

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ
КОНФЕРЕНЦІЇ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ**

“TO LIVE IN A SAFER WORLD”

(Суми, 28 березня 2014 року)

The eighth scientific practical student`s, postgraduate`s and teacher`s
LSNC conference

HEALTHY LIFESTYLE

I.V. Treytyak, gr.CM - 303

I.M. Terletska – EL Adviser

Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability. A person should be strong and healthy in order to overcome all difficulties.

In the Middle Ages very few people lived to 40. Today life expectancy is more higher than it was. There are some reasons of it. One reason is that, due to medical research, many illnesses were eliminated. The second one is that fewer people die in wars. Generally, the life of modern man is endangered by many factors. One is the increasing pollution of the environment by industry and transport; another one is sedentary lifestyle of people living in cities and towns, that is, the majority of the population of the planet. The third one is the quality of food we eat and water we drink which results in a lot of diseases. Healthy food is very important factor. Overeating causes many dangerous diseases. The daily menu should include meat, fruits, vegetables, milk products, which are reach in vitamins, fat, proteins and etc. The fourth one is that living in big cities leads to epidemics.

The only possible way of preserving your health is, therefore, healthy way of life which includes keeping fit, balanced meals, and giving up unhealthy habits like smoking, drinking alcohol, and, of course, drugs.

Physical fitness is a general state of good physical health. For anyone who really wants to be healthy, fitness has become an integral part of their lives. The fitness boom resulted in a rise in the numbers of people participating in sports and sports activities. It is a well-known fact that even moderate physical activity can protect you

from heart diseases and strokes, obesity and influenza. There are many ways of keeping fit. Firstly, you could visit health and fitness clubs. A lot of health and fitness clubs, public leisure centres, huge indoor water parks are very popular among people of all ages. Secondly, regular exercise is necessary. People of different ages can choose or design exercises that will fit them. Some people do aerobics or yoga; others prefer weight training in a gym. Many people prefer walking or jogging which are the cheapest and most accessible sports. Doing some sport or other on a regular basis is the best way of keeping fit. There is a number of sports activities are popular among the old and the young: football, swimming, cycling, skiing, skating, fishing, hunting, roller-skating, etc. Also it is very important to tell children from an early age that sport is very good for health.

To stay healthy one must, of course, abstain from smoking. Everybody knows smoking is hazardous for your health and can lead to fatal diseases like cancer. Smoking should undoubtedly be banned in all public places.

If your health is good, you are always in a good mood. Certainly it's hard to follow all these recommendations, but every person have to choose between healthy life style and numerous illnesses.