

ACADEMIC LYCEUM “INTERNATIONAL HOUSE – TASHKENT”



SUBJECT – ENGLISH LANGUAGE

COURSE – 1ST

SEMESTER – 1ST

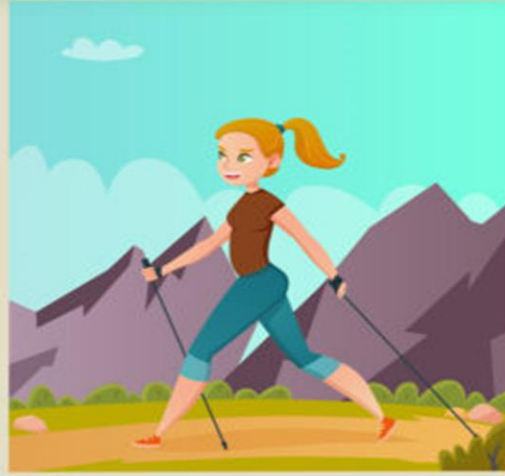
THEME – “HEALTH IS WEALTH”



“HEALTH IS WEALTH”



Active lifestyle



Walk



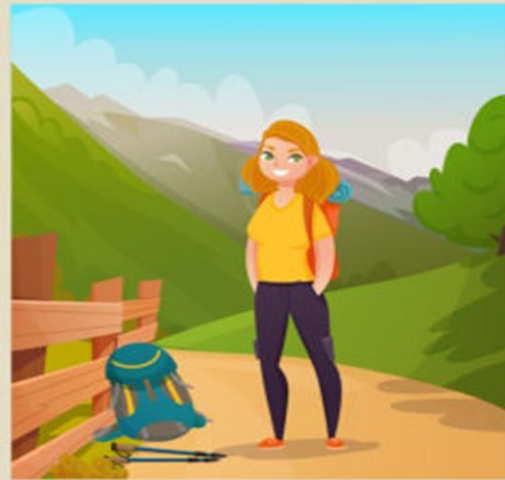
Morning run



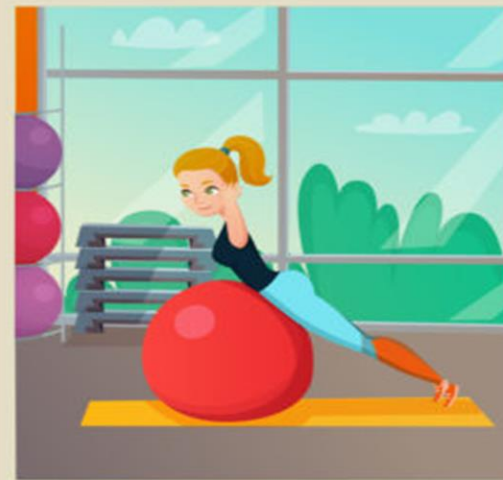
Fitness



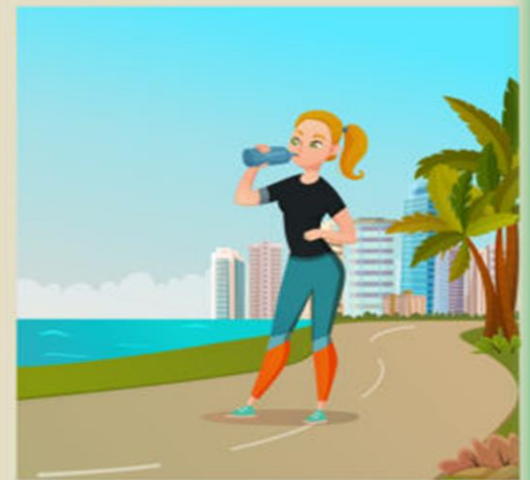
Daily regime



Hiking



Aerobics



More water

EASY WAYS TO BE HEALTHIER

THINK POSITIVE AND FOCUS ON GRATITUDE

Research shows a healthy positive attitude helps build a healthier immune system and boosts overall health. Your body believes what you think, so focus on the positive.



think
P O S I T I V E
feel
P O S I T I V E
live
P O S I T I V E

EASY WAYS TO BE HEALTHIER

EAT YOUR VEGETABLES

Shoot for five servings of vegetables a day — raw, steamed, or stir-fried. A diet high in vegetables is associated with a reduced risk of developing cancers of the lung, colon, breast, cervix, esophagus, stomach, bladder, pancreas, and ovaries. And many of the most powerful phytonutrients are the ones with the boldest colors — such as broccoli, cabbage, carrots, tomatoes, grapes, and leafy greens.





