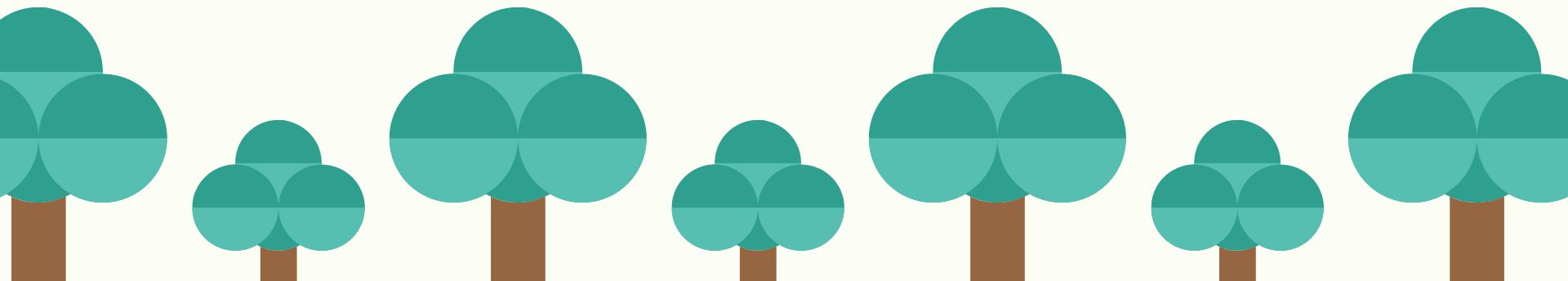


How to Be Healthy

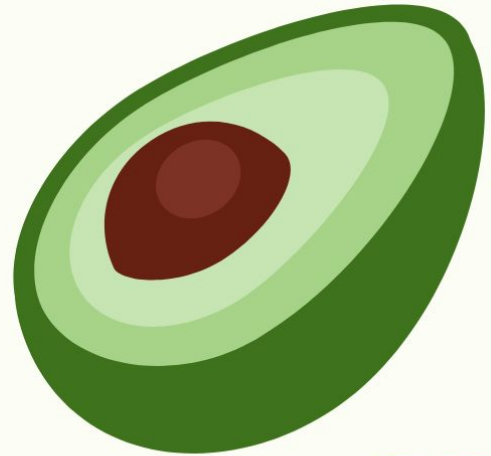
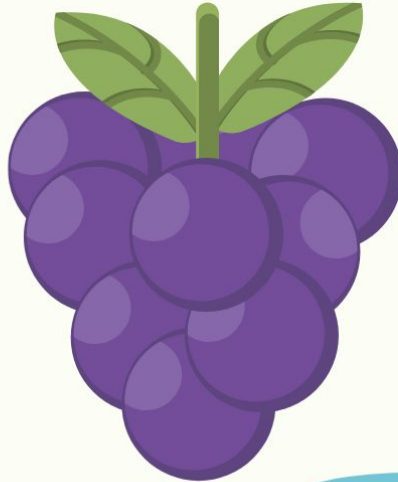
Made by Konstantin Golochalov





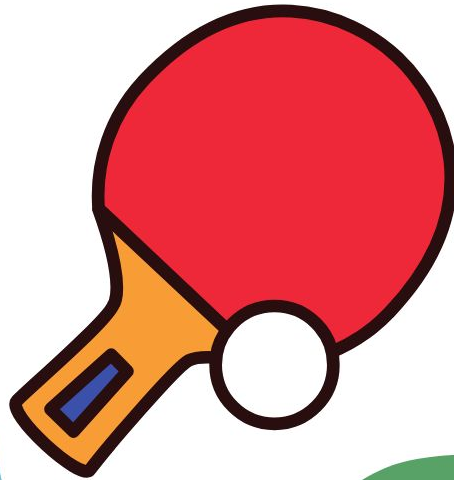
Eat more healthy food

A person should eat vegetables, fruits, meat, chicken and fish. Some vegetables, fruits, meat and fish not tasty, but they are very healthy! Healthy food have a lot of vitamins. It's food improves the condition of the skin, teeth, hair, bones, vision, also healthy food helps keep fit. Vegetable, fruits, meat and fish are healthier than fast food. Fast food is not useful and leads to many diseases.



