# 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

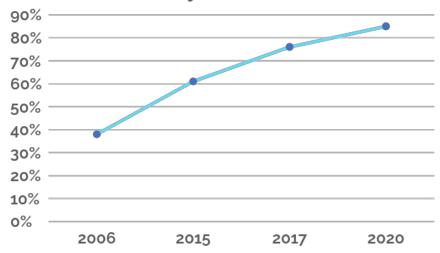
- 1. Social media and blogs
- 2. Needlework (cardmaking, quilling, scrapbooking, decoupage)
- 3. Cooking (carving)
- 4. Collecting
- 5. Soap making
- 6. Travels
- 7. Books
- 8. Cars
- 9. Tattoos
- 10. Yoga



# 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!

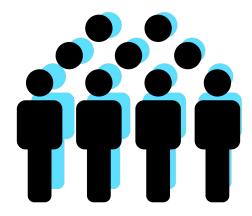
### Block 3 stress factors

- 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!

