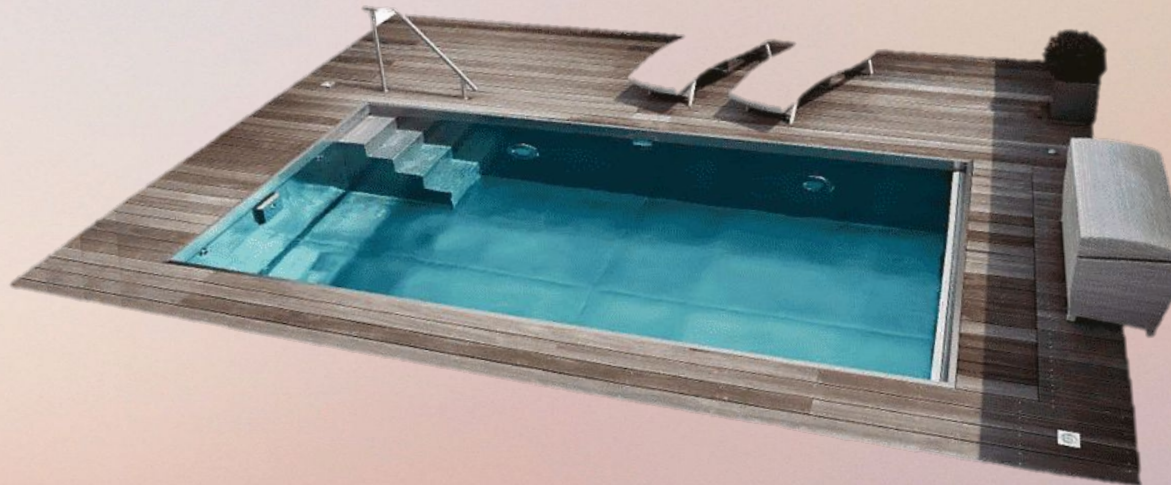


Sports warm-up

Gym equipment is used as a

warm-up. This person actively works with iron, and also does not neglect classes on an exercise bike. After such a warm-up, he likes to swim in the pool. It is not a problem for him to swim a distance of about a thousand meters. It helps to wake up, get a boost of energy for the whole day. With this training mode, he does not feel tired. It is important to practice on simulators without fanaticism. Otherwise, it will only do harm and will not bring any benefit.





After exercising in the gym, this person can do the following things:

Reading books. In most cases, this is historical literature
Listening to music. But mostly he listens to music when he is doing something. The playlist contains classics

Studying the latest news. He pays the most attention to this process in the morning.

In some cases, it replaces going to the gym with the process of getting acquainted with the news of the country.

Morning

This person's day begins at half past eight in the morning. Such a time for lifting can't be called too early. And it may seem to many that with such a not very early awakening, this person manages to have a pretty good rest. But there is one detail here, which lies in the schedule of this person - he is on flights most of the time and he often has to change time zones. This person's breakfasts usually includes the following products:

- Honey;
- Porridge;
- Juice;
- Cottage cheese

This person tries to eat healthy healthy food.
Only farm products are used for cooking.



～ Timetable of working days ～

- The working day starts before noon, sometimes even early the morning
- Doing his job also at weekends and holidays
- He has his own Internet-resource with have-to-do list, so it can work and from home
- Usually, a list of events ends just before midnight

FISHING

HE TOOK A ONE-DAY VACATION AND SPENT IT IN TYVA.

FISHING IS ONE OF HIS FAVORITE ACTIVITIES.

HE ESPECIALLY APPRECIATES FISHING IN RUSSIA.

MARTIAL ARTS, ACCORDING TO THIS PERSON, GIVE SUCH KNOWLEDGE, SKILLS AND ABILITIES THAT A POLITICIAN SIMPLY NEEDS. HE BELIEVES THAT JUDO IS AN ACTIVITY FOR BOTH THE BODY AND THE MIND. IT DEVELOPS STRENGTH, REACTION, ENDURANCE.

MARTIAL ARTS

