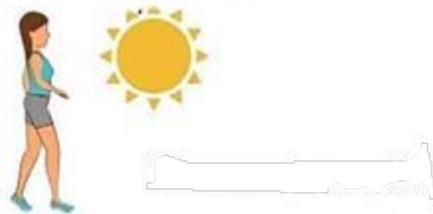


9 ПРИВЫЧЕК ДЛЯ ЗДОРОВЬЯ ТЕЛА И ДУШИ



Достаточное
употребление воды



Ежедневная активность



Регулярные
тренировки



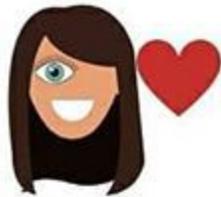
Сон



Управление стрессом



Позитивные люди



Улыбки, смех и
любовь к себе



Здоровая еда



Делать то,
что нравится

ПРИВЕ
Т



ПРИВЕ
Т



ПРИВЕ
Т



A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a bright, organized bedroom. She has a speech bubble above her head. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a stuffed monkey on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. The walls are decorated with framed pictures, including an anchor and a map. A blue and white striped rug is on the floor.

У меня много
полезных
привычек

A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a bright, organized bedroom. She has a speech bubble above her head. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a teddy bear on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor.

У меня много
полезных
привычек

A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a bright, organized bedroom. She has a speech bubble above her head. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. The walls are decorated with framed pictures, including a map and an anchor.

У меня много
полезных
привычек

A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a modern bedroom. She is smiling and has a speech bubble above her head. The room features a white bed with blue bedding, a white wardrobe, a white desk with a computer monitor, and a white chair. The walls are decorated with framed pictures and a map. A blue and white striped rug is on the floor.

Сейчас я
покажу их

A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a modern bedroom. She is smiling and has a speech bubble above her head. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a teddy bear on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. The walls are decorated with framed pictures, including an anchor and a map.

Сейчас я
покажу их

A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a modern bedroom. She is smiling and has a white speech bubble above her head containing Russian text. The room features a white bed with blue bedding, a white wardrobe, a white desk with a computer monitor, and a white chair. The walls are decorated with framed pictures and a map. A blue and white striped rug is on the floor.

Сейчас я
покажу их

A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a modern bedroom. The room features a white bed with blue bedding, a white wardrobe, a white desk with a computer monitor, and a white chair. The walls are decorated with framed pictures and a map. A speech bubble above her head contains the Russian text "Сейчас я покажу их".

Сейчас я покажу их

Например:



A woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands in the center of a bedroom. She has her arms raised and a happy expression. A white speech bubble is positioned above her head, containing the Russian word 'Например:'. The room features a white bed with blue bedding, a white desk with a computer monitor, a white chair, and a white wardrobe. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Например:

Например:



A woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands in the center of a bedroom. She has a speech bubble above her head containing the Russian word 'Например:'. The room features a white bed with blue bedding, a white desk with a computer monitor, a white chair, and a white wardrobe. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Например:

Всегда
улыбаться и
быть активной



A woman with blonde hair in a bun, wearing a yellow dress and red shoes, is dancing joyfully in the center of a bright, modern bedroom. The room features a white bed with blue bedding, a white desk with a computer monitor, a white chair, and a white wardrobe. The walls are decorated with framed pictures, including a map and an anchor. A speech bubble above her contains the Russian text: "Всегда улыбаться и быть активной".

Всегда
улыбаться и
быть активной

A woman with blonde hair in a bun, wearing a yellow dress and red shoes, is dancing joyfully in the center of a bright, modern bedroom. The room features a white bed with blue bedding, a white desk with a computer monitor, a white chair, and a white wardrobe. The walls are decorated with framed pictures, including a map and an anchor. A speech bubble above her contains the Russian text: "Всегда улыбаться и быть активной".

Всегда
улыбаться и
быть активной

A woman with blonde hair in a bun, wearing a yellow dress and red shoes, is dancing joyfully in the center of a bright, modern bedroom. The room features a white bed with blue bedding, a white desk with a computer monitor, a white chair, and a white wardrobe. The walls are decorated with framed pictures, including a map and an anchor. A speech bubble above her contains the Russian text: "Всегда улыбаться и быть активной".