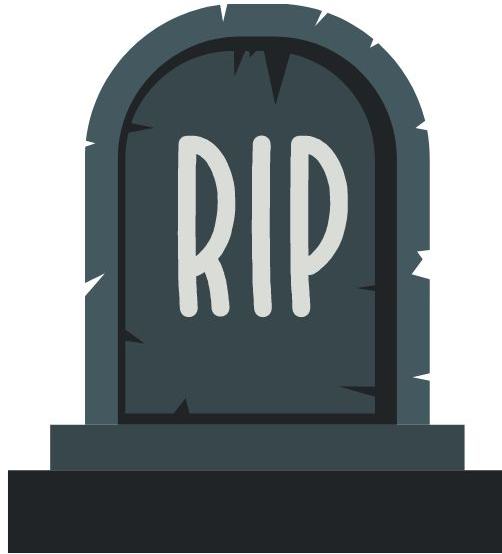
Do sport.

For good health, you need to sport. Sport is very important. Sport helps makes people strong, healthy, also teaches competitive and self-confident. There are many sports, for example: football, hockey, cycling, tennis, table tennis, rugby, swimming. Many people do sports and it's good.

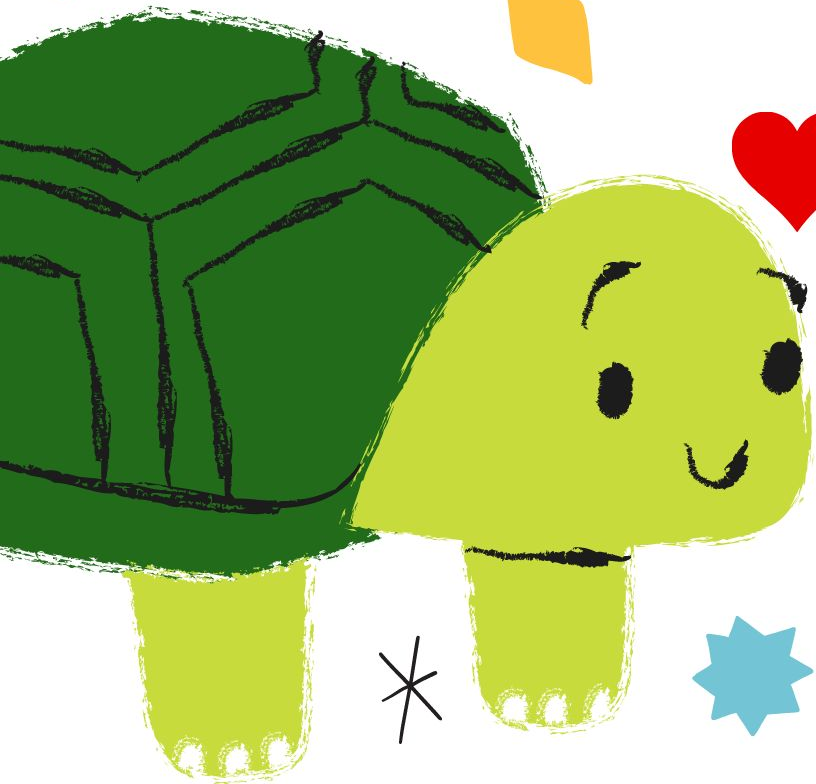


Remove bad habits

People shouldn't drink alcohol and smoking, also watch TV for a long time and sleep a lot, and eat drugs. These habits are very terrible. Some habits can kill you. A lot of people have bad habits. People must remove bad habits!



Thanks for your attention.



Goodbye!