

# 9 ПРИВЫЧЕК ДЛЯ ЗДОРОВЬЯ ТЕЛА И ДУШИ



Достаточное  
употребление воды



Ежедневная активность



Регулярные  
тренировки



Сон



Управление стрессом



Позитивные люди



Улыбки, смех и  
любовь к себе



Здоровая еда



Делать то,  
что нравится



ПРИВЕТ






ПРИВЕТ




ПРИВЕТ




A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a bright, organized bedroom. She is smiling and has a speech bubble above her head. The room features a white crib with blue bedding on the left, a white wardrobe in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. The walls are decorated with framed pictures, including a map and an anchor.

У меня много  
полезных  
привычек


A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a bright, organized bedroom. She is smiling and has a speech bubble above her head. The room features a white crib with blue bedding on the left, a white wardrobe in the background, and a white desk with a computer monitor and a globe on the right. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

У меня много  
полезных  
привычек




A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a bright, organized bedroom. She has a speech bubble above her head. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a teddy bear on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. The walls are decorated with framed pictures, including a map and an anchor.

У меня много  
полезных  
привычек


A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a modern bedroom. She is smiling and has a white speech bubble above her head containing the Russian text "Сейчас я покажу их". The room features a white crib with a blue mattress on the left, a white wardrobe in the background, and a white desk with a computer monitor and a globe on the right. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Сейчас я покажу их




A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a modern bedroom. She is smiling and has a white speech bubble above her head. The room features a white crib with blue bedding on the left, a white wardrobe with a teddy bear on top in the background, and a white desk with a computer monitor, keyboard, and globe on the right. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Сейчас я  
покажу их

A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a modern, light-colored bedroom. She is smiling and has a white speech bubble above her head containing Russian text. The room features a white crib with blue bedding on the left, a white wardrobe in the background, and a white desk with a computer monitor and a globe on the right. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Сейчас я  
покажу их



A woman with blonde hair in a bun, wearing a yellow dress with a red belt, stands in the center of a modern bedroom. She is smiling and has a speech bubble above her head. The room features a white crib with blue bedding on the left, a white wardrobe in the background, and a white desk with a computer monitor and a globe on the right. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Сейчас я  
покажу их

A 3D-rendered room with a woman in a yellow dress. The room features a white crib with a blue mattress and striped pillows on the left. In the center, a woman with blonde hair in a bun, wearing a yellow dress and red shoes, is smiling and gesturing. Behind her is a white wardrobe with a monkey figurine on top. To the right is a white desk with a computer monitor, keyboard, mouse, and a globe. A white chair with a blue checkered seat cushion is in front of the desk. The walls are decorated with framed pictures, including an anchor and a map. A blue and white striped rug is on the floor.

Например:



A 3D-rendered room with a woman in a yellow dress. The room features a white crib with a blue mattress and striped pillows on the left. In the center, a woman with blonde hair in a bun, wearing a yellow dress and red shoes, is smiling and gesturing. Behind her is a white wardrobe with a monkey figurine on top. To the right is a white desk with a computer monitor, keyboard, mouse, and a globe. A white chair with a blue checkered seat cushion is in front of the desk. The walls are decorated with framed pictures, including an anchor and a map. A blue and white striped rug is on the floor.

Например:


A 3D-rendered room with a woman in a yellow dress. The room features a white crib with a blue mattress and striped pillows on the left. In the center, a woman with blonde hair in a bun, wearing a yellow dress and red shoes, is smiling and gesturing. Behind her is a white wardrobe with a monkey figurine on top. To the right is a white desk with a computer monitor, keyboard, mouse, and a globe. A white chair with a blue checkered seat cushion is in front of the desk. The walls are decorated with framed pictures, including an anchor and a map. A blue and white striped rug is on the floor.

Например:




A 3D-rendered room with a woman in a yellow dress. The room features a white crib with a blue mattress and striped pillows on the left. In the center, a woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands on a blue and white striped rug. Behind her is a white wardrobe with a monkey figurine on top. To the right is a white desk with a computer monitor, keyboard, mouse, and a globe. A white chair with a blue checkered seat cushion is in front of the desk. The walls are decorated with framed pictures, including an anchor and a map. A white door is in the background. A speech bubble is positioned above the woman.

