

20. ZDRAVÍ, ZDRAVÝ ŽIVOTNÍ STYL

Health is the most important thing in our lives – everyone knows it, but when we are healthy, we usually don't appreciate it – we realize it when we or some of our close relatives is ill.

We have illnesses minor and serious. Minor illnesses are flu, sore throat, stomachache, headache, backache, and serious illnesses are cancer, pneumonia, heart disease, stroke, dry skin.

The best way to stay fit and healthy is to have a healthy lifestyle – we should practice some sport, enough sleep and eat healthy foods with lots of vitamins – we shouldn't smoke or drink much alcohol.

Prevention is important and plays a significant role in our health. Everybody should go to a regular check-up every year.

It's also important to visit a dentist regularly, at least twice a year. School children are invited by the school dentist, but adults must plan their visit individually.

Small children are regularly vaccinated against various illnesses such as tuberculosis or other childhood diseases which can be extremely dangerous when they grow up.

Next is addiction. People can be addicted to some things, for example chocolate, cigarettes, alcohol, drugs, candies, and I don't think that addiction on something is good for people. Its unhealthy too.

Then we have people who are allergic. Allergic can be to pollen, dust, chocolate, hair of animals and this is dangerous sometimes, people have runny nose, or they can choke.

When we are unhealthy, we must go to the doctor for check-up. Doctor gives some prescription to tablets or pills and we must go to pharmacy and buy it.

Then we go home, and we must stay in a bed with hot tea for example and relax.

We also can damage some our organs, but we can protect our organs if we will be live healthy, we won't smoke, drink alcohol, be in a stress, and of course don't take a drug. If we want live long life we should drink only water, eat vegetables, fruit, some meal, go sleep early every day, take some vitamins, and have a control of yourself.

Nemoci způsobené nezdravým životním stylem, závislostí

Diseases because of unhealthy lifestyle:

obesity

anorexia

high blood pressure

vomiting

heart failure

salmonella

Diseases because of addictions:

head ache

lung diseases

GIT diseases

diarrhea

constipation