

# A Healthy Way of Life



# Proverbs about health



- **Good health is above wealth**
- **An apple a day keeps a doctor away**
- **Early to bed and early to rise makes a man healthy, wealthy and wise**
- **A sound mind in a sound body**



# Find the Russian equivalents for these English proverbs

Good health is above wealth

An apple a day keeps a doctor away

Early to bed and early to rise makes a man healthy, wealthy and wise

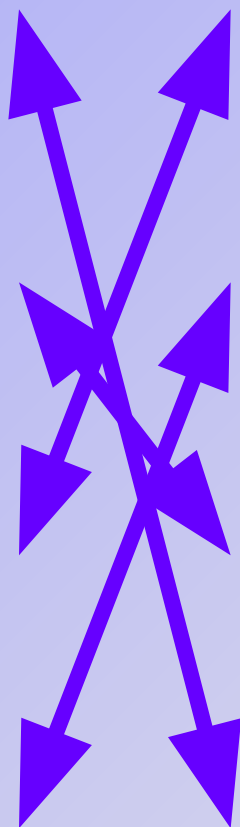
A sound mind in a sound body

Кто рано ложится и рано встаёт, здоровье, богатство и ум наживёт

В здоровом теле – здоровый дух

Кушай по яблоку в день, и доктор не понадобится

Здоровье дороже богатства





# You should

- Get up early and go to bed early
- Wash your hands before eating
- Go in for sports
- Sleep enough
- Take a cold shower
- Air the room





# You shouldn't

- Smoke
- Watch TV too long
- Clean your teeth once a day
- Eat too many sweets
- Spend much time indoors
- Eat between meals



# A magic flower



*Thank you for your attention!*