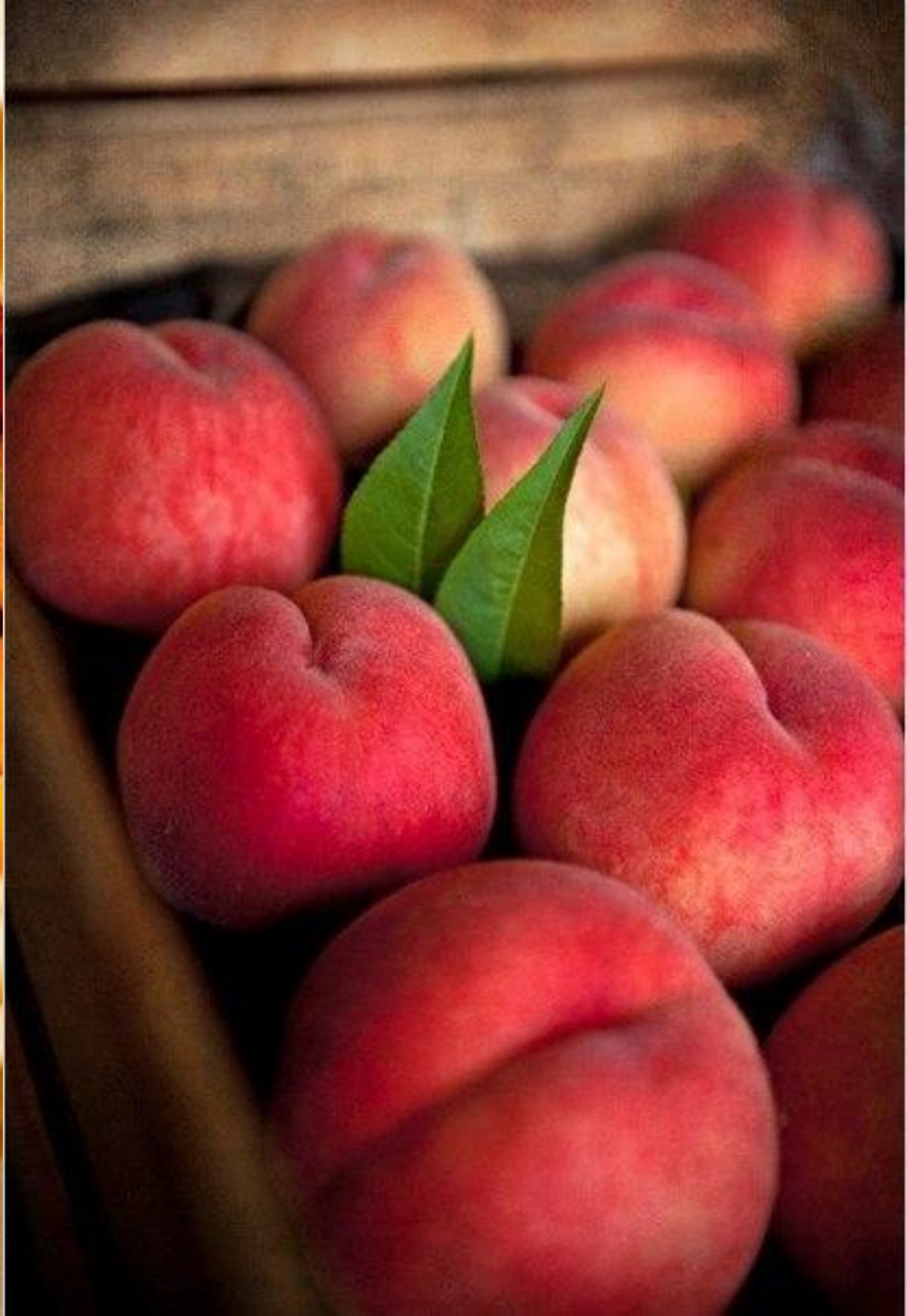
Drink at least two
liters of water every
day.

Tea and coffee don't
count!

A close-up photograph of a tall glass filled with orange juice. In the foreground, there are several slices of orange. The background is dark and out of focus.

Drink fruit juice

It is always good for
you.



Don't eat after 7 p.m.





You should not eat:









Go for a walk!



Every day we go to the sports
school!



A man and a woman are jogging on a paved path next to a body of water. The woman is in the foreground, wearing a light blue long-sleeved shirt, black leggings, and a blue cap. The man is slightly behind her, wearing a grey t-shirt, white shorts, and a dark cap. They are both wearing running shoes. The path is bordered by a yellow metal railing on the left and a concrete barrier on the right. In the background, there are city buildings and a bright sunset sky. The text "Our results....." is overlaid in a large, black, serif font across the middle of the image.

