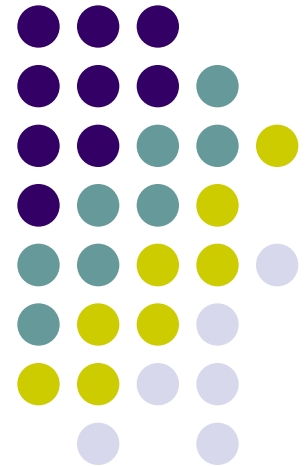


The presentation

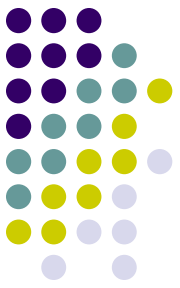
«Fast track life style is the choice the young today»

Student Selifanova A.O
Group L-200
Teacher: Pavlova I.A

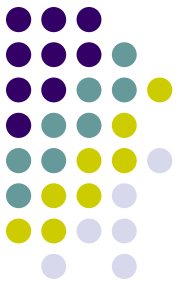


Kolomna 2013.

We are the World – We are the People



Health Lifestyle

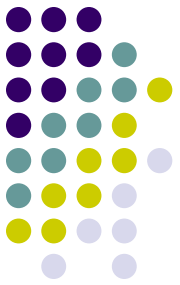


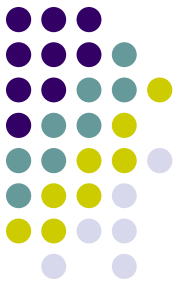
- Healthy lifestyle is a valuable resource for reducing the incidence and impact of health problems, for recovery, for coping with life stressors, and for improving quality of life. There is a growing body of scientific evidence that shows our lifestyles play a huge part in how healthy we are. From what we eat and drink, to how much exercise we take, and whether we smoke or take drugs, all will affect our health, not only in terms of life expectancy, but how long we can expect to live without experiencing chronic disease.



Active Lifestyle

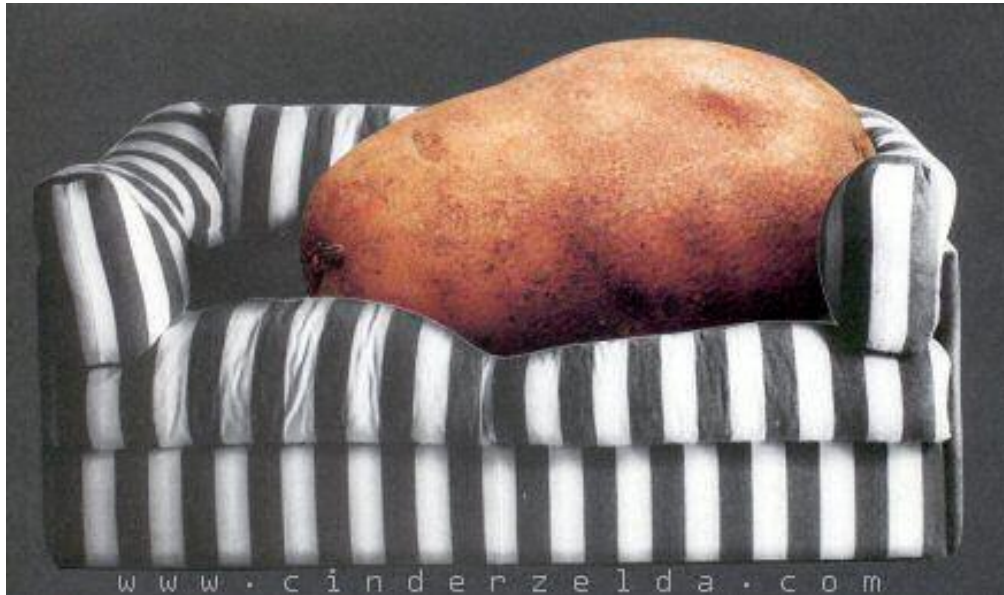
- Way of recreation yourself
- To feel the power of freedom
- To be always full of energy
- Live a long and interesting life



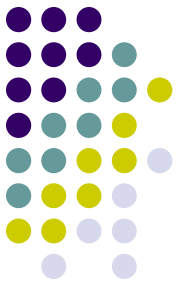


Sedentary Lifestyle

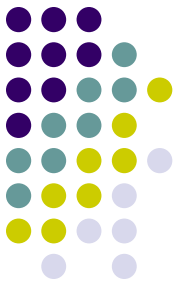
- Abstraction from outer world
- Improving of your mind by the reading of philosophy
- Comprehension the meaning of “life”



The other types of lifestyle (mobile, leisurely, glamorous, luxurious)

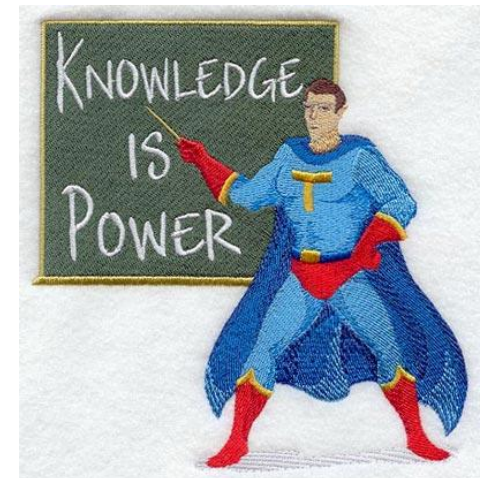


Fast-track lifestyle

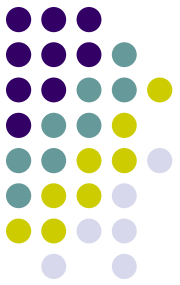


Pluses:

- Helps to achieve your wishes and desires
- Certainty in the future day
- A rather decent pay
- The full understanding of your subject



Fast-track lifestyle

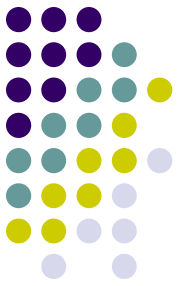


Minuses:

- Problems with your health (physical and mental misbalance)
- The lack of free time (the fail with creation your own family unit)
- The best days of your life would be lost

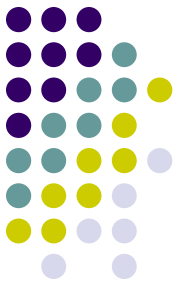


Conclusion



- Sometimes it's better to stop, look around, and see the whole beauty of our world.





Thank You For Your Attention!

Healthy
Living