



Health Is

Above Wealth



Being fit and healthy is cool!

Today healthy lifestyle is becoming more and more popular. People have become more health-conscious. They say that the greatest wealth is health. And it's so true. The healthier we are, the better we feel. The better we feel, the longer we live.



What is healthy way of life?

- ✓ physical activities and sports
- ✓ healthy eating
- ✓ positive thinking
- ✓ daily program
- ✓ changing bad habits into good ones



Healthy lifestyle is keeping fit and going in for sports

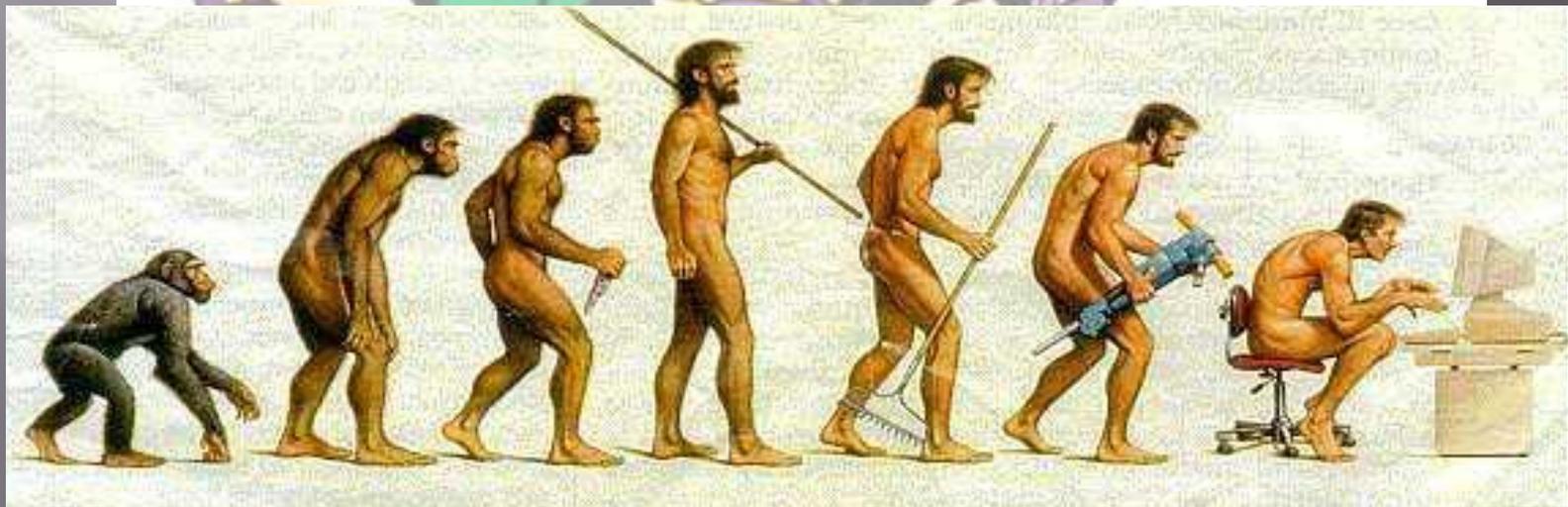
Lack of exercise in our life is a serious problem.

In big cities people spend hours sitting in front of computers, TVs and other gadgets.

We walk less because we mainly use cars and public transport.