Our results.....



Before



After

You shouldn't smoke!

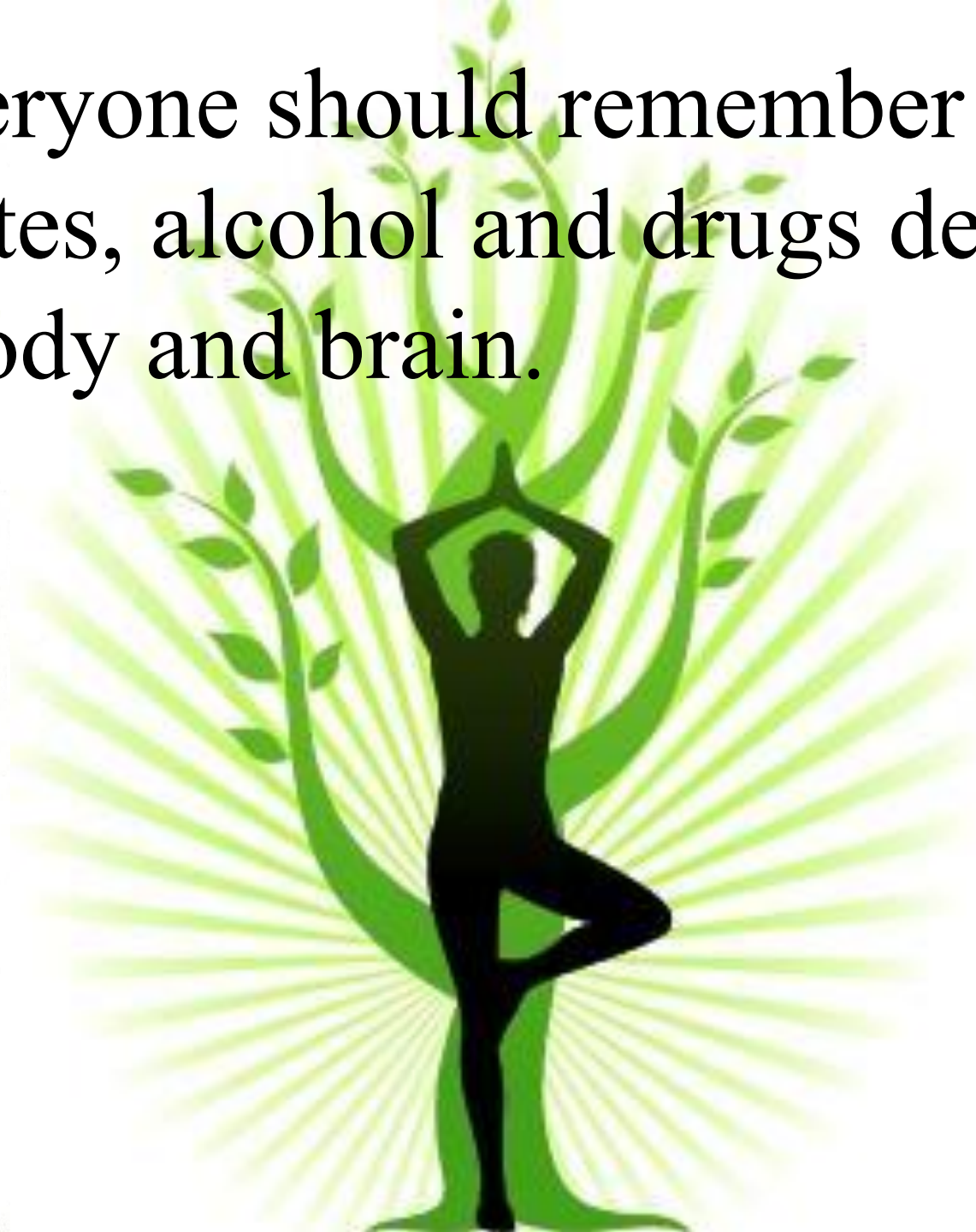


You shouldn't drink alcohol.



П'ЯНСТВУ - БОЙ

So everyone should remember that
cigarettes, alcohol and drugs destroy
both body and brain.



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



Never give up!



Thank you for your
attention:)

be
happy.



Используемые ресурсы:

- [http://samopoznanie.ru/schools/zdorovyj obraz zhizni/](http://samopoznanie.ru/schools/zdorovyj_obraz_zhizni/)
- [http://omp.ucoz.com/index/animacionnye kartinki zdorovyj obraz zhizni/0-209](http://omp.ucoz.com/index/animacionnye_kartinki_zdorovyj_obraz_zhizni/0-209)
- [Фото из личного архива](#)