

# **10 AFFORDABLE WAYS TO GOOD HEALTH**

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Good health is better than  
the best medicine.

The English proverb  
«Sickness in the body brings  
sickness to the mind»  
expresses a similar idea.



# 1. SORT OUT YOUR DIET

Eating fast food leads to weight gain and even depression in just 30 days.

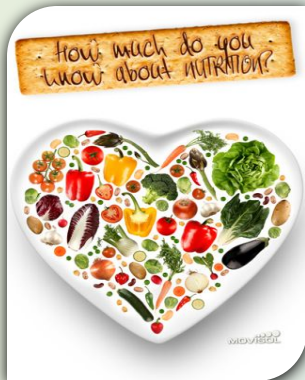


## 2. NEVER SKIP BREAKFAST

Have a balanced diet. Eat salads, vegetables, fruit and lots of chicken, which are high in protein.

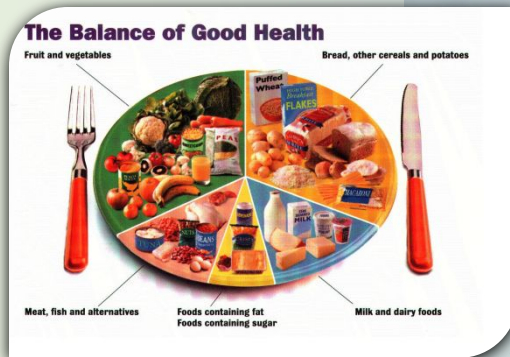






### 3. NEVER EAT AN INCOMPLETE MEAL

Each meal should contain three basic food groups: carbohydrates, healthy fats and protein.



## 4. EXERCISE, AND AT THE VERY LEAST, JUST WALK

According to the statistics nowadays 60 percent of men and 91 percent of women are below activity levels necessary for a fit and healthy life.



## 4. EXERCISE:



- jogging or walking,
- swimming or riding the bike in summer,
- skiing and tobogganning in winter.

In our school basketball is the most popular kind of sport among all the students.



## 5. DRINK A LOT OF WATER

The human body is made of over 80% water, and you need to keep replenishing it.





## 6. SLEEP EARLIER.

your body repairs itself  
while you're snoozing.



# 7. CONSIDER VITAMIN SUPPLEMENTATION

Vitamins and minerals are a necessity to help replenish your body's stores.





## 8. DON'T STRESS OUT

Stress impacts your body in the same way terrible toxins do, so do your best to avoid it.

## 9. WASH YOUR HANDS

If you don't want to catch the cold or flu, or to be a little dirty.





## 10. VISIT YOUR DOCTOR FOR ANNUAL TESTS



If you don't want to catch the cold or flu, or to be a little dirty.

**«GOOD HEALTH IS BETTER THAN  
WEALTH»**

