

Health

# What are the health !?

- The health condition of a living organism, in which all bodies are able to perform their vital functions.



**ЗДОРОВЬЕ**



# Components of health



100LET-877-880.00

**ЗДОРОВЬЕ КАК ОБРАЗ ЖИЗНИ**



- Need more time in nature ! Seventeen - twenty percent







# Food

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Food should be useful and complete . You should not overeat . You need to eat in small quantities. Your food must be a valid norm of carbohydrates , fats and proteins. Your weight should match your height.













*Exercise your  
Will Power.*



*Exercise your  
Will Power*

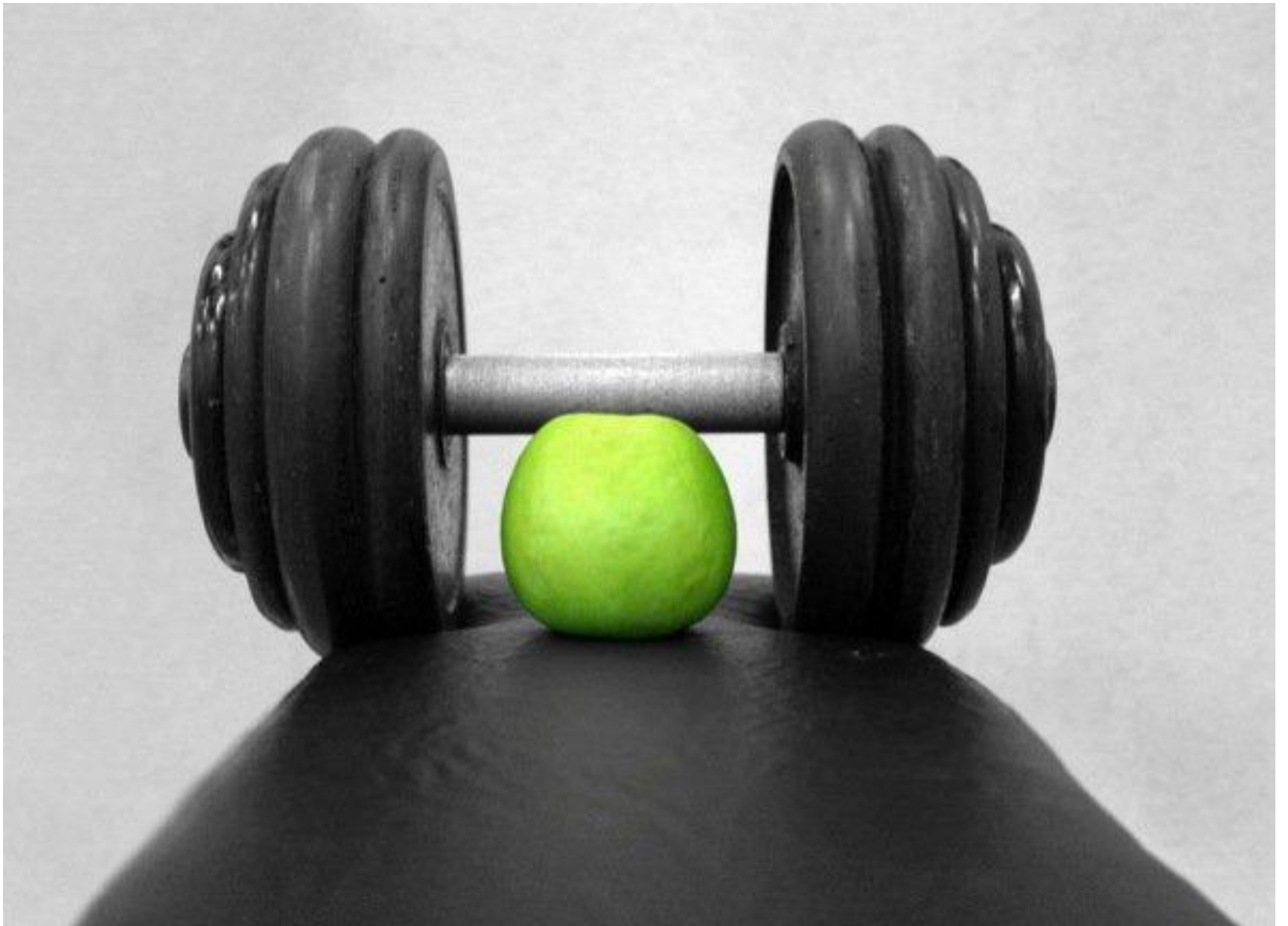


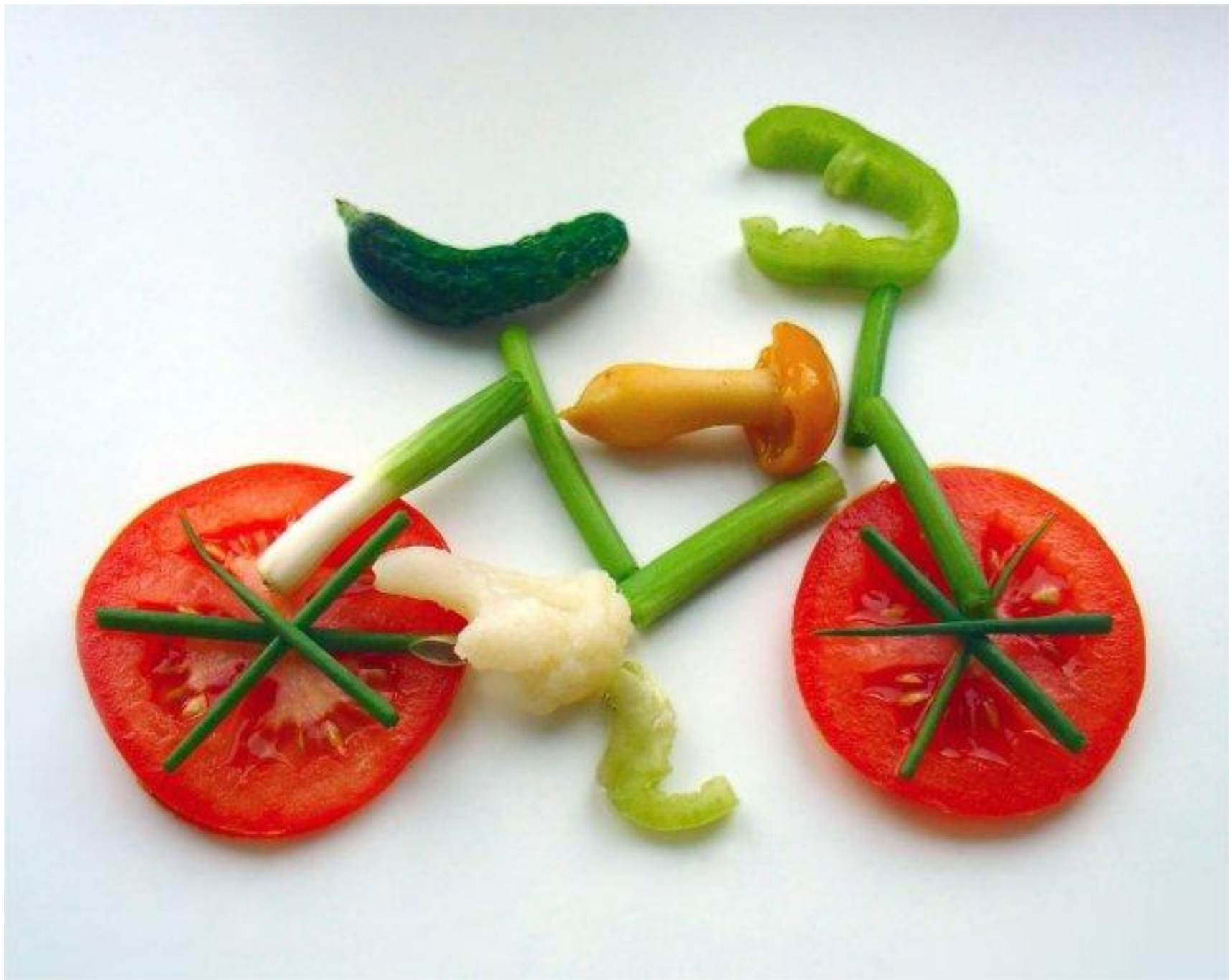
# Sports

- We need at least 2-3 times a week to engage in sports , gymnastics , sports and games. It is very important and always in the morning to do exercises.