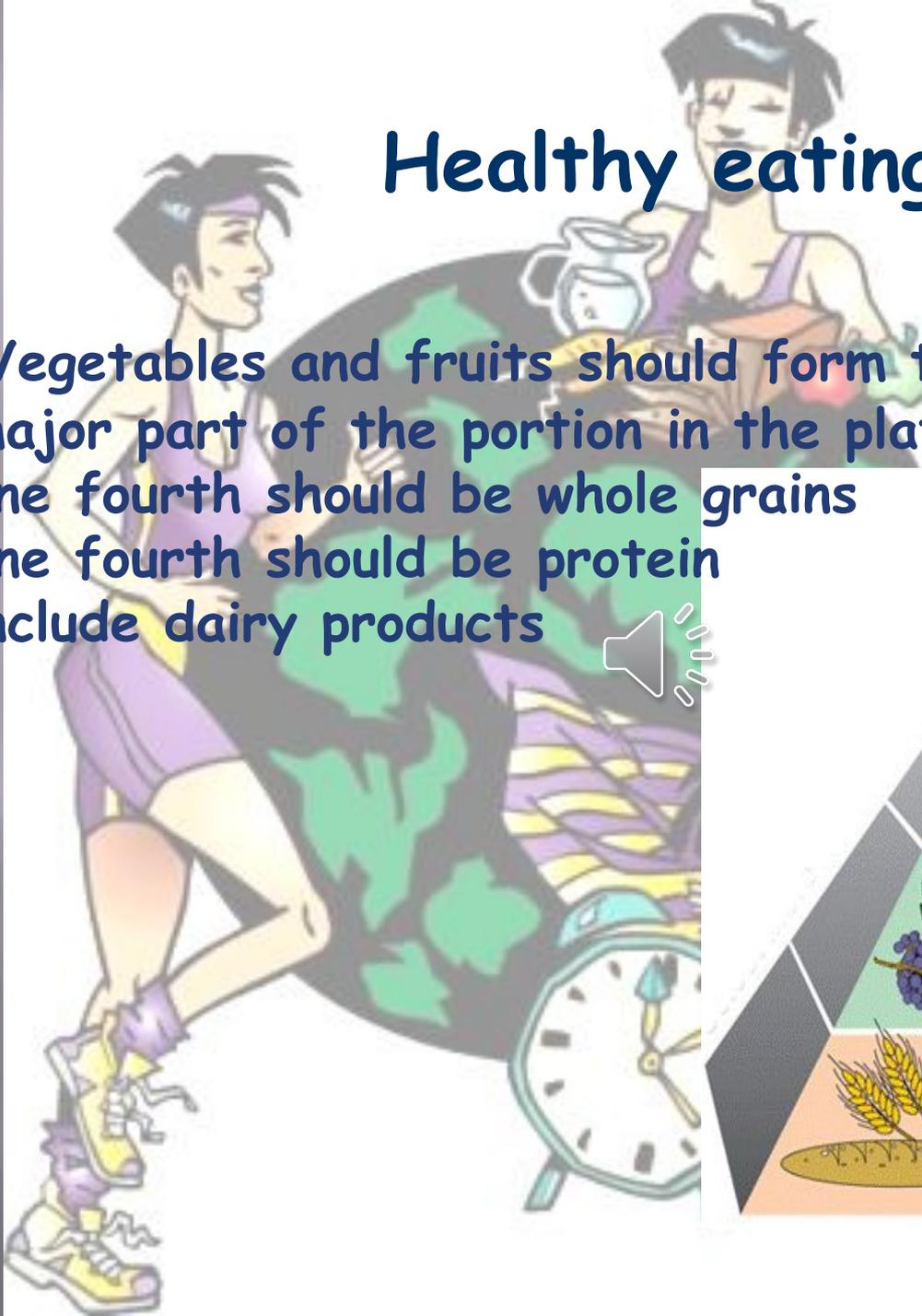
We certainly don't have to be professional sportsmen, but we should visit fitness clubs, go jogging, walk much, swim, go cycling or roller-skating or just dance.

Doctors say that regular physical activity is necessary because it protects us from heart diseases, flue and obesity..



Healthy eating

- Vegetables and fruits should form the major part of the portion in the plate
- one fourth should be whole grains
- one fourth should be protein
- include dairy products



Remember: junk food will poison your body and lead to diseases!

