



Project 3. Five steps to a lifestyle healthy

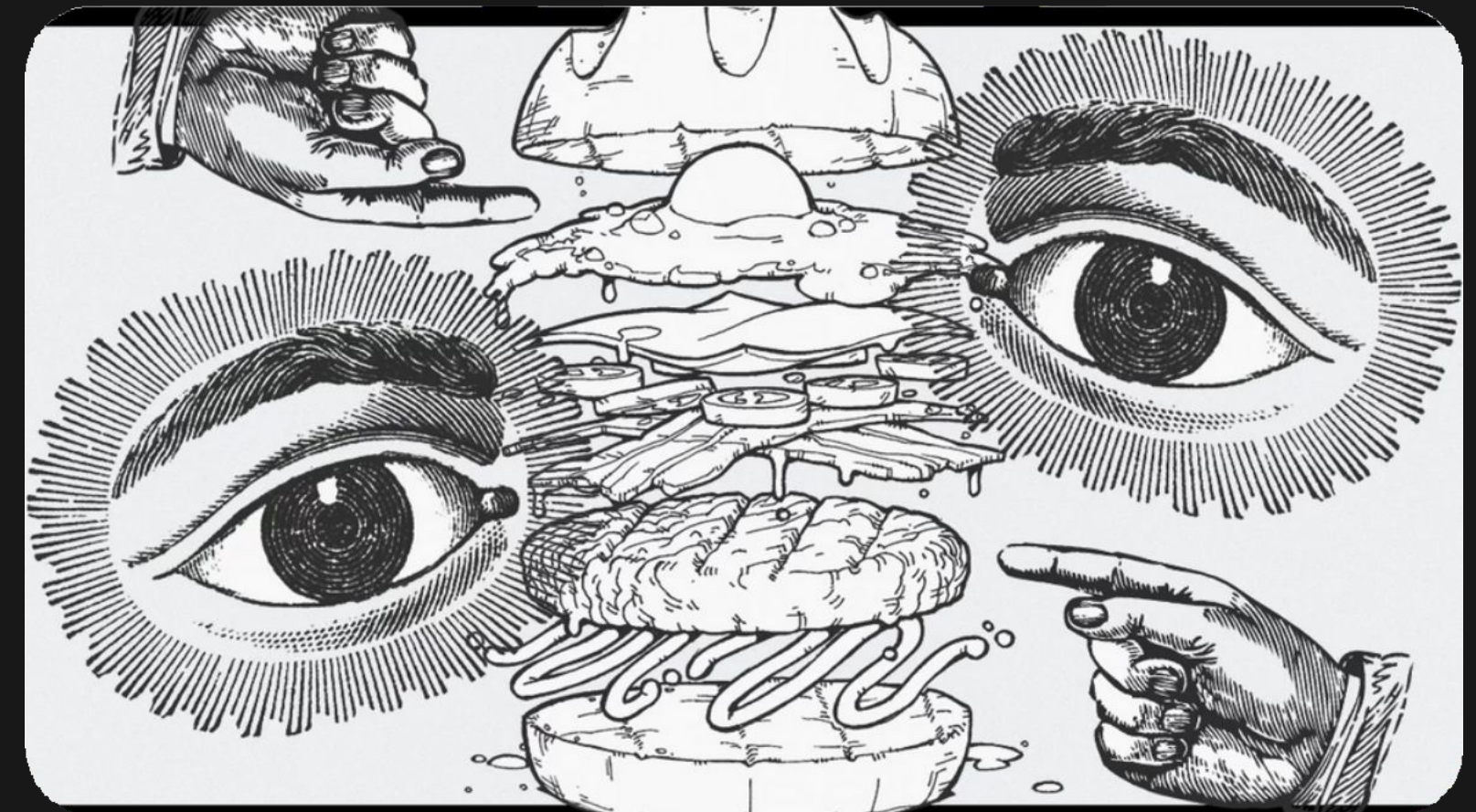
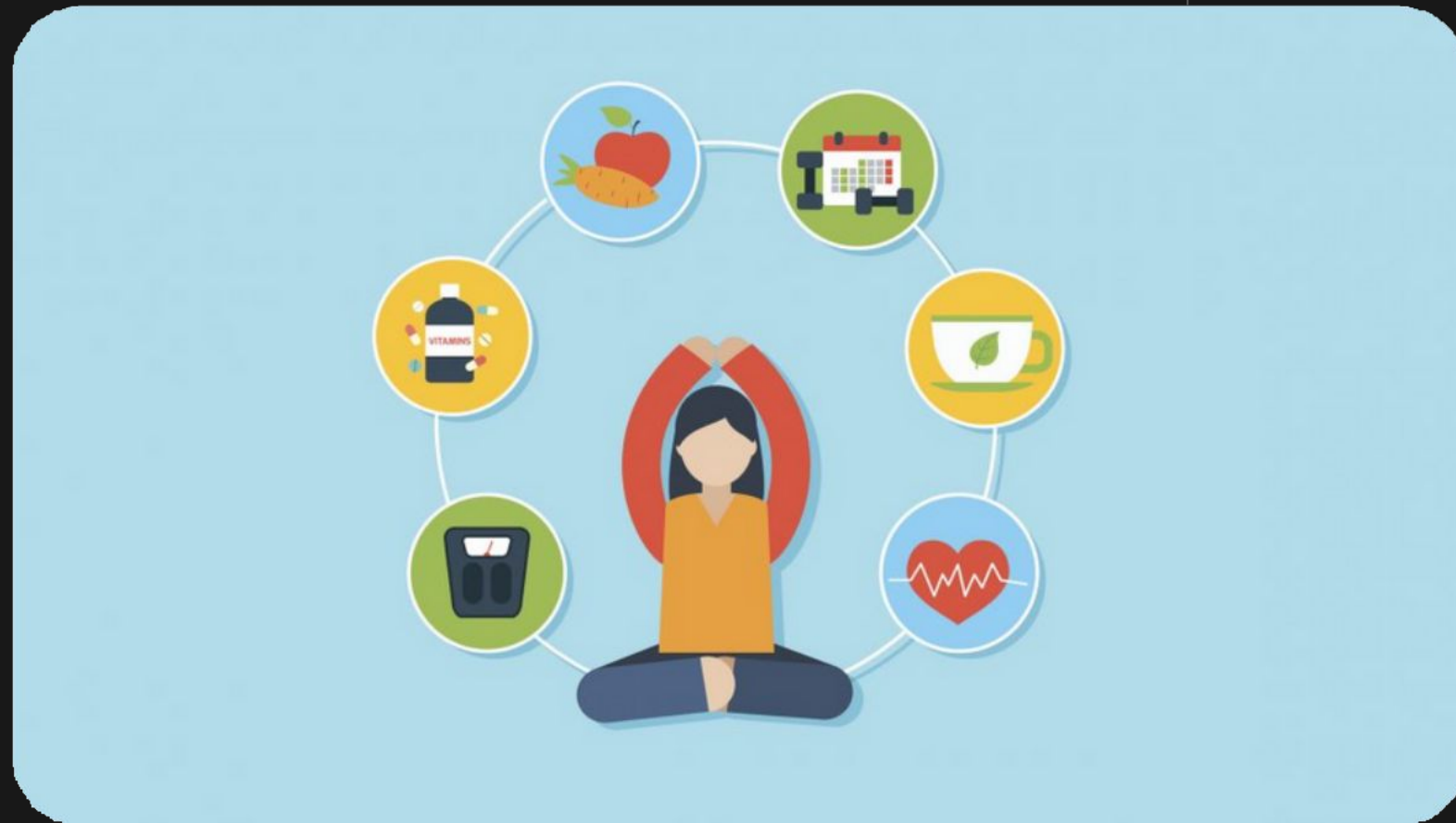
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A healthy lifestyle of a person is his physical, mental and social well-being in the environment.



Healthy lifestyle

A healthy lifestyle is a difficult way to give up bad habits.
A healthy lifestyle is the way to a new life.



Healthy lifestyle

Rules for a healthy lifestyle

1. Physical activity. Engage in physical culture, develop. It is important that you incorporate the necessary exercises into your daily routine to keep fit.
2. Balanced diet. Your diet should be moderate and include a large percentage of natural foods such as fruits and vegetables, and the consumption of sugary and fatty foods should be significantly reduced. Watch your weight.



Healthy lifestyle

3. Rest and sleep mode. You will be healthy only when, along with fruitful work, you learn to reasonably rest and restore your strength. Learn to relax as much as possible in any environment.

4. Stress management is an important part of a healthy lifestyle. Failure to manage stress can lead to disease and, if left unchecked, stress can lead to addiction to drugs and alcohol.

5. Watch your personal hygiene. Maintaining personal hygiene will protect you from various bacteria and germs that accumulate on the skin, hands, hair, under the nails and in the mouth,



Healthy lifestyle

Follow a healthy lifestyle and be healthy!

Thank you for your attention!

The end.

Healthy lifestyle