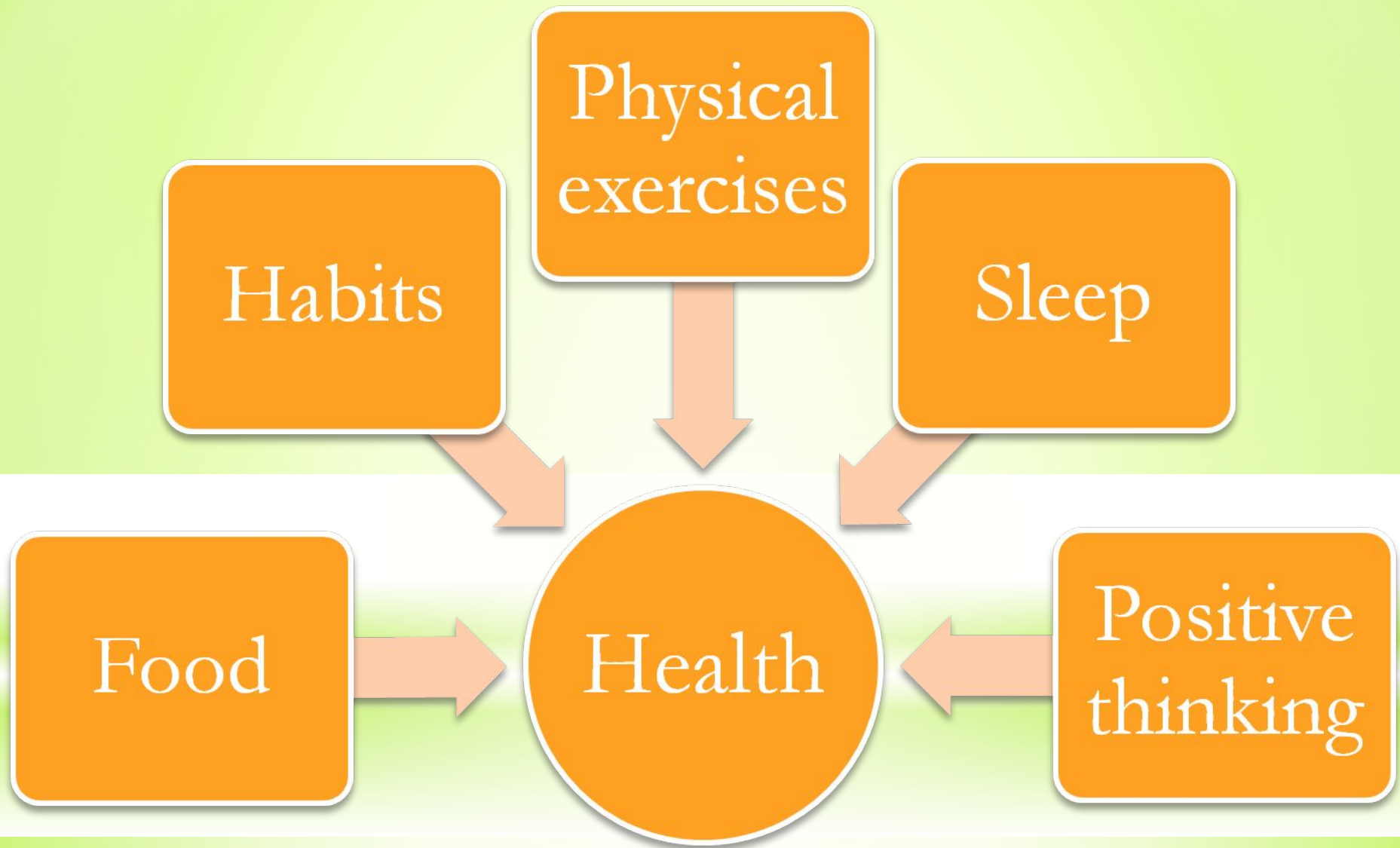# Healthy lifestyle

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Food

Food is a key element of our good health. Eating healthy and vitamin-rich products can improve your health. Fruit and vegetables are natural resources of vitamins A, B, C and E and other useful substances. Bread, dairy products, nuts and low-fat meat give you a large amount of energy and nutritious elements.

Habits

A person with bad habits risks to get a lot of illnesses. Smoking cigarettes shortens your life and can cause cancer. Drinking alcohol ruins your organism, destroys your nervous sytem and leads to liver malfunction. Taking drugs causes addiction and a large number of such illnesses as cancer, AIDS and tuberculosis. If you want to live a long and healthy life you should give up all your bad habits.

SAY NO... DRUGS ALCOHOL TOBACCO

Physical exercises

Doing simple exercises every day can increase your health level and improve your immune system. Physical training strengthens your organism and allows effective fighting with illnesses. So if you are active, breathe fresh air and don't stay too much time indoors you will not have problems with your health.

Sleep

Sleep is one of the main factors that influences our health. Every person needs to sleep about 8 hours to stay active during weekdays. Bad sleep can decrease your mental and physical abilities, and become a reason for illnesses and stress.

Positive thinking

A lot of people do not consider their emotions as a health factor. Being an optimist allows you to live more happily and easily cope with difficulties and problems. Positive emotions, smiling and laughing prolong your life and let you avoid stress.

What must we do to be healthy?

Brush your teeth every morning and evening!

Do morning exercises!

Eat good food to be healthy!

Go to bed early!

Get a good sleep!

An apple
a day
keeps
the doctor
away!

See the dentist every year!

But if you feel ill

call in the doctor!

I wish you good health!