**Healthy way of life is one of the myths nowadays.**

In the modern world the problem concerning healthy way of life is widely discussed. In my opinion, people nowadays are more health-conscious than they used to be. Firstly, today all people know that a beautiful person is a healthy person and if you want to be successful, you should look good. Secondly, in our world such occupations as dietitians, cosmeticians and fitness trainers are becoming popular because people need their help to keep fit and stay healthy. Thirdly, there are a lot of different diets and sets of exercises which are used by people who want to be strong and beautiful.

​ To be healthy people should get rid of bad habits such as smoking and drinking alcohol. These habits are dangerous for people because they cause a number of diseases. Another problem for our health is overeating. People who eat too much or eat fast food can become obese and get serious disorders which are obstacles to healthy way of life. To my mind, the only way to stay healthy is going in for sports. Regular exercises give people healthy heart, strong bones and muscles, quick reaction and immunity to various illnesses. It is also very important to spend a lot of time in the open air and sleep enough time.

To sum up, I’m totally convinced that healthy diet, sleeping eight hours and going in for sports are really a good way of life.