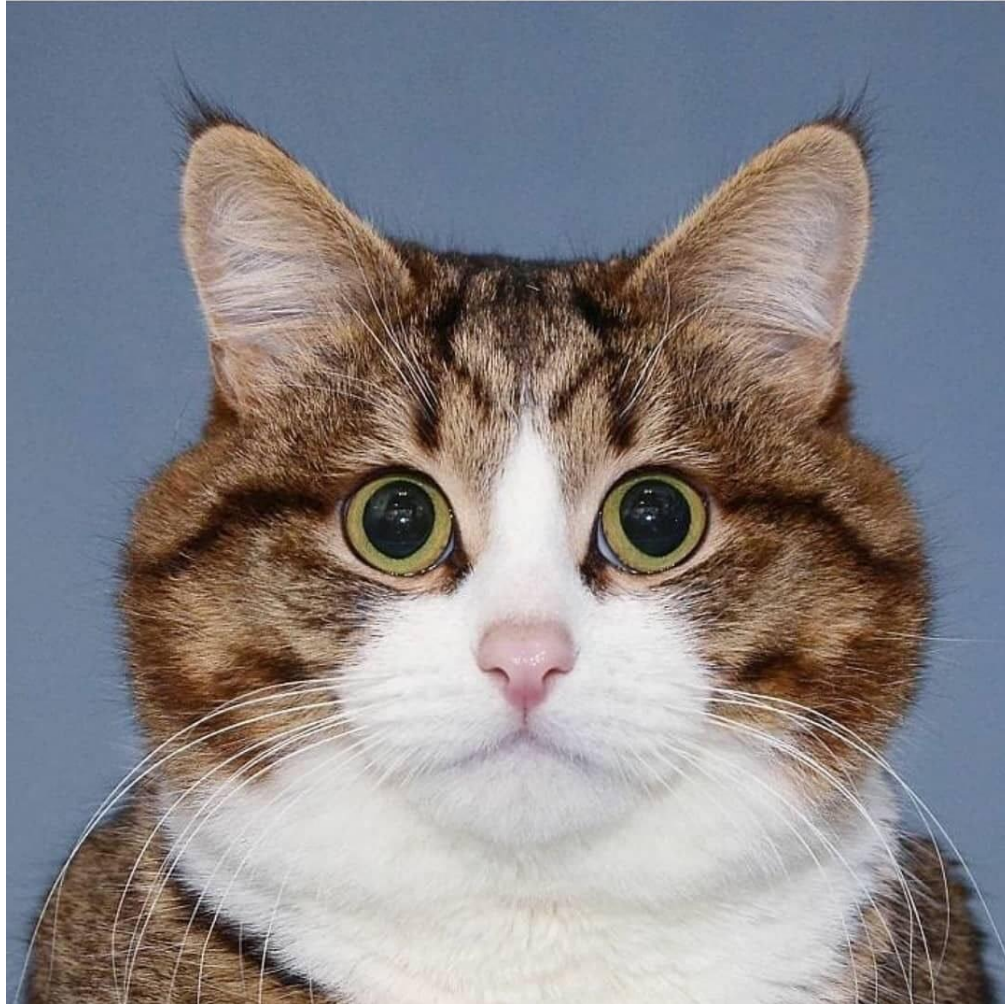


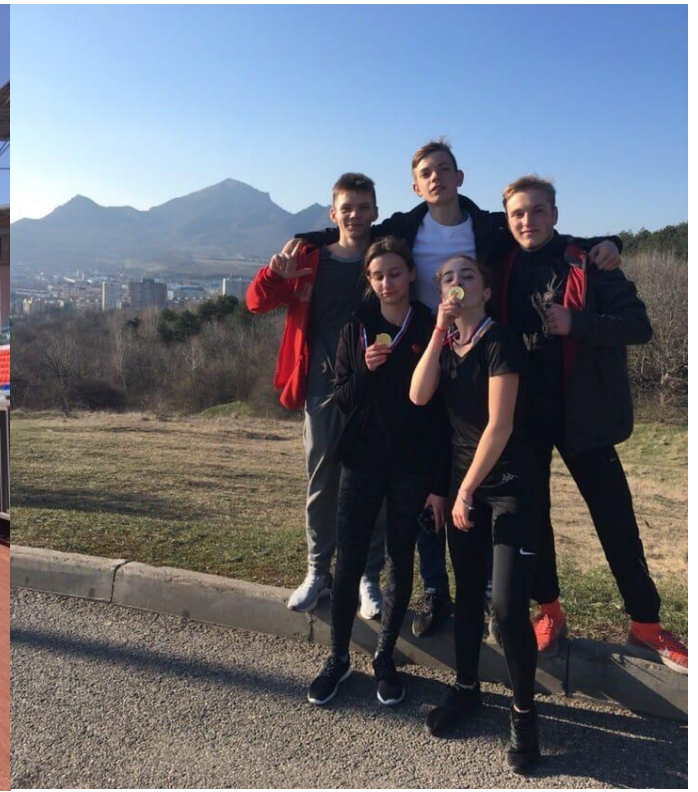
MY HEALTHY LIFESTYLE



I consider that man's health depends on his mode of life. To prevent the diseases it's necessary to keep some simple regulations: to go in for sports, to eat carefully, to take a rest and to walk frequently in the open air.



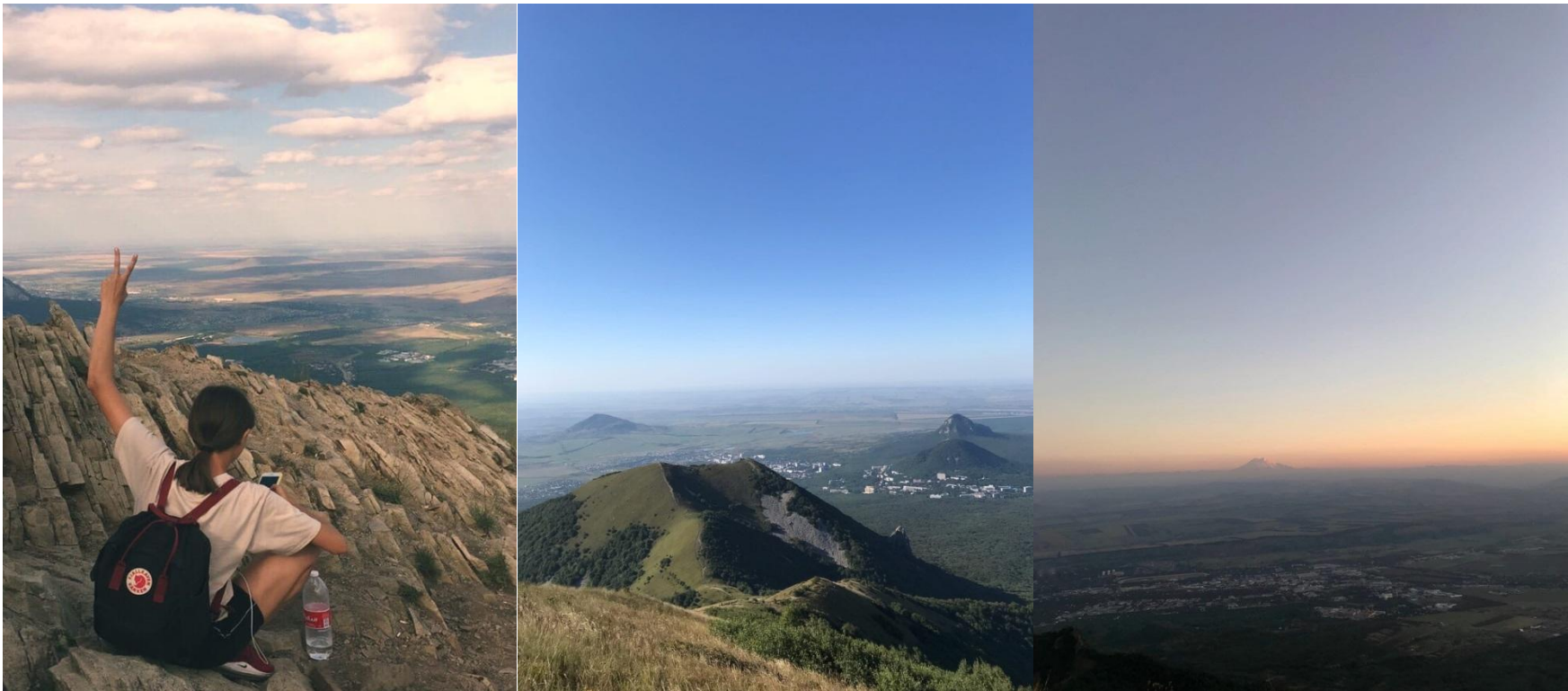
I'm eighteen years old and the last three years I did track and field, as well of sports tourism one year.



I do my morning exercises. It inspirits and gives strength to me for a whole day. And try to observe a day regimen. I go to bed and get up at approximately the same time every day.



I love the mountains. Since I'm from Pyatigorsk, I often visit on Beshtau.



Health is a base of our life.
We must take care of it.

