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To begin with, that in our days it is very fashionable to talk about nutrition and exercising, to discuss that it is useful to choose an active way of life and do jogging in the morning or evening, along the paths in the park. But most people say, "Tomorrow. will do it tomorrow." And that's all.

On the one hand, nowadays there are a lot of young people who lead unhealthy lifestyle. For example, they use alcohol, drugs and other harmful substances. Adults eat poor food and the most part of their free time they spend in front of their TV.

On the other hand, according to various studies, the situation in our country is not so catastrophic. Many people still try to do sports, travel, go skiing, skate.

But to eat good food is very difficult. As for me, I think this issue is controversial. I always want to eat something tasty, and I rarely pay attention if this food is useful or harmful. For me the main thing is that it is delicious.

In conclusion, I want to say that everyone chooses his own way in life. I guess nothing will make a man love life, you just need to seriously look into the future and think about a career, the future of work and family.