

HEALTHY LIFESTYLE.

Advices for
every day.



HEALTHY LIFESTYLE

Now healthy lifestyle is the most popular lifestyle which everyone is trying to follow.



HEALTH RULES

it's necessary to keep some simple regulations:

- to go in for sports
- to eat carefully
- to take a rest
- to walk frequently in the open air



PROPER NUTRITION

- fruits
- vegetables
- cereals
- vegetable oils
- boiled or baked food
- pure water



VITAMINS

At present days there are more than 30 vitamins, they bear names of Latin letters – A, B, C, etc.

It is extremely useful to eat oranges and currant that contain vitamin C, fish and caviar are rich in vitamin B, oil has vitamin E, and vitamin A one can find in carrot and eggs.



WATER IS LIFE

Drinking enough of pure fresh water every day is one of the healthiest habits. It helps to prevent a lot of diseases and stay young for many years.



SUGAR CONTROL

Don't eat too much sugar or consume sweet fizzy drinks. Sugar affects your heart and can't fill you for a long time.



HEALTHY HABITS

Good rest and enough sleep for 8 to 10 hours a day are excellent healthy habits.



ACTIVE REST

You should be active: do morning excercises, walk, run, jump, swim, dance, play sport games, do some physical work, and have a good rest and useful relaxation



POSITIVE EMOTIONS

- Happiness is a method of life
- Laughter is the best medicine for all diseases