Всегда
улыбаться и
быть активной

A woman with blonde hair in a bun, wearing a yellow dress and red shoes, is dancing joyfully in the center of a bright, modern bedroom. The room features a white bed with blue bedding, a white desk with a computer monitor, a white chair, and a white wardrobe. The walls are decorated with framed pictures, including an anchor and a map. A speech bubble above her contains the Russian text: "Всегда улыбаться и быть активной".

Всегда
улыбаться и
быть активной

A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bedroom holding a glass of water. The room features a white bed with blue bedding, a white wardrobe, a desk with a computer, and a striped rug. A speech bubble above her contains text in Russian.

Пить в день
примерно по
2л воды

A woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands in a bedroom holding a glass of water. The room features a white bed with blue bedding, a white wardrobe, a desk with a computer, and a striped rug. A speech bubble above her contains text in Russian.

Пить в день
примерно по
2л воды

A woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands in a bedroom holding a glass of water. The room features a white bed with blue bedding, a white wardrobe, a desk with a computer, and a striped rug. A speech bubble above her contains text in Russian.

Пить в день
примерно по
2л воды

A woman with blonde hair in a bun, wearing a yellow dress and red high heels, stands in a bedroom holding a glass of water. The room features a white bed with blue bedding, a white wardrobe, a desk with a computer, and a striped rug. A speech bubble above her contains text in Russian.

Пить в день
примерно по
2л воды

A woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands in a bedroom holding a glass of water. The room features a white bed with blue bedding, a white wardrobe, a desk with a computer, and a striped rug. A speech bubble above her contains text in Russian.

Пить в день
примерно по
2л воды

A woman with blonde hair in a bun, wearing a yellow dress and red high heels, stands in a bedroom. She is holding a green bowl filled with strawberries, blueberries, and raspberries. The room features a white crib with a blue mattress, a white wardrobe, a white desk with a computer monitor, and a white chair. A speech bubble above her contains the text "Кушать полезную пищу".

Кушать
полезную
пищу

A woman with blonde hair in a bun, wearing a yellow dress and red high heels, stands in a bedroom. She is holding a green bowl filled with strawberries, blueberries, and raspberries. The room features a white crib with blue bedding, a white wardrobe, a desk with a computer monitor, and a striped rug. A speech bubble above her contains the Russian text "Кушать полезную пищу".

Кушать
полезную
пищу

A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bedroom. She is holding a green bowl filled with strawberries, blueberries, and raspberries. The room features a white crib with blue bedding, a white wardrobe, a desk with a computer monitor, and a striped rug. A speech bubble above her contains the Russian text "Кушать полезную пищу".

Кушать
полезную
пищу

A woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands in a bedroom. She is holding a green bowl filled with strawberries, blueberries, and raspberries. The room features a white bed with blue bedding, a white wardrobe, a desk with a computer monitor, and a striped rug. A speech bubble above her contains the Russian text "Кушать полезную пищу".

Кушать
полезную
пищу

A woman with blonde hair in a bun, wearing a yellow dress and blue sunglasses, stands in the center of a bedroom. She is holding a green pillow. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a stuffed monkey on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. A speech bubble above her contains the text "Хорошо выспаться".