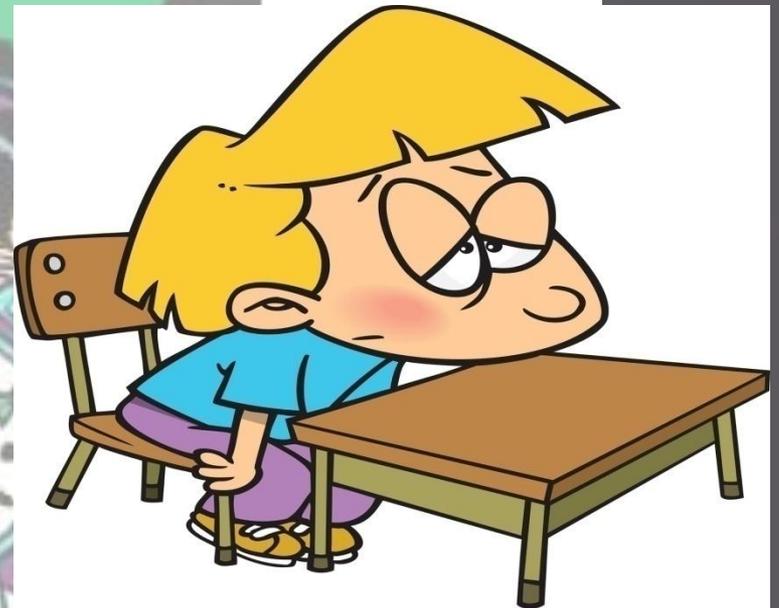
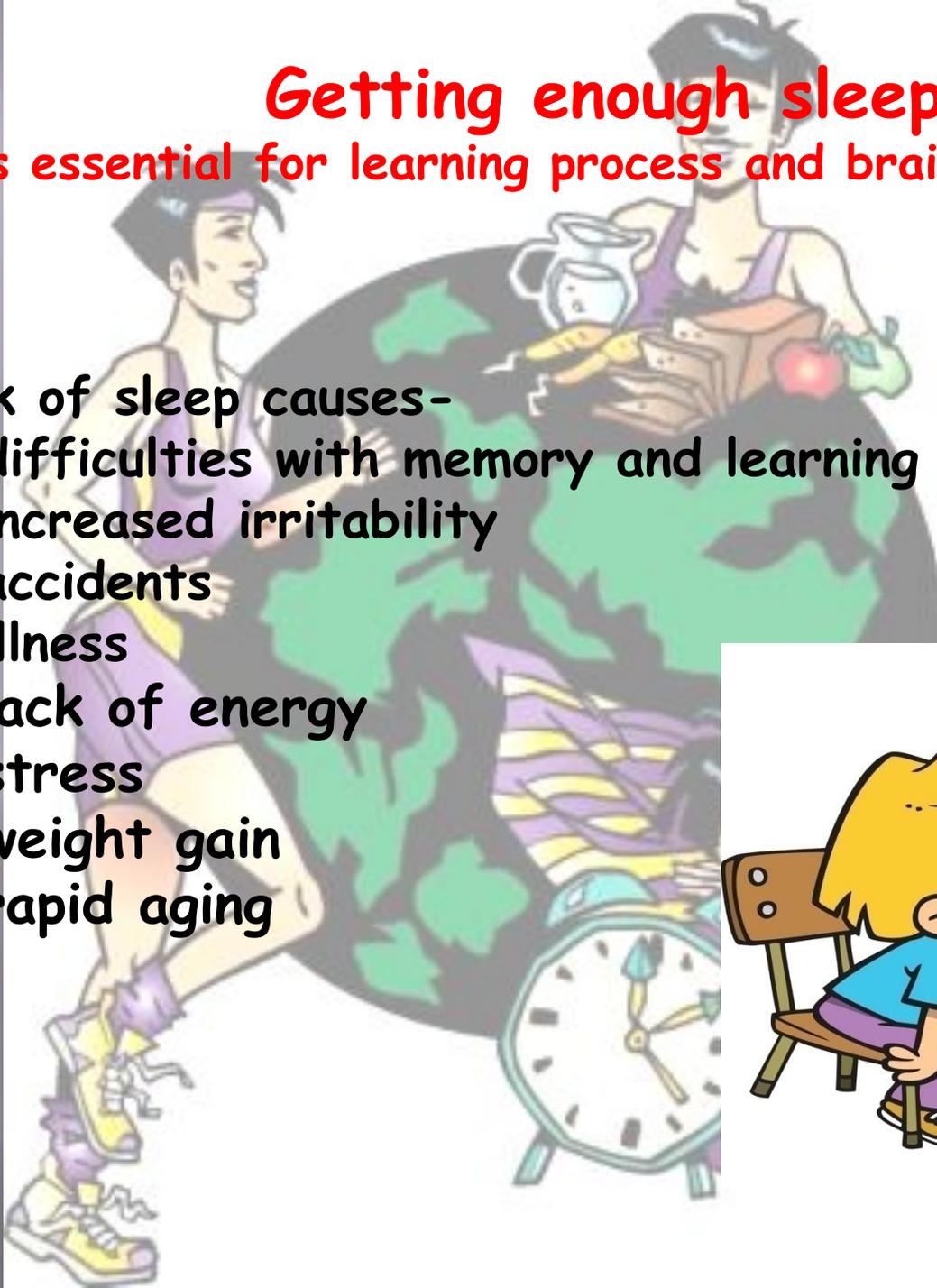


