



# About health.


## 5 rules of a healthy lifestyle




01

### HEALTHY DIET

Choose healthy foods with vitamins and minerals.



02



### NO BAD HABITS

Bad habits affect human health negatively.



03

### PERSONAL HYGIENE




04



### GOOD SLEEP


Follow the correct daily routine, rest.



05

### PHYSICAL ACTIVITY

Daily physical activity (sport, hiking in the fresh air, etc.).



Social, pedagogical and psychological sector