

My Healthy Lifestyle


PRESENTATIONS MADE
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TRY TO EAT HEALTHY. I
AVOID UNHEALTHY SNACKS
DURING THE DAY AND
REPLACE THEM WITH FRUITS
OR VEGETABLES.

I EAT FISH ONCE A WEEK
BECAUSE OF FATS OMEGA-3

IT IS RECOMMENDING TO
DRINK 1.5-2 LITERS OF WATER
A DAY, IT'S HARD FOR ME TO
DRINK SO MUCH WATER
BECAUSE I LIKE SWEET
DRINKS, BUT I TRY MY BEST



*My principles of a
healthy lifestyle*



Time Outside

I LOVE NATURE, ANIMALS AND SPORTS. ALL IN ONE BECAUSE I RIDE HORSES THREE TIMES A WEEK. THANKS TO THIS, I SPEND A LOT OF TIME OUTDOORS, BURNING CALORIES AND DOING WHAT I LOVE.

REGULAR HORSE RIDING HAS A BIG IMPACT ON MY HEALTH, WELL-BEING AND FIGURE



Hand washing

IT MAY BE STRANGE, BUT
IT'S VERY IMPORTANT TO
ME. I ALWAYS WASH MY
HANDS BEFORE EATING,
WHEN I'M GOING TO
HOME FROM OUTSIDE OR
USE THE TOILET.

Cooking

I LOVE COOKING, SO I DON'T
BUY FAST FOOD, I'M COOKING BY
MY OWN SO MY MEALS ARE
HEALTHY BECAUSE I DON'T ADD
ANY CHEMICALS.





My ecological garden

I HAVE MY OWN
ECOLOGICAL GARDEN.
IT IS NOT HUGE, BUT IT
IS IMPORTANT THAT IT
IS MINE AND BIO. THIS
YEAR I PLANTED
TOMATOES,
STRAWBERRIES,
ONIONS AND HERBS.

Shopping with eco-bag

FOR OVER A YEAR, I HAVE
BEEN GOING SHOPPING WITH
ONLY A COTTON BAG, NO
DISPOSABLE PLASTIC BAGS.





Clothes

I DON'T THROW AWAY CLOTHES
THAT ARE TOO SMALL OR I'M
BORED WITH. I USUALLY SELL
THEM OR GIVE TO PEOPLE
WHO NEED THEM. IF I WANT TO
BUY SOME CLOTHES, I GO TO A
THRIFT SHOPS

Thank you for your
attention
Live Healthy ♥