Getting enough sleep

is essential for learning process and brain functioning

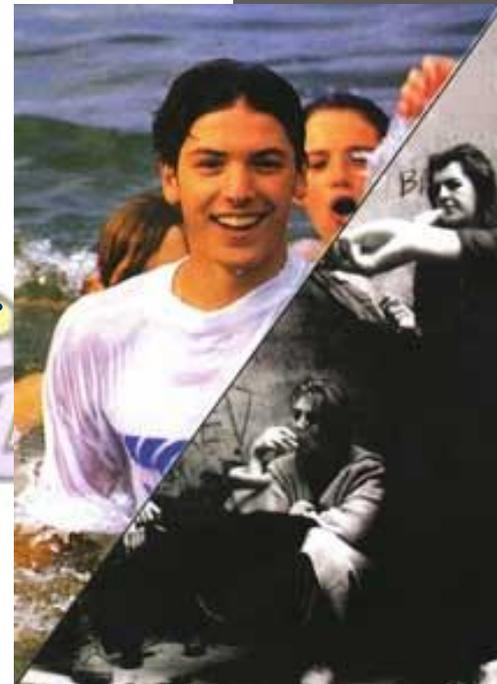
lack of sleep causes-

- ❑ difficulties with memory and learning
- ❑ increased irritability
- ❑ accidents
- ❑ illness
- ❑ lack of energy
- ❑ stress
- ❑ weight gain
- ❑ rapid aging



