Conclusion – висновок

1. Exercise: To engage in physical activity for the purpose of improving overall health and fitness.
2. Nourish: To provide the body with the nutrients it needs to function optimally through a balanced diet.
3. Sleep: To get enough restful sleep each night to promote physical and mental health.
4. Hydrate: To drink enough water and fluids throughout the day to maintain proper hydration levels.
5. Manage stress: To find ways to manage stress levels and promote mental health and wellbeing.
6. Meditate: To practice mindfulness and meditation to reduce stress and promote relaxation.
7. Quit smoking: To stop smoking cigarettes and other tobacco products to improve respiratory and cardiovascular health.
8. Limit alcohol consumption: To drink alcohol in moderation or not at all to promote liver and overall health.
9. Practice safe sex: To practice safe sex to prevent the spread of sexually transmitted infections and promote sexual health.
10. Maintain personal hygiene: To practice good personal hygiene to prevent the spread of illness and promote overall health.
11. A vending machine - Автомат з продажу
12. A ready meal - Готова страва
13. A poster - Плакат
14. A health warning - Попередження про здоров'я
15. A fitness app - Додаток для фітнесу
16. An outdoor gym - Зовнішній спортивний майданчик
17. Nutrition information - Інформація про харчування
18. A reward chart - Діаграма досягнень