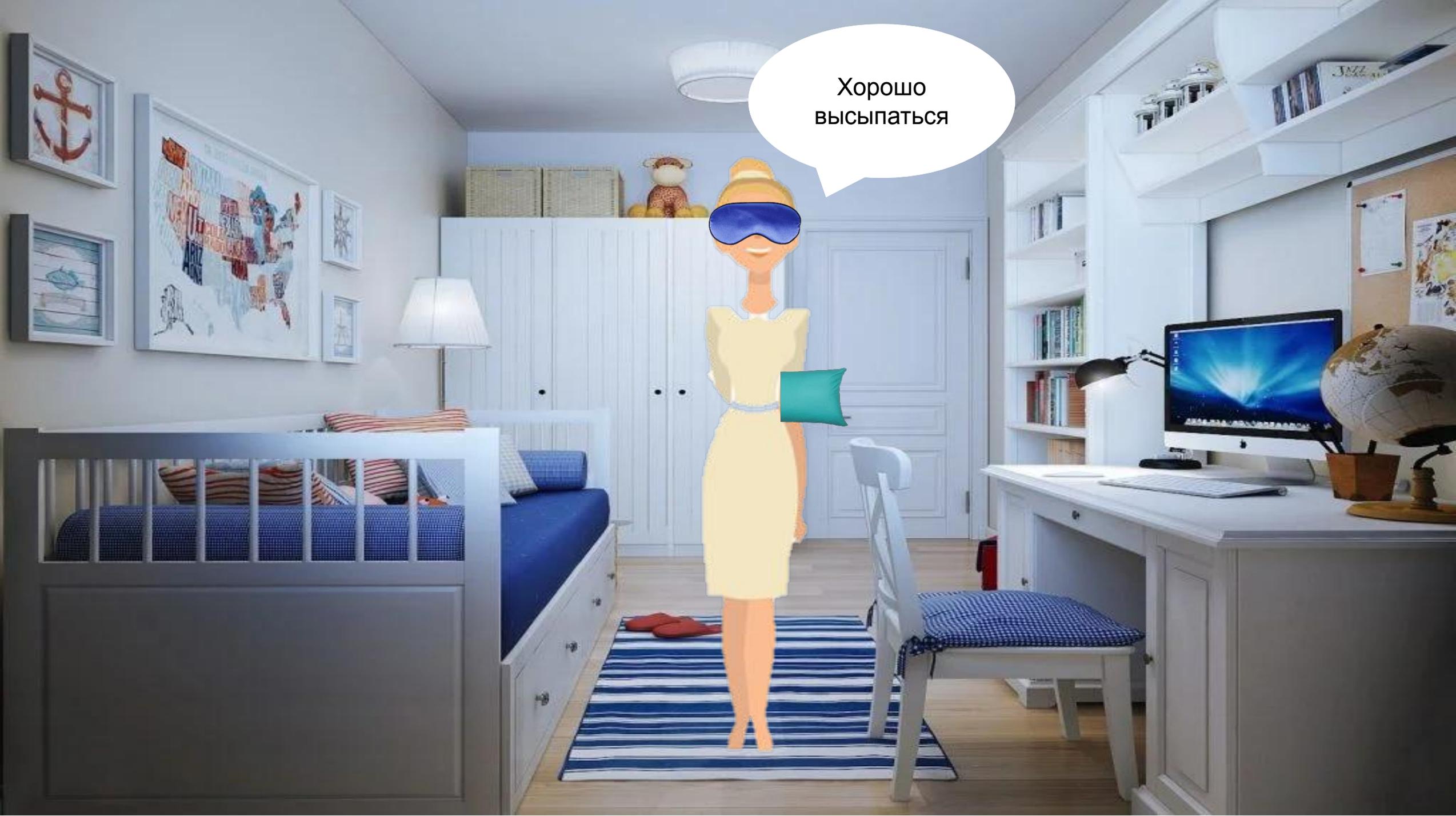
Хорошо
выспаться

A woman with blonde hair in a bun, wearing a yellow dress and blue sunglasses, stands in the center of a bedroom. She is holding a green pillow. The room features a white bed with blue bedding, a white wardrobe, a desk with a computer, and a striped rug. A speech bubble above her contains the text "Хорошо высыпаться".