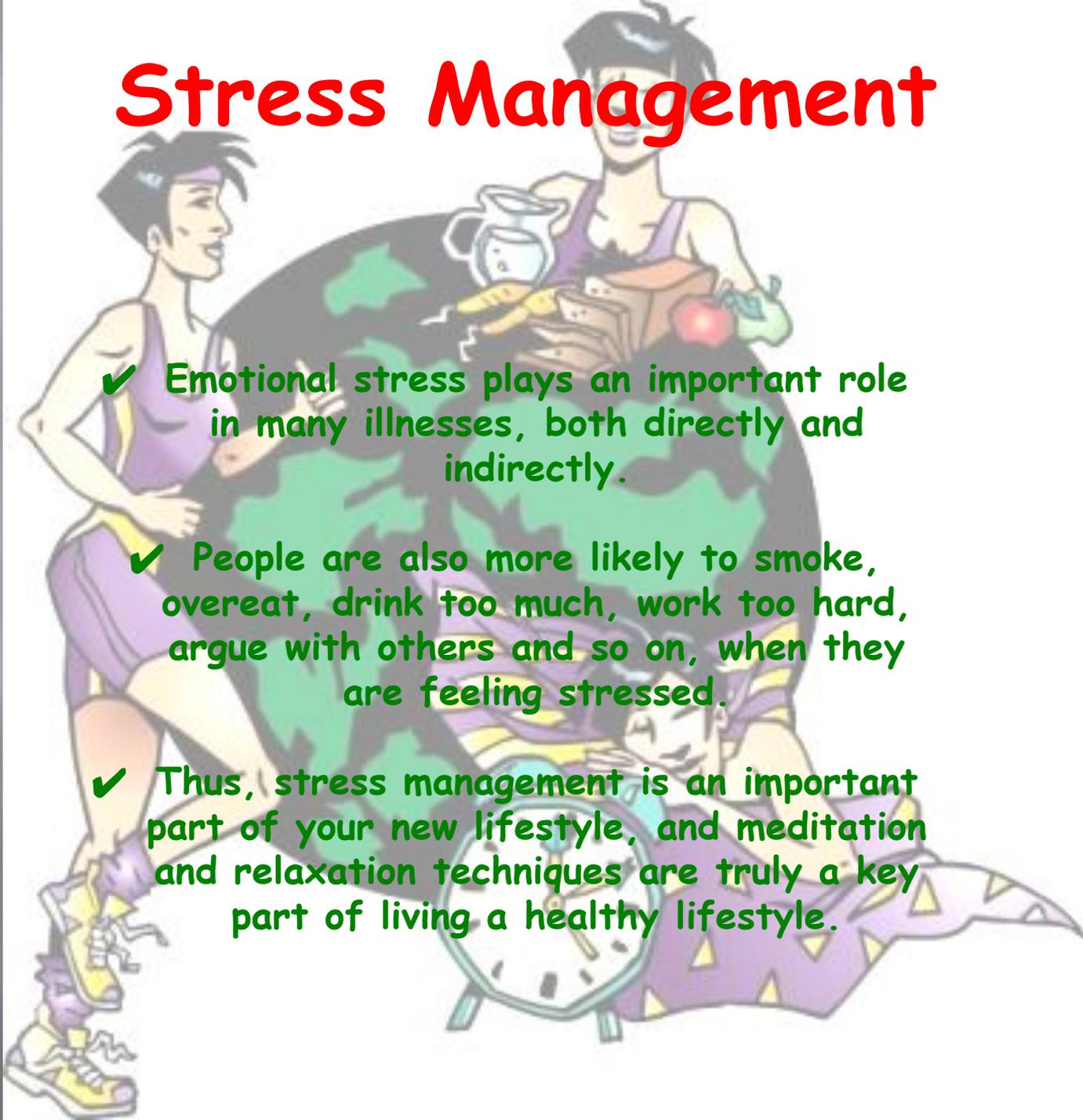
Give up your bad habits!

- We must understand the harm of bad habits for our health.
- Smoking, drinking or taking drugs mean serious illnesses and even death from lung cancer or liver diseases, for instance.
- Cigarettes kill about 3 million heavy-smokers every year.
- Drug addicts die very young.
- So I think there is no place for bad habits in a healthy way of life.



Stress Management

- ✓ Emotional stress plays an important role in many illnesses, both directly and indirectly.
- ✓ People are also more likely to smoke, overeat, drink too much, work too hard, argue with others and so on, when they are feeling stressed.
- ✓ Thus, stress management is an important part of your new lifestyle, and meditation and relaxation techniques are truly a key part of living a healthy lifestyle.



1. It is so important to make 'keeping healthy' a part of our day-to-day living habits. Your health depends on what you do throughout the day, everyday.

2. Here is a real simple solution - slowly improve your lifestyle in a step-by-step way.



Tips for a Healthy Mind and Body

Eat balanced meals everyday!



Eat plenty of fruits and vegetables. They provide you with vitamins and minerals that you need to grow healthy and strong.



Limit your 'Screen time'

No more than 2 hours or less of Tv, video games, and computer time per day.



Get regular Doctor checkups.



Regular checkups allow you to see if your body is growing and developing like it should.

10-12 hours of sleep each night helps keep your body and mind grow and stay healthy.



Get Enough Sleep!

S
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Get active your way ...

build physical activity into your daily life...

at home
at school
at work
at play
on the way



.... that's active living!

Physical activity is very important for a growing body.

Thanks for your attention!

