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**Is it easy to be healthy?**

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**Is it easy to be healthy?**

Introduction

The problem of being healthy is one of the most important problems of modern people. Nowadays a lot of people don’t pay attention to their health! Possibly, they think that it won’t hurt their body or they don’t have enough time to worry about their health. In the modern world most of people have a lot of bad health habits. Bed habits shorten their life. And this fact makes the problem actual. I think that the situation should be changed!

Is being healthy the main thing of our life? If it is so… I want to be healthy and celebrate my 100 birthday and feel well. That is why I have chosen the project topic. I’ll try to answer the question: « Is it easy to be healthy? »

 So, the aim of my project is presenting the importance of health for the modern society.

 To achieve this aim I set the following tasks:

1. To tell about various good and bad habits.
2. To make people think about health.
3. To give good pieces of advice for being healthy.

 And I believe that my project will make people think about their health.

1. **Bad habits in the past:**

Smoking and drinking alcohol , and the surprising «danger» of sleeping either too much or too little, watching TV a lot, eating between meals and skipping meals. These bad health habits could lead to different diseases. Of course neither sleeping too much nor snacking is as dangerous as smoking, obesity and drinking, but they are signs of dangerously chaotic lifestyles.

 **1.1 Bad habits nowadays:**

Nowadays people have more unhealthy habits than in the past! Most often it’s children and teenagers. Physical inactivity, surfing the internet, eat fast food, spent a lot of time at a desk, sit and watch TV a lot, don’t go outside much, skipping meals. But I think that the main problem is modern laziness. People don’t want to be activity! A lot of people are overweight. Why?

We live in the era of fast food culture. We are always in a hurry. We have no time to relax and enjoy a meal. We want to eat now and we want to eat fast.

Every day a new restaurants fast food opens somewhere on our planet. Soon American food will take over the whole world.

Another reason is lack of exercise. We spend too much time in front of our computers and TV-sets. We walk less, because we prefer to use cars or public transport. Yes, many people nowadays are exercise crazy, they spend hours in gyms – and then they rush to have a good snack!

**2. How do the bad habits influence on your health.**

Every unhealthy habit can lead to different dangerous diseases such as cancer, asthma, obesity.

 They interrupt with the implementation of their goals and use their opportunities. For example: smoking. Here are some sad facts about smoking:

1. Smoking causes bronchitis, asthma, and emphysema.
2. Cigarette smoke clogs and makes lungs awfully dirty.
3. Your teeth will turn yellow.
4. You will have bad breath.
5. Your hair and skin will become dry. You’ll get premature wrinkles.
6. Smokers store more fat around the waist.
7. Your clothes and hair will have a terrible smell.

1. **Good habits for your health**

Today it is in fashion to be fit and healthy. Eating habits have changed. Peopleprefer eating a lot of fruit and vegetables and less high fat food. People go to the gym to have a beautiful body and strong muscles.

 **Some good advices for your health:**

1. Regularity in life promotes your health.

2. Sleeping seven or eight hours.

3. Getting up early.

4. Having a healthy diet.

5. Eating a variety of foods.

6. Taking regular exercise is really a good way to live. Exercising can help you to look better and feel good.

**4. Useful tips from my experience:**

I know that a lot of children don’t pay attention to their health but since I became a teenager I have been more concerned about what I eat and the balance of exercise in my life.

 ***My guide:***

1. Walk where you can and get involved in some kind of sport.
2. Limit your TV and computer time.
3. Don’t skip your meals, and it will help you to give up snacking.
4. Avoid late snacking.
5. If only junk food is sold at your school, tell the school that they need to change the menu! Junk food should be banned at school.
6. Drink lots of water not Coke.
7. Do not smoke. Smoking makes you ill.
8. Be positive and believe in yourself.
9. Smile, laugh and be kind!

 **5. Survey**

There were interviewed 70 pupils of 14-16 years old )

**What bad habits have you gоt?**

|  |  |
| --- | --- |
| Sleeping too little | 40 |
| Snacking  | 37 |
| Eating junk food | 35 |
| Skipping meals | 30 |
| Drinking  | 14 |
| Physical inactivity | 10 |
| Sleeping too much | 9 |
| Smoking  | 7 |

 According to the survey the most popular bad habit is **sleeping too little.**

How many hours should a kid sleep?

 According to Dr. Komarovsky

|  |  |
| --- | --- |
| Age  | Hours/day |
| A new born | 15-18 |
| 1-12 m. | 12-14 |
| 3-6 years old | 10-12 |
| 7-12 years old | 10-11 |
| 12-18 years old | 8-9 |

90% of children sleep too little because:

1. Do a lot of homework.
2. Don’t have the schedule of a day.
3. Use mobiles and computers too much time.
4. Being under stress.

  **Conclusion.**

Who is in charge of your health?

Having completed my project I was surprised how much I’ve known about the health.

According to statistics 20% of teenagers in Russia have a disease of some kind. But who is responsible for it?

School certainly should pay attention to teen’s health. Since children have to sit at a desk all day long, they have no time to go out. What’s more there are not enough PE lessons at school and, as a result, children are less active.

On the other hand, many parents themselves have unhealthy diets. Parents don’t have time to cook healthy food because of a lot of work. Consequently, they are not able to teach their children to eat healthily at home. And this results in unhealthy eating habits to their children.

However, I don’t think it’s fair to consider parents, TV, magazines or schools responsible for the fact that children are unhealthy. It’s our own choice as to what we eat and how active we are. We- children are very lazy nowadays. If you are unhealthy, the person who is responsible for it is yourself.

 While working on the project I faced a number of difficulties. The problem was that I came across a great amount of information on this topic and it was too hard to choose what I needed.

 I think that I achieved my aim. From this project you can get a lot of useful information about health.

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