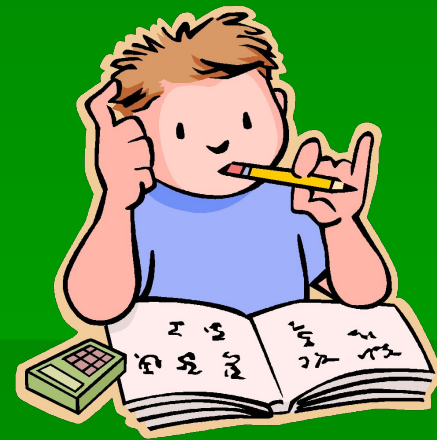
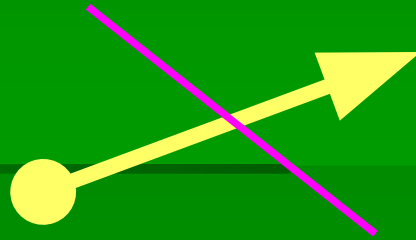
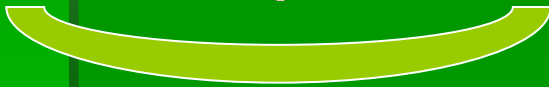


To be healthy means ...

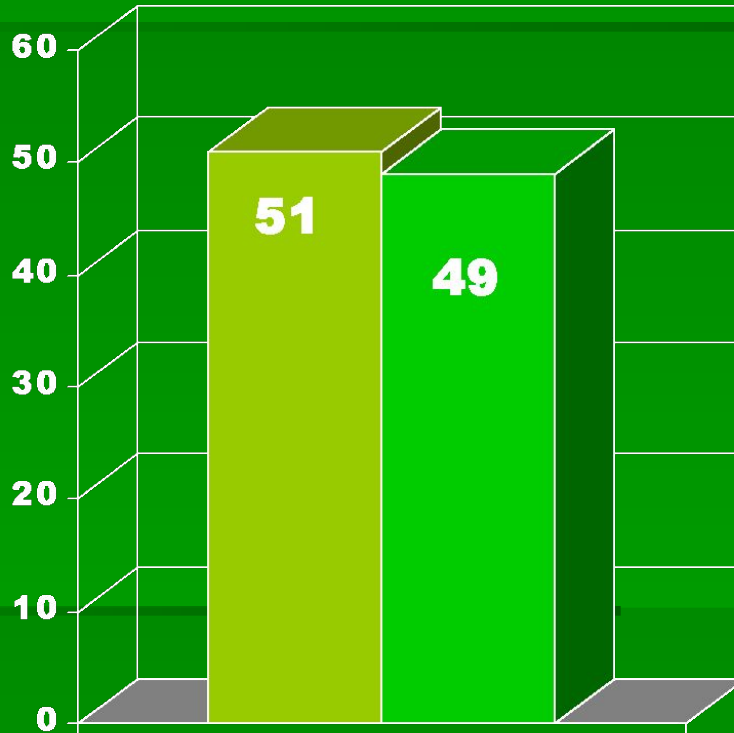


Good health is

above wealth !

