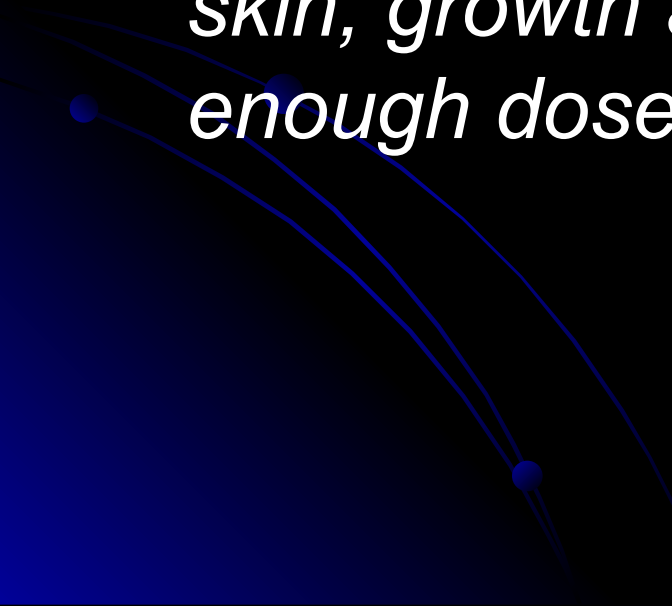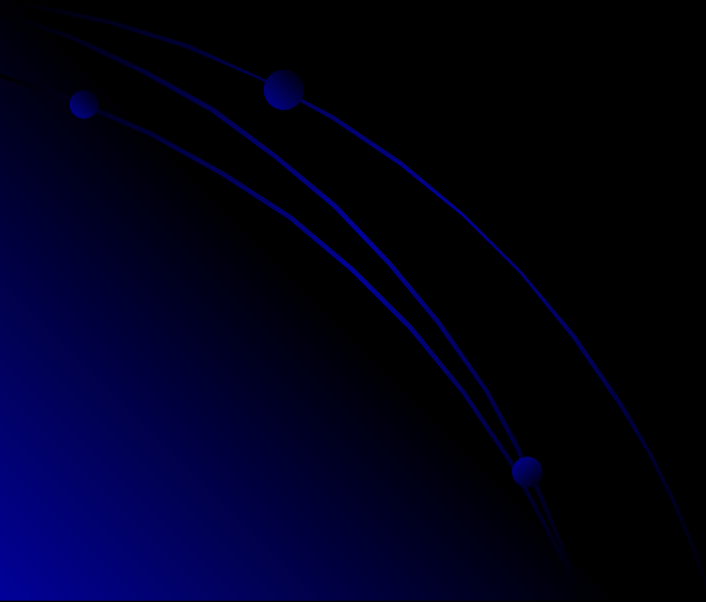# Healthy life style:
What s is good for you??

Vitamin A

- *Helpful for the grown people, improves skin, helpful for eyes.*

- *All people should every day take 0.7 mg.*

- *You will have problems with your eyes, skin, growth and other, if there is not enough dose of vitamin A in your organism*

- *You can find Vitamin A in the carrot, cheese, curd, sour cream, fish and other.*
- *My advice for you is to eat a lot of carrots because it gives 70% vitamin A.*
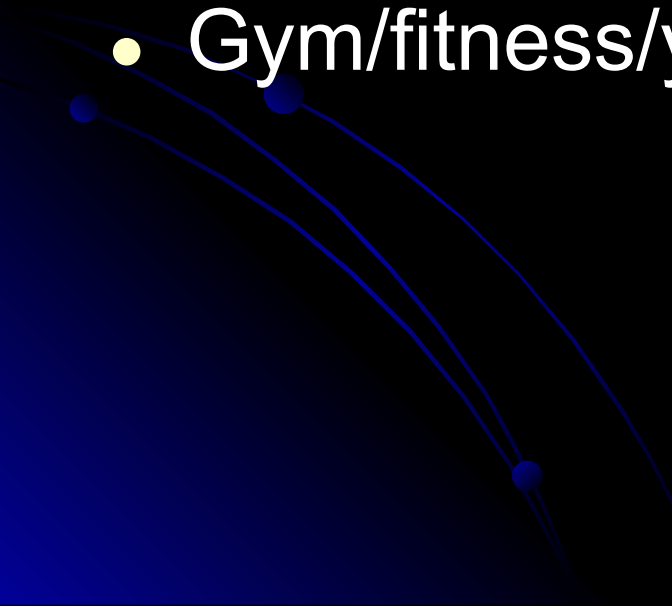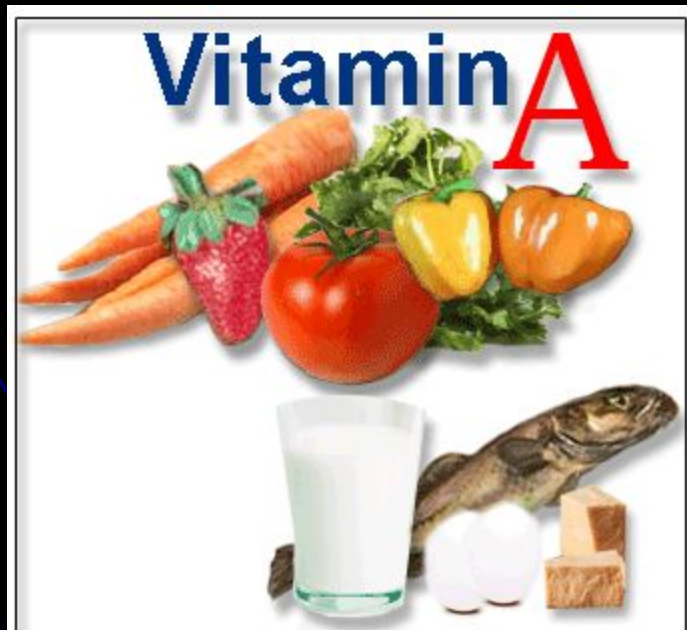
Vitamin C

- *Improves body defense and reduces the possibility of many diseases*

- *You can find Vitamin C in the fruits and vegetables*

- *If you won't eat Vitamin C, you will have problems with brain, teeth, immunity and other*

sports

- Why sport is good for you?
  - Makes you fit
  - Gives energy
  - Makes you strong
  - Good for health

- Team sports –football, volleyball and other
- Individual sports –tennis, swim and other

Healthy daily routine

- Getting up early

- Eating a good breakfast

- Cold shower

- Exercises

- Gym/fitness/yoga

Output

- So all in all, we believe that there are some things that a person should do to stay in good health. It is not difficult, but needs regular work. You should eat healthy, get lots of vitamins with your food, exercise regularly and try to have a fixed daily routine. If you do this every day, you wont have problems with your health!!