

**How to be healthy always.  
Ten simple steps.**

- How do you want to be always in good shape, in a good mood, enjoy life and delight friends and relatives? That, in my opinion, is the main components of our health. After all, if we have something hurts, and the mood is not that, and do not want to smile, and nothing pleases. I'm not going to talk about some serious and scary diseases, but what will tell, will help everyone on the road to health.



- So, step one. Our body consists of 80% of the water. I vital. To be slim and beautiful, you need to consume 30 ml. water per kg. Weight permanently. It is only water. Not about tea, juice, coffee and other liquids. Water can not be replaced by anything. She alone carries enormous benefits for our body. So drink plenty of water. Do not give yourself a "dry up."



- Step Two. Eat right. Food should contain proteins, fats, carbohydrates, vitamins, minerals, and water. As they say: have breakfast like a king, lunch like a prince, dine like a pauper. Eat more fruits and vegetables, boiled or steamed meat, fish; give up sausages, smoked meats, canned foods. At least try to eat them less often. Let your food be healthy.



- Step Three. Love walking outdoors in any weather. If you do not always have time for a walk, go walk home from work, at least a few stops. This will help relieve stress hard day's work and see how beautiful and diverse world in which we live.

- Step Four.  
Communicate more  
with their children.  
Play with them in the  
game. It is the  
children teach us to  
be cheerful and  
direct, sincere and  
kind. They charge us,  
the adults, positive  
emotions, and it is  
very important for  
health.







- Step Five. Read more. Read more books this year than last. Reading not only expands our knowledge, but also trains the brain, memory, imagination. Read more interesting books. If up to the 50th page of the book you are not interested, drop it, do not waste her time and vision.



- Step Six. Healthy sleep. They say a woman as old as she looks before breakfast. Your sleep should last at least 7 hours. Give rest to your body. Alternation of sleep and wakefulness - a necessary condition for life in our body. Wake up in a good mood and success in everything you provided.





- Step Seven. Move it. No matter how you feel, get up and go. Life is movement. Play sports. Recently found that exercise a positive influence on human intelligence. Presence of mind - a sign of health.



- Step Eight. Smile. The smile never leaves me cold: beautiful, intriguing, and modest - touches, kind, happy, happy - charms, sincere-inspiring. It is believed that a smile extends life. Be positive. Remember that people are sullen look and live much worse than optimists.

- Step Nine. Get rid of all that oppressed you that is not helpful for you, beautiful, that does not please you. Throw away those things that you did not need during the year. Do not clutter up your living space.





- Step Ten. Learn to love yourself, enjoy life and feel happy! Then you definitely will be healthy!

**The end!**