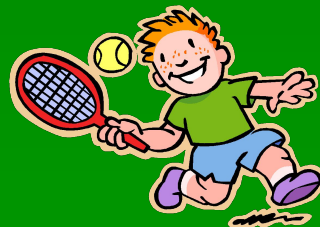


Healthy living guide

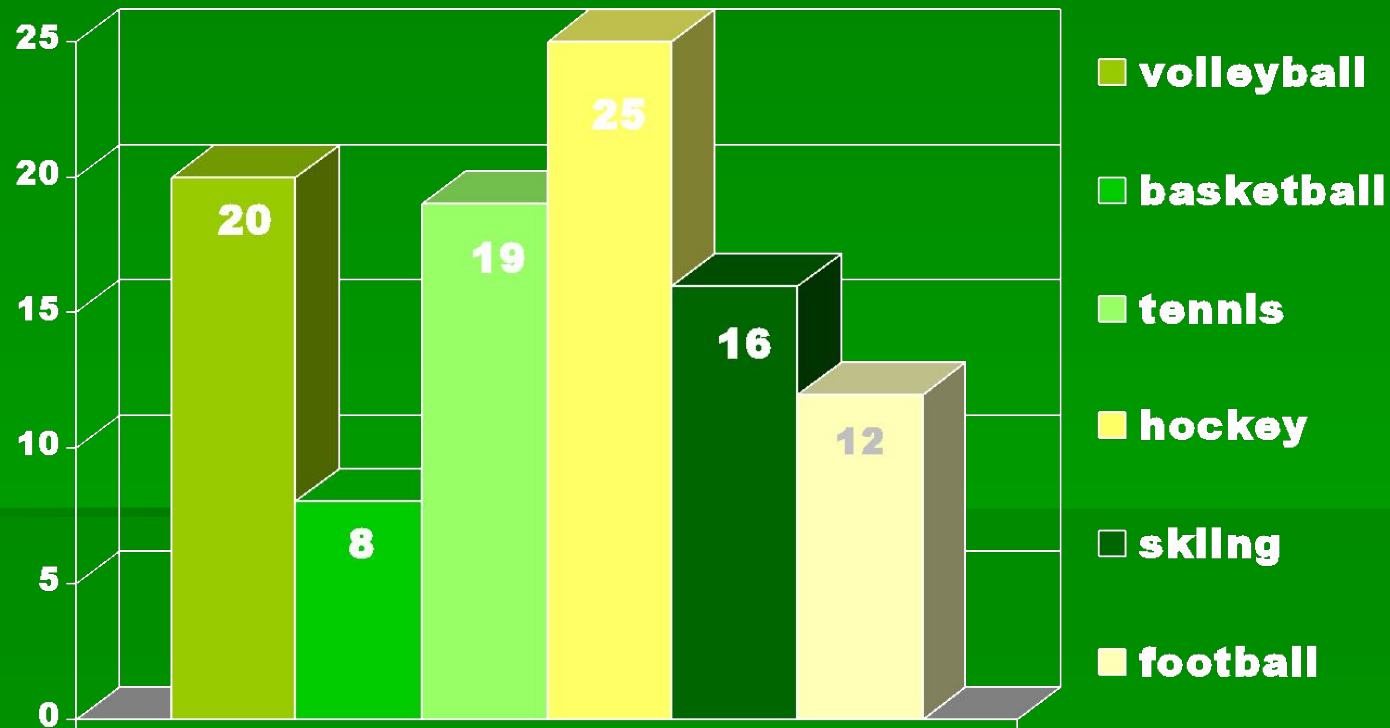


■ **sport
(indoor &
outdoor
games)**

■ **healthy
eating**



Popular indoor and outdoor games:



Sport helps to bring up:

- *physically strong*
- *courageous,*
- *strong-willed,*
- *energetic*

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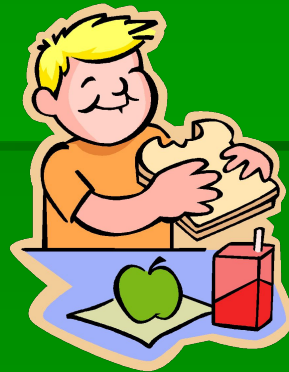
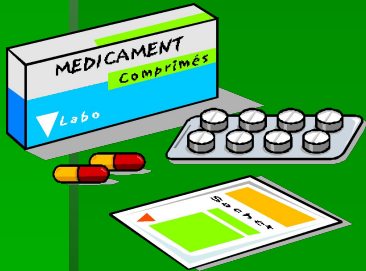
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Food can protect from diseases !

diets



healthy eating



It's ME



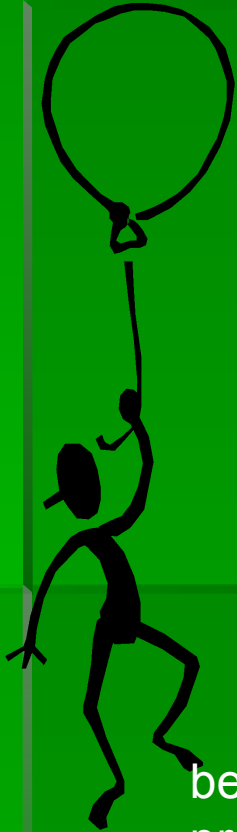
to be fit and healthy

Don't go in for sports on a regular basis

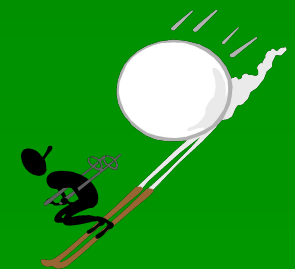
Don't be obese ...



but I like to play volleyball and to ski.



because it leads to serious health problems.





Advice:

- 1 . IT IS VERY IMPORTANT TO BE FIT AND HEALTHY;
- 2 . don't think about strict dieting;
- 3 . try to eat low-fat food;
- 4 . go in for sports;
- 5 . do aerobics;
- 6 . avoid smoking, drinking alcohol, taking drugs.



Be healthy!!!