

Healthy way of life.



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Useful food.



Menu.

Food should be useful and varied. For breakfast you can it fruit porridge and juice .For lunch first soup , second vegetables and compote. For dinner fish and salad.



Sport.

To support health, you need to do physical exercises.



Outdoors.



WALKING

Walking in the fresh air is very useful. To support health, you need to go out on the street at least 2 times.





Thank you for your attention!

LOVE A HEALTHY LIFESTYLE