



Healthy way of life
and sports in our
life

So,

Sport is very important in our life. It is popular among young and old people. Many people do morning exercises, jog in the morning, train themselves in clubs, in different sections and take part in sport competitions. Other people like sports too, but they only watch sports games, listen to sports news. They prefer reading interesting stories about sportsmen. But they don't go in for sports.



Sport at school

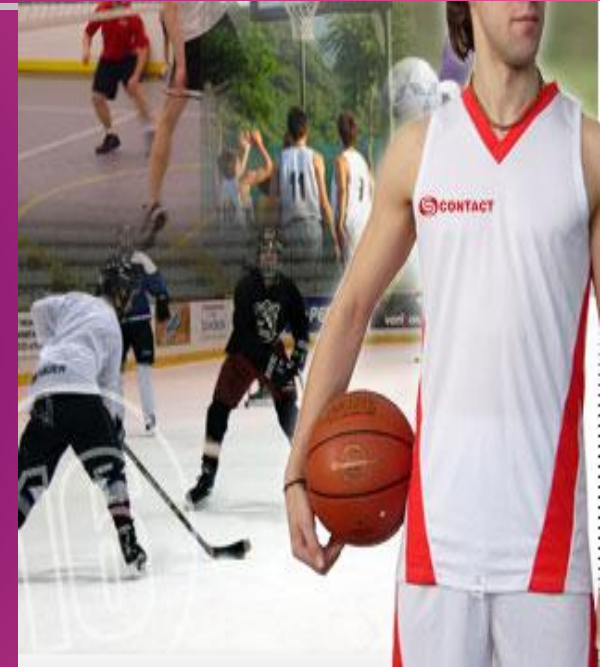
Physical training is an important subject at school. Pupils have got physical training lessons twice a week. Boys and girls play volley-ball and basket-ball at the lessons. There is a sportground near our school and school-children go in for sports in the open air. A lot of different competitions are held at schools, a great number of pupils take part in them. All participants try to get good results and become winners.



Choose your kind of sport!



- Sport helps people to keep in good health. If you go in for sports, you have good health and don't catch cold. Children and grown-ups must take care of their health and do morning exercises regularly. There are some popular kinds of sports in our country: football, volley-ball, hockey, gymnastics, skiing, skating. Athletics is one of the most popular kinds of sports. It includes such kinds of sports as running, jumping and others. Everybody may choose the sport he (or she) is interested in. There are summer and winter sports



About your daily menu...

- The daily menu should include meat, fruit and vegetables, milk product, which are rich in vitamins, fat, proteins and etc. On the other hand modern diets are very popular especially among women. Diets may be harmful, if they are used in the wrong way.



About your habits...

■ To be healthy, people should get rid of their bad habits.

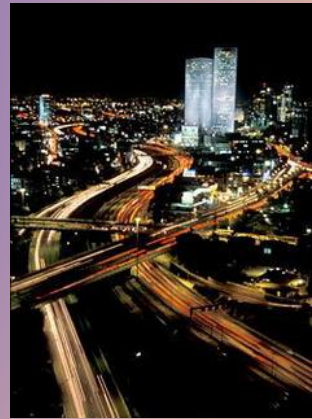
■ It's necessary to stop smoking and drinking much.

Everyone should remember that cigarettes, alcohol and drugs destroy both body and brain. Besides according to statistics most of crimes are committed by people under the influence of drugs and alcohol. In addition it is recommended to watch TV less, avoid anxiety and observe daily routine. Certainly it's hard to follow all these recommendations, but every person have to choose between healthy life style and numerous ill



You and environment

- Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability. A person should be strong and healthy in order to overcome all difficulties. To achieve this aim people ought to take care of their physical and mental health. So, kip fit!





Thank you for your attention!