Хорошо
высыпаться

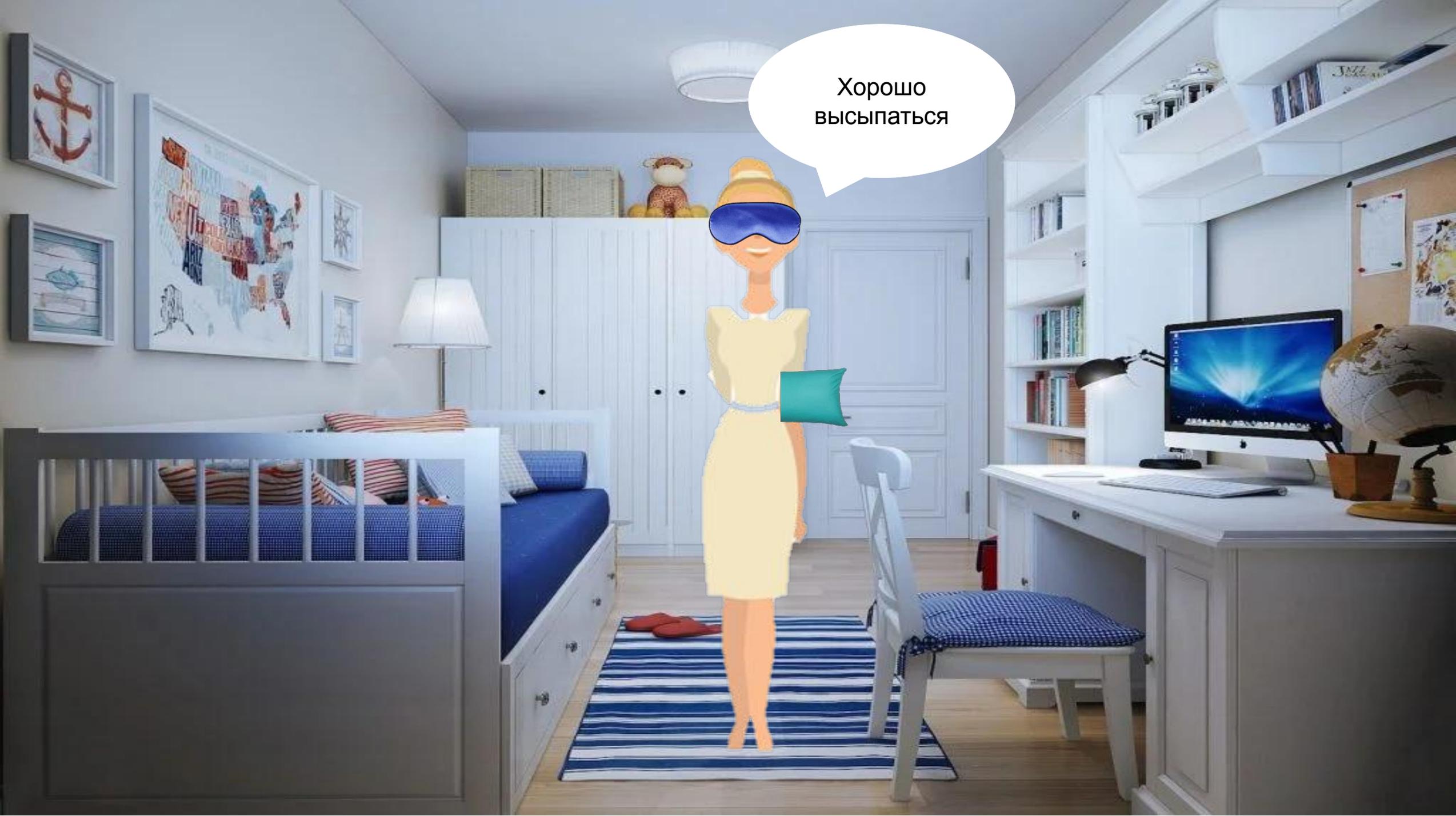
A woman with blonde hair in a bun, wearing a yellow dress and blue sunglasses, stands in the center of a bedroom. She is holding a green pillow. The room features a white bed with blue bedding, a white wardrobe, a desk with a computer, and a striped rug. A speech bubble above her contains the text "Хорошо выспаться".

Хорошо
выспаться

A woman with blonde hair in a bun, wearing a yellow dress and blue sunglasses, stands in the center of a bedroom. She is holding a green pillow. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a stuffed monkey on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. A speech bubble above her head contains the text "Хорошо выспаться".

Хорошо
выспаться

Хорошо
высыпаться





Рада была
рассказать о
своих
привычках

A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bedroom. She has her arms crossed and is smiling. A speech bubble above her contains Russian text. The room features a white crib with a blue mattress, a white wardrobe, a white desk with a computer monitor, a globe, and a chair. The walls are decorated with framed pictures, including an anchor and a map. A striped rug is on the floor.

Рада была
рассказать о
своих
привычках

A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bright, modern bedroom. She has her arms crossed and is smiling. A speech bubble above her contains Russian text. The room features a white bed with blue bedding, a white wardrobe, a white desk with a computer, and a white chair. The walls are decorated with framed pictures and a map.

Рада была
рассказать о
своих
привычках

A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bright, modern bedroom. She has her arms crossed and is smiling. A speech bubble above her contains Russian text. The room features a white bed with blue bedding, a white wardrobe, a white desk with a computer, and a white chair. The walls are decorated with framed pictures and a map. The floor is light wood with a blue and white striped rug.

Рада была
рассказать о
своих
привычках



Рада была
рассказать о
своих
привычках

A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bright, modern bedroom. She has her arms crossed and is smiling. A white speech bubble is positioned above her head. The room features a white bed with blue bedding, a white wardrobe, a white desk with a computer monitor, and a white chair with a blue checkered seat. The walls are decorated with framed pictures, including an anchor and a map. A striped rug is on the floor.

Рада была
рассказать о
своих
привычках

ПОКА!



ПОКА!



ПОКА!



ПОКА!