Например:


A woman with blonde hair in a bun, wearing a yellow dress and red shoes, is running happily through a bedroom. The room features a white crib with blue bedding, a white wardrobe, a white desk with a computer monitor, and a white chair. A speech bubble above her contains the text "Всегда улыбаться и быть активной".

Всегда  
улыбаться и  
быть активной




A woman with blonde hair in a bun, wearing a bright yellow dress and red shoes, is running happily through a modern, bright bedroom. She has a long, flowing orange ribbon trailing behind her. The room features a white crib with blue bedding on the left, a white wardrobe in the background, and a white desk with a computer monitor and a globe on the right. A speech bubble above her contains the Russian text: "Всегда улыбаться и быть активной".

Всегда  
улыбаться и  
быть активной


A woman with blonde hair in a bun, wearing a bright yellow dress and red shoes, is running happily through a modern, bright bedroom. She has a long, flowing orange trail behind her. The room features a white crib with blue bedding on the left, a white wardrobe in the center, and a white desk with a computer monitor and a globe on the right. A speech bubble above her contains the Russian text: "Всегда улыбаться и быть активной".

Всегда  
улыбаться и  
быть активной




A woman with blonde hair in a bun, wearing a yellow dress and red shoes, is running happily in a bedroom. She has a long orange trail behind her. The room features a white crib with blue bedding, a white wardrobe, a white desk with a computer, and a blue and white striped rug. A speech bubble above her contains the text: "Всегда улыбаться и быть активной".

Всегда  
улыбаться и  
быть активной


A woman with blonde hair in a bun, wearing a yellow dress and red shoes, is dancing joyfully in the center of a bright, modern bedroom. The room features a white crib with blue bedding on the left, a white wardrobe in the background, and a white desk with a computer monitor and a globe on the right. A blue and white striped rug is on the floor. A speech bubble above her contains the text "Всегда улыбаться и быть активной".

Всегда  
улыбаться и  
быть активной




A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bedroom holding a glass of water. The room features a white crib with blue bedding, a white wardrobe, a desk with a computer, and a striped rug. A speech bubble above her contains text in Russian.

Пить в день  
примерно по  
2л воды


A 3D-rendered bedroom scene. In the center, a woman with blonde hair in a bun, wearing a yellow dress and red shoes, holds a glass of water. A speech bubble above her contains the text. The room features a white crib with blue bedding on the left, a white wardrobe with a monkey toy on top in the background, and a white desk with a computer monitor, keyboard, and globe on the right. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Пить в день  
примерно по  
2л воды




A woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands in a bedroom holding a glass of water. The room features a white crib with blue bedding, a white wardrobe with a teddy bear on top, a white desk with a computer monitor and a globe, and a blue and white striped rug. A speech bubble above her contains text in Russian.

Пить в день  
примерно по  
2л воды


A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bedroom holding a glass of water. The room features a white crib with blue bedding, a white wardrobe, a desk with a computer, and a striped rug. A speech bubble above her contains text in Russian.

Пить в день  
примерно по  
2л воды




A woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands in a bedroom holding a glass of water. The room features a white crib with blue bedding, a white wardrobe with a stuffed monkey on top, a white desk with a computer monitor and a globe, and a blue and white striped rug. A speech bubble above her contains text in Russian.

Пить в день  
примерно по  
2л воды


A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bedroom. She is holding a green bowl filled with strawberries and blueberries. The room features a white crib with blue bedding, a white wardrobe, a white desk with a computer monitor, and a white chair with a blue checkered seat. A speech bubble above her contains the text "Кушать полезную пищу".

Кушать  
полезную пищу




A woman with blonde hair in a bun, wearing a yellow dress and red high heels, stands in a bedroom. She is holding a green bowl filled with strawberries and blueberries. The room features a white crib with blue bedding, a white wardrobe, a desk with a computer monitor, and a striped rug. A speech bubble above her contains the text "Кушать полезную пищу".

