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Healthy people are known to live longer and make their careers more successful. To look good, you must follow some simple rules: do not smoke or do drugs, do not drink alcohol, do not eat too many chips and candies, eat more vegetables and fruits, sleep well, do exercise.

We have two physical education lessons per week. I do exercise, run, jump, play basketball and pioneerball, ski. I think that we should have more physical education lessons than we have now.

I love playing football, cycling and swimming. But most of all I love skating. I can't wait for the snow to fall. I spend one or two hours every day riding with my friends and we have a lot of fun!

I do not smoke (no one smokes in the family). I know that this very bad habit can lead to serious health problems. I do my morning exercises, try to eat "healthy" foods and think that this is a really good way to live.