

Good health & well-being



**NOWADAYS MORE AND MORE PEOPLE,
ESPECIALLY THE TEENAGERS, TEND TO EAT FAST
FOOD AND HAVE A BAD WAY OF LIFE. FOR THIS,
OUR SOCIETY HAS TO START EATING HEALTHIER
MEALS AND BE CONCERNED ABOUT THEIR DIET
AND THEIR EXERCISE.**

ΑΣΚΙΑΝΑΚΗ ΑΘΝΑ Γ4



To begin with, people are obliged to follow the fast rhythms of our developed cities. They have no time for their own activities because they have unfortunately formed their life in order to work, study and spend time only for their family and not for themselves.



The healthy lifestyle can help all of us to create a better future.



Also, the improvement of technology have forced the people to find easier and much faster food, which is not homemade, and as a result their health is destroyed as fast as possible. The development of fast food was revolutionary. However this revolution was corrupted by big business and their desire to maximize profit. With fast food being a staple for society, due to its convenience, the consumers fail to realize what is inside that burger they are eating.



Running and any other sport can affect the improvement of your health.




Last but not least, people have no motivation and goals about their diet and the improvement of their health. It is good for everyone to think about what is helpful for him/her and thus we all need to put goals.



The answer to this problem



**ON THE OTHER HAND, WE ALL NEED TO
TAKE SERIOUS ALL THESE THINGS THAT WE
HEAR AND UNDERSTAND WHAT IS GOOD FOR
OUR HEALTH AND WHAT IS NOT.**



On the other hand, all of us have to be informed about our general development via the initiative of our government or internet and put goals. It is helpful for us to think what we eat and what is harmful for our health.





Furthermore, we must start eating homemade food and doing some sports and activities so that we keep fit. For this reason, it is helpful to form our time and our obligation so that we can exercise and do creative things for ourselves every time we want to. As a result we'll feel mentally and psychologically healthier!





**TO SUM UP, I BELIEVE THAT OUR SOCIETY
IS CAPABLE TO ADOPT A BETTER AND
HEALTHIER WAY OF LIFE AND THINKING.
AS A RESULT PEOPLE CAN BE MORE SMART
ABOUT WHAT THEY EAT AND DO FOR A
BETTER FUTURE.**

Links of my photographs



- 1) **WHAT-ARE-THE-COMPONENTS-OF-MENTAL-WELLBEING.HTM**
- 2) **IMGRES (1).HTM**
- 3) **1523019875.BANNER.GOOD-HEALTH-BEYOND-THE-BODY-776X620.JPG**
- 4) **BIGSTOCK-HEART-OF-FRUITS-AND-VEGETABLES-184383741 (1).JPG**
- 5) **CLIP-30687622-TIMELAPSE-FOOTAGE-YELLOW-HIGHWAY-SIGN-HEALTHY-LIFESTYLE.HTM**