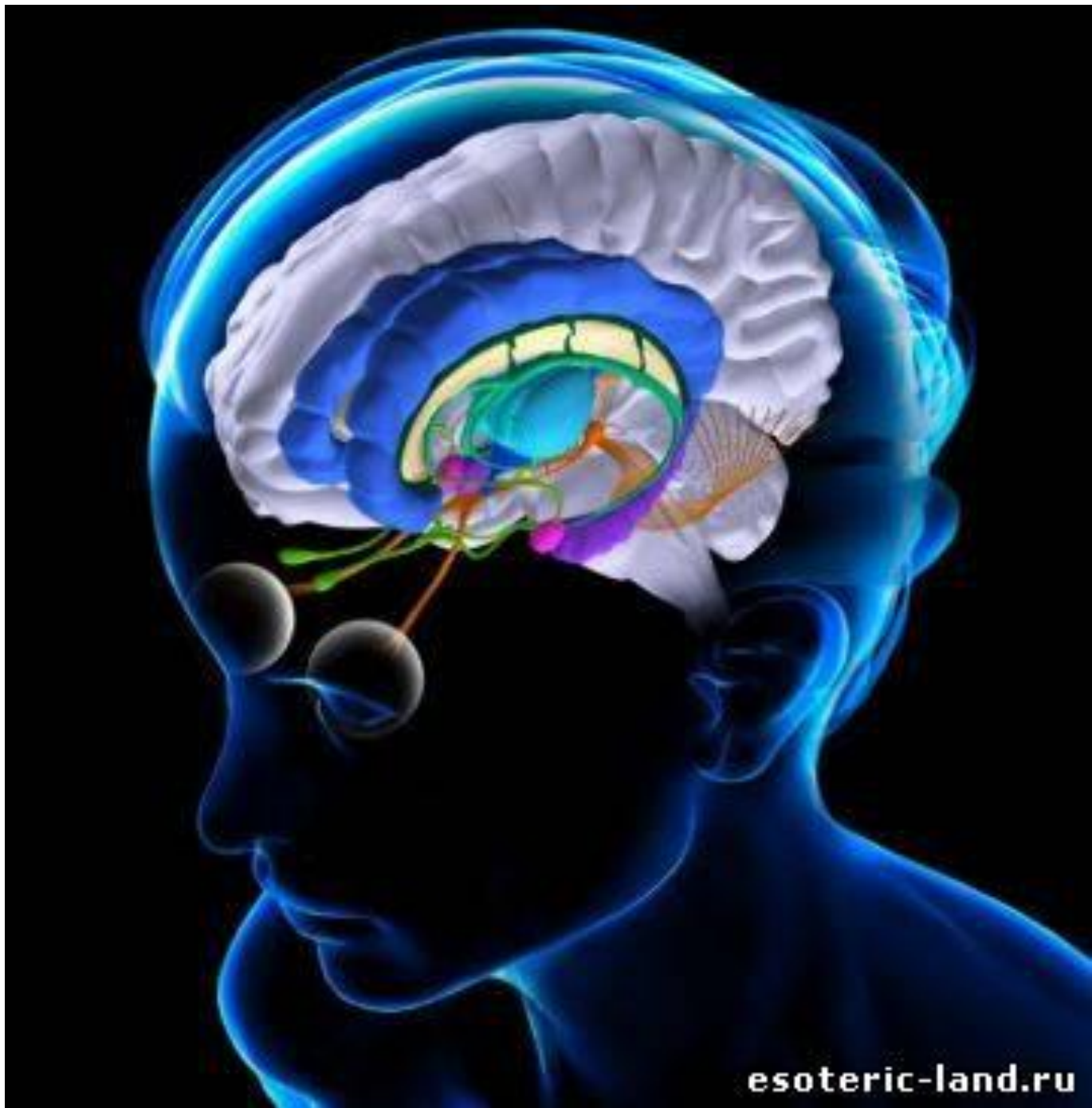




- Mental health is our ability to get information, it is our awareness of where to obtain the necessary information on how to use it. We should be able to gather the necessary knowledge from different sources and be able to use this information for making decisions in relation to our body.







Concerns about your own  
health

- Everyone should care about their health in the first place itself. It is better to prevent disease than to cure. The first important element of the health care vdslib their own health. An important place is occupied with personal hygiene, healthy and active communication with other people, comfortable working conditions, good nutrition and a healthy lifestyle.

- Health

Health is a luxury for a man,  
The greatest value in life.  
As health day by day,  
There is a possibility to go to the goal.  
Then there is joy, happiness, wonder,  
Beauty in a drop of dew.  
Then that person goes happily  
Among the infinite beauty  
And the charm of the world feels.  
For her chart - clear days.  
It overcomes all difficulties  
And singing joyful songs.  
She is healthy! That's fine,  
Because nothing hurts.  
It is good doing ready.  
And it is wonderful! You can live!