

The healthy lifestyle is influenced by:



- ● Physical activity
- ● Nutrition
- ● Elimination of addictions
- ● Resistance to stress
- ● Rest



Physical activity



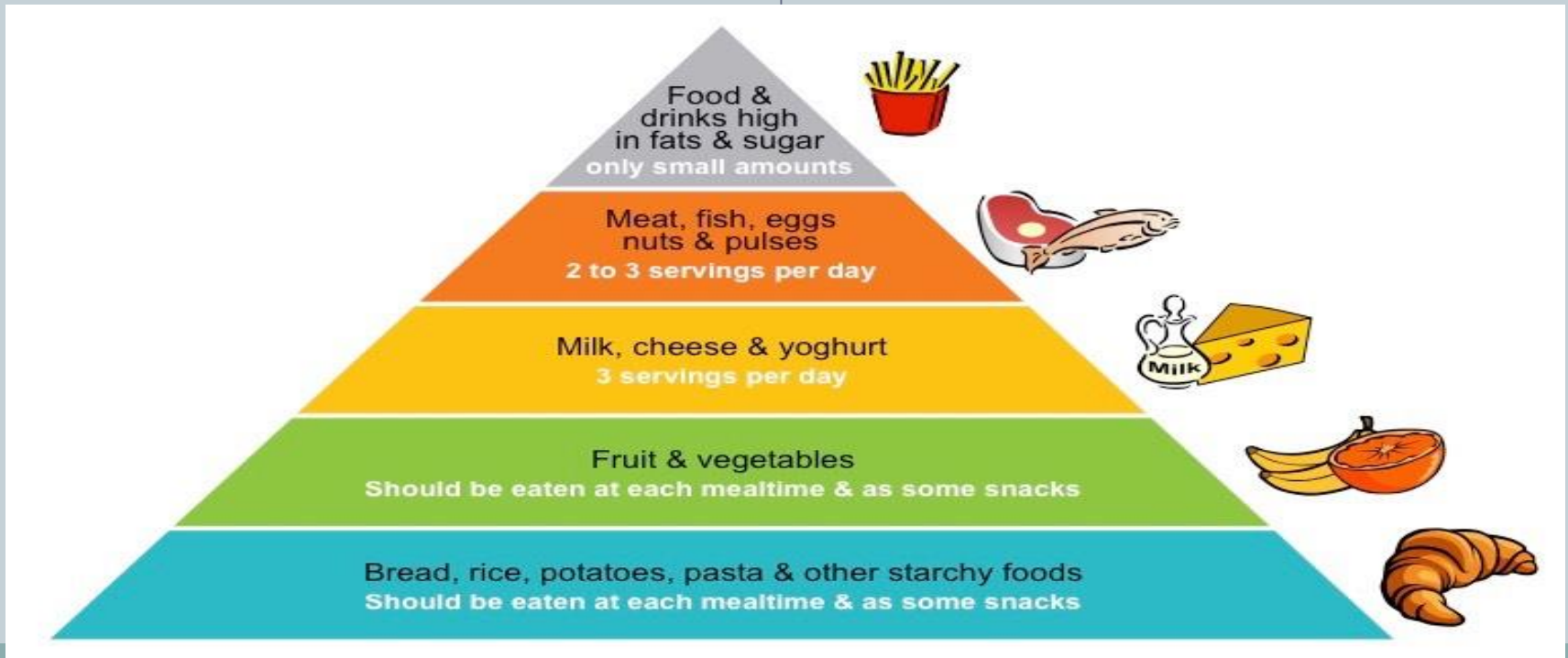
- Physical activity can prolong our life and protect us from various illnesses. People function and look better when they lead a physically active lifestyle.



Healthy Eating



- Requires consuming the right amount of essential nutrients and water. You have to remember to eat balanced meals on a regular basis and the food should be rich in vitamins and trace elements.



Stimulants



- Stimulants are food products not having food properties, containing substances that have a stimulating effect on the nervous system.

The most commonly used stimulants are: coffee, tea, tobacco, alcohol and drugs. Keep in mind that most of the stimulants after some time of use become addictive.

Rest



- Active rest is full of motor activity. It occurs practically in every movement we make, also in everyday activities.
- Passive relaxation reduces mental and muscular activity to a minimum. The most effective phase is sleep.





Thank you for your attention ;)

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