

# 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

