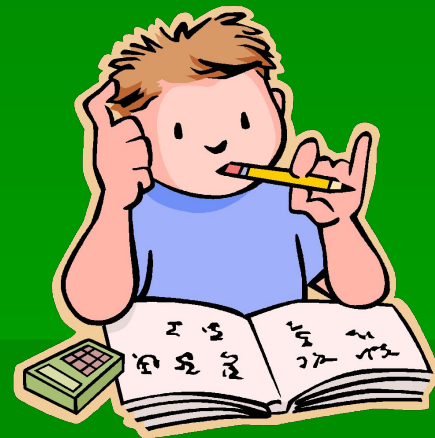
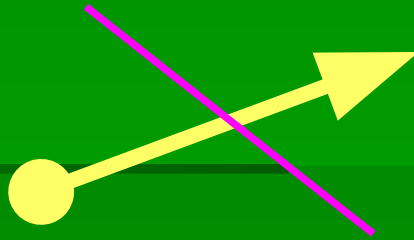


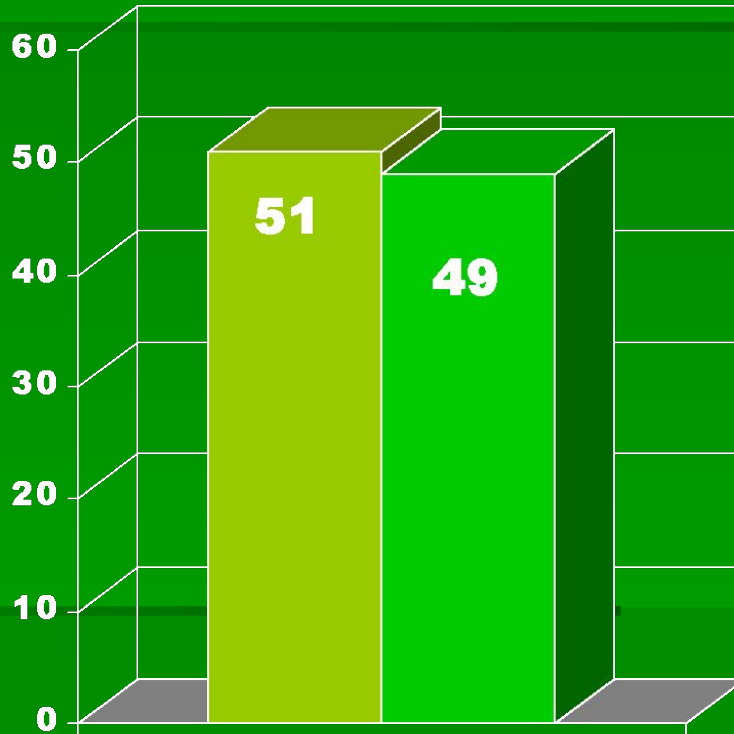
To be healthy means ...