Кушать  
полезную пищу


A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bedroom. She is holding a green bowl filled with strawberries and blueberries. The room features a white crib with blue bedding, a white wardrobe, a desk with a computer monitor, and a striped rug. A speech bubble above her contains the text "Кушать полезную пищу".

Кушать  
полезную пищу




A woman with blonde hair in a bun, wearing a yellow dress and red shoes, stands in a bedroom. She is holding a green bowl filled with strawberries and blueberries. The room features a white crib with blue bedding, a white wardrobe, a white desk with a computer monitor, and a white chair. A speech bubble above her contains the text "Кушать полезную пищу".

Кушать  
полезную пищу


A woman with blonde hair in a bun, wearing a yellow dress and blue sunglasses, stands in the center of a bedroom. She is holding a green pillow. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a teddy bear on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. A speech bubble above her contains the text "Хорошо выспаться".

Хорошо  
выспаться




A woman with blonde hair in a bun, wearing a yellow dress and blue sunglasses, stands in the center of a bedroom. She is holding a green pillow. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a teddy bear on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. A speech bubble above her contains the text "Хорошо выспаться".

Хорошо  
выспаться


A woman with blonde hair in a bun, wearing a yellow dress and blue sunglasses, stands in the center of a bright, modern bedroom. She is holding a small green pillow. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a teddy bear on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. A speech bubble above her head contains the text "Хорошо выспаться".

Хорошо  
выспаться




A woman with blonde hair in a bun, wearing a yellow dress and blue sunglasses, stands in the center of a bright, modern bedroom. She is holding a small green pillow. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a teddy bear on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. A speech bubble above her head contains the text "Хорошо выспаться".

Хорошо  
выспаться


A woman with blonde hair in a bun, wearing a yellow dress and blue sunglasses, stands in the center of a bedroom. She is holding a green pillow. The room features a white crib with a blue mattress and striped pillows on the left, a white wardrobe with a teddy bear on top in the background, and a white desk with a computer monitor, keyboard, and a globe on the right. A blue and white striped rug is on the floor. A speech bubble above her contains the text "Хорошо выспаться".

Хорошо  
выспаться




A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bright, modern bedroom. She has her arms crossed and is smiling. A white speech bubble is positioned above her head. The room features a white crib with a blue mattress, a white desk with a computer monitor, a white chair with a blue checkered seat, and a white wardrobe. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Рада была  
рассказать о  
своих  
привычках


A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bedroom. She has her arms crossed and is smiling. A white speech bubble is positioned above her head. The room features a white crib with a blue mattress, a white wardrobe, a white desk with a computer monitor, a globe, and a chair. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Рада была  
рассказать о  
своих  
привычках






Рада была  
рассказать о  
своих  
привычках


A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bright, modern bedroom. She has her arms crossed and is smiling. A white speech bubble is positioned above her head. The room features a white crib with a blue mattress, a white desk with a computer monitor, a white chair with a blue cushion, and a white wardrobe. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Рада была  
рассказать о  
своих  
привычках



A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bright, modern bedroom. She has her arms crossed and is smiling. A white speech bubble is positioned above her head. The room features a white crib with a blue mattress, a white desk with a computer monitor, a white chair with a blue checkered seat, and a white wardrobe. The walls are decorated with framed pictures, including a map and an anchor. A blue and white striped rug is on the floor.

Рада была  
рассказать о  
своих  
привычках

A woman with blonde hair in a bun, wearing a yellow dress and red heels, stands in a bright, modern bedroom. She has her arms crossed and is smiling. A white speech bubble is positioned above her head. The room features a white crib with a blue mattress, a white desk with a computer monitor, a globe, and a chair. There are bookshelves, a lamp, and framed pictures on the wall.

Рада была  
рассказать о  
своих  
привычках





ПОКА!



ПОКА!





ПОКА!



ПОКА!