EASY WAYS TO BE HEALTHIER

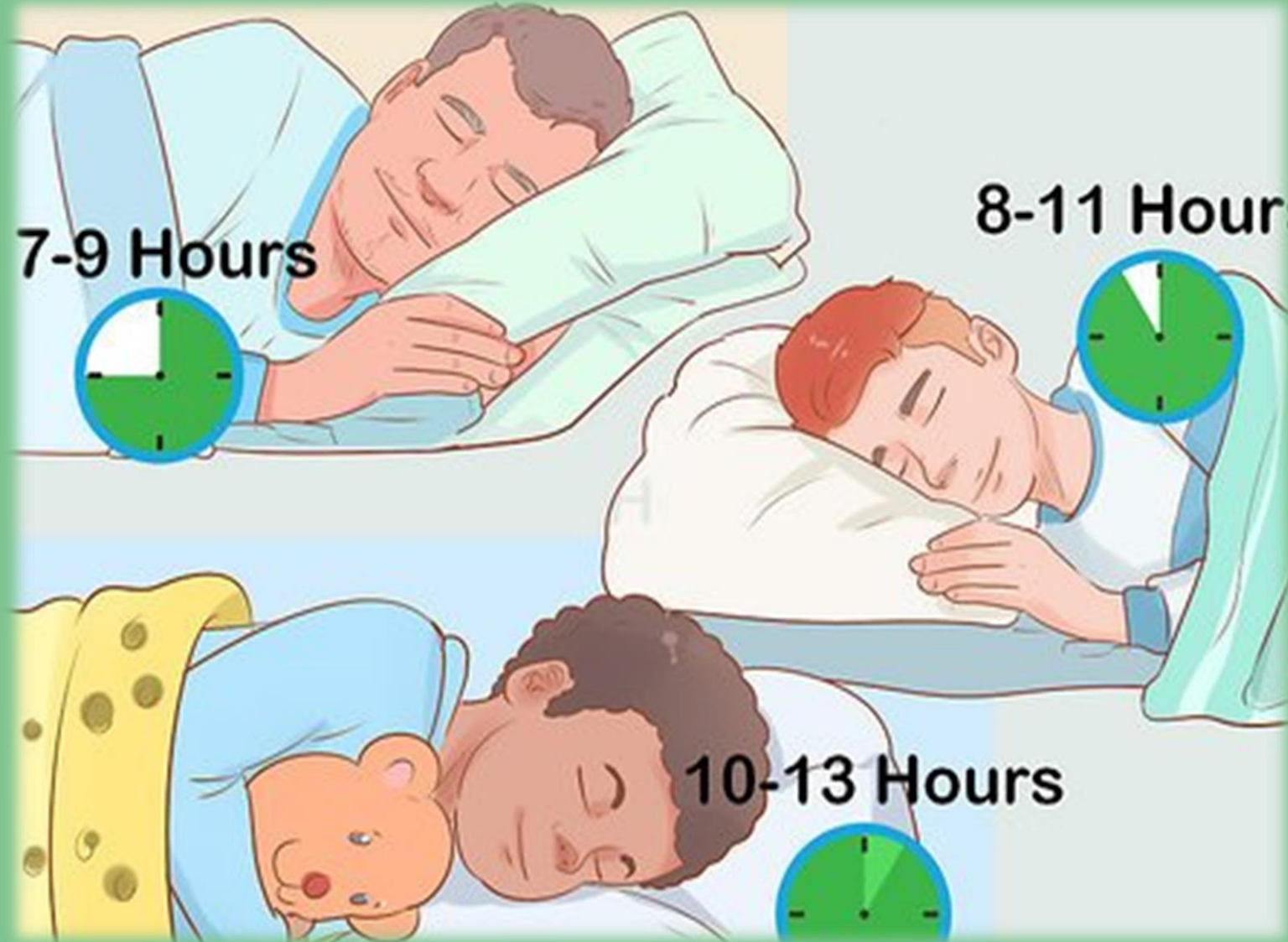


EXERCISE DAILY

If you want to live well and live longer, you must exercise! Studies show that even ten minutes of exercise makes a difference — so do something! Crank the stereo and dance in your living room. Sign up for swing dancing or ballroom dancing lessons. Jump rope or play hopscotch. Spin a hula hoop. Play water volleyball. Bike to work. Jump on a trampoline. Go for a hike.



EASY WAYS TO BE HEALTHIER



GET A GOOD NIGHT'S SLEEP

If you have trouble sleeping, try relaxation techniques such as meditation and yoga. Or eat a small bedtime snack of foods shown to help shift the body and mind into sleep mode: whole grain cereal with milk, oatmeal, cherries, or chamomile tea. Darken your room more and turn your clock away from you.