**Healthy Living Guide**

The greatest  is . Some  care about their , others don’t.  can have good and bad habits.  , eating wholemeal , , eating low fat food is good for your . Physical inactivity, eating , ,  ,  are bad habits. It’s very important to care about your . Of course,  too much or too little, snacking and skipping , make you unhealthy too.  7 or 8 hours, getting up early, eating , a healthy  is really good for your . Many  in GB and Russia think more about their . They attend fitness clubs, eat more  and . Some of them count they eat every day. Some bad habits are really deadly.  causes a . It makes your  yellow,  and clothes smell.  causes a , disease and slow reactions. It also makes your speech unclear. As for , it causes , cancer and loss of memory. A lot of measures are taken against bad habits. You can be put into  for , and sacked from  for  and  .  is banned in , on the underground and in  and  ads. Bad habits affect the whole family,  around you, your knowledge and your social controls. If you want to be healthy some English proverbs саn help you: «Early to  and early to rise, keeps a man healthy, wealthy and wise», «An a day keeps a  away », «Good friends are good for your », «A merry  is a good medicine».