*Good health is
above wealth !*



Healthy living guide

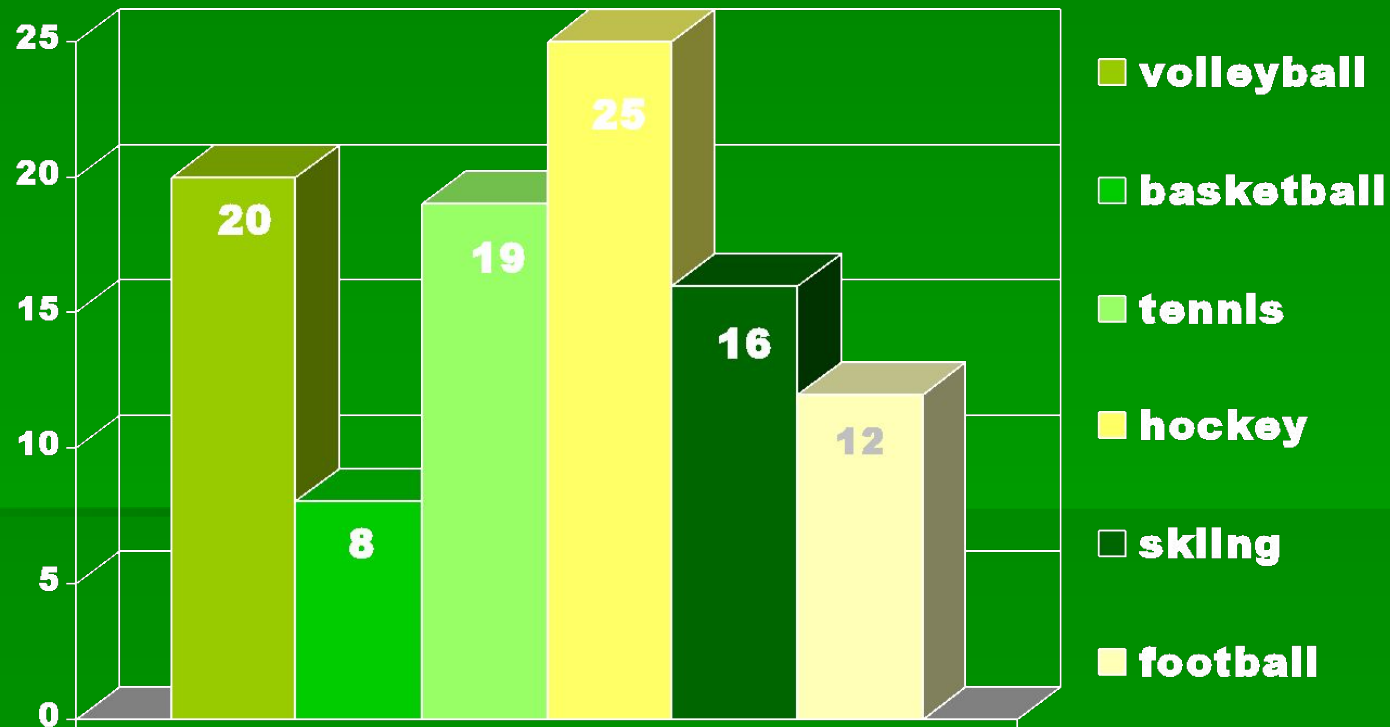


■ **sport
(indoor &
outdoor
games)**

■ **healthy
eating**



Popular indoor and outdoor games:



Sport helps to bring up:

- *physically strong*
- *courageous,*
- *strong-willed,*
- *energetic*

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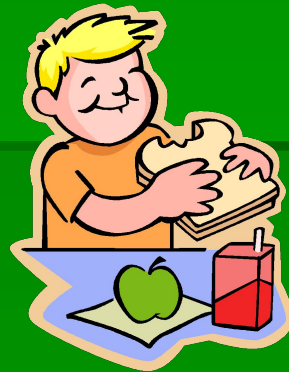
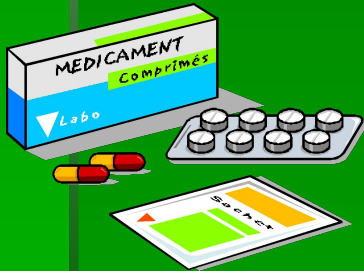
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Food can protect from diseases !

diets



healthy eating



It's ME



to be fit and healthy

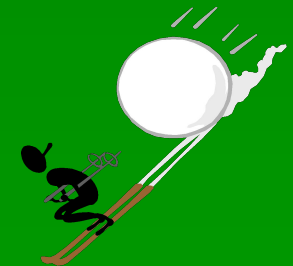
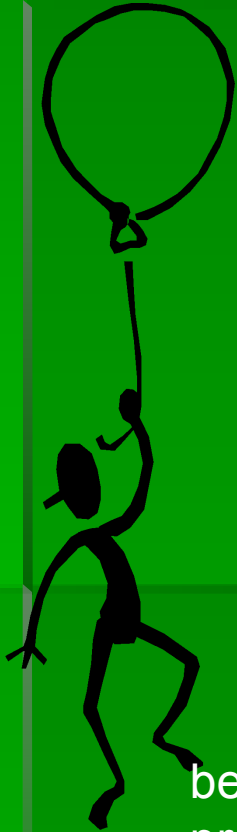
Don't go in for sports on
a regular basis . . .

Don't be obese ...



but I like to play
volleyball and to ski.

because it leads to serious health
problems.





Advice:

1. IT IS VERY IMPORTANT TO BE FIT AND HEALTHY:
2. don't think about strict dieting;
3. try to eat low-fat food;
4. go in for sports;
5. do aerobics;
6. avoid smoking, drinking alcohol, taking drugs.



Be healthy!!!