

Healthy lifestyle now - Happy future then

by

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Hypothesis

Most people choose a healthy lifestyle and take care of their health

Block 1 Hobbies

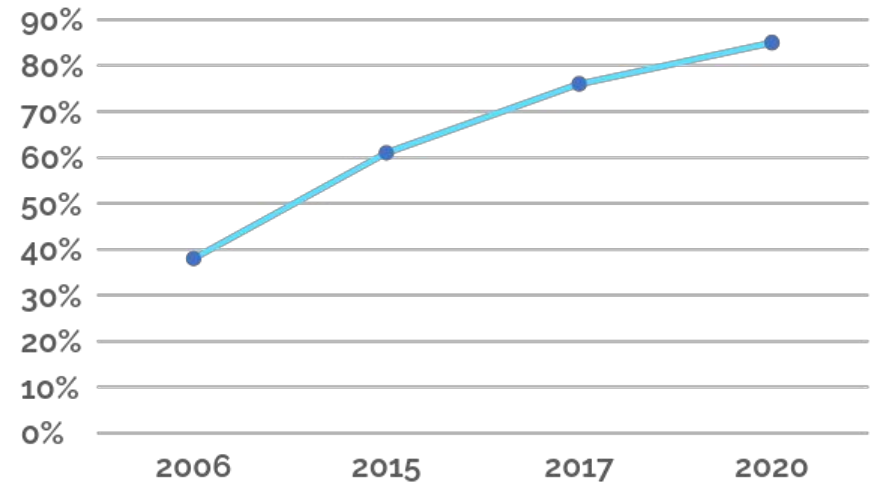
1. Social media and blogs
2. Needlework (cardmaking, quilling, scrapbooking, decoupage)
3. Cooking (carving)
4. Collecting
5. Soap making
6. Travels
7. Books
8. Cars
9. Tattoos
10. Yoga



The statistics of people involved in sports in Russia.

In 2006, less than half of Russians went in for sports. In 2015, more than 61% of citizens regularly went in for physical education. In 2017, the figure rose to 76%.

Russians going in for sports 18-45 years old



Block 2 Preferences of people leading a healthy lifestyle

- swimming (37%)
- workouts in the gym (35%)
- other types (28%)
- jogging in the morning
- skiing
- riding a bicycle
- rock climbing
- horse riding



eat healthy food!

drink water!

**rest and sleep from 8 to 10
hours!**

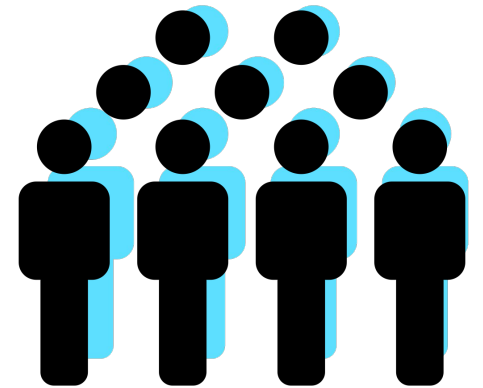
Block 3 stress factors

- conflict situation with another person
- routine life without positive emotions
- lack of money, debts
- heavy workload at school
- lack of sleep



Block 4 Future

- popularization of sports
- popularization of healthy eating
- healthy lifestyle



Thank you for attention!

