

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

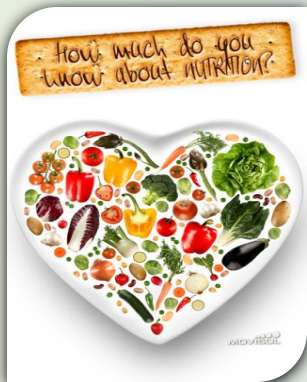
Eating fast food leads to weight gain and even depression in just 30 days.



2. NEVER SKIP BREAKFAST

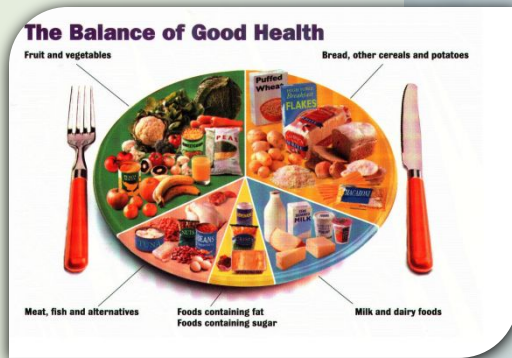
Have a balanced diet. Eat salads, vegetables, fruit and lots of chicken, which are high in protein.





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.

A blue sky with white clouds and sun rays. The sun is partially obscured by clouds in the upper left, with bright rays of light streaming out across the sky. The overall tone is bright and positive.

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