

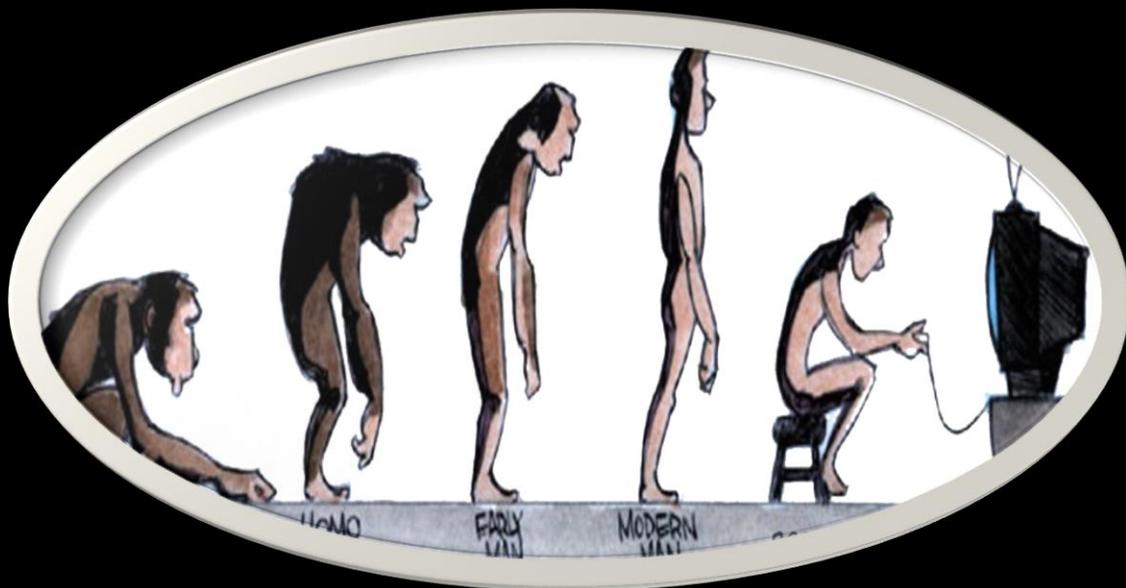
New Sports Times



Now Yours Sports Time

A daily active life – Do's and don'ts

In a daily active life you should do some sports at least for 2-4 hours a day. You should often take breaks in trainings and hydrated. Make a daily schedule and stick with it. Don't forget to have lots of rest. Don't think that if you eat less servings you will become healthier. You should eat a good amount. You don't have to overdue yourself. Don't be lazy while you train. Don't smoke don't use drugs - it's better for your health. Don't follow the lazy generation.



Free Sports

Let's talk about free sports , Many kids don't take part in sports because of MONEY but what they don't understand is that sports plays very important part in their lives, sports can be a way of exercise and it would benefit them by helping them develop the mind, also it could help them develop stronger bones and muscles.

If in all the EU Countries different Managers and Couches of different sports could help the kids of their community become sport active,

We have spoken to an Irish Couch

Keith Connor

"Kids need exercise while they are growing up, sports can help them find in friends it can also provide them with opportunities in the future to become athletes or even get a job in the sport industries"

He also says if sports was free there would be no need for kids to become lazy and obese, In the UK their government have built free outdoor gym parks so people that could not afford to pay money to go to the expensive gyms could go there and train, If other EU countries began to build these parks it would also help the young kids in their countries that cannot afford the gym could go there and workout...

Danny Duarte

Tips on free sports

- ✓ Ask your couch for help
- ✓ Get a ball kick it about
 - ✓ Exercise a lot
- ✓ Use opportunities' you get

Eat it or it eats you

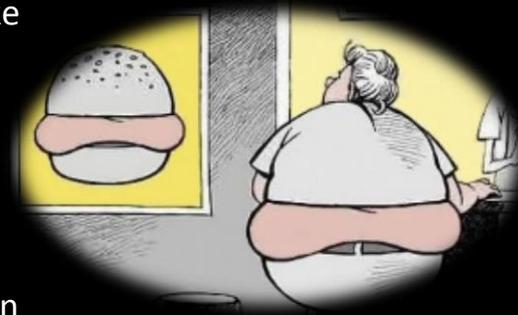
In every magazine you can find things like “coffee is good” or “coffee is bad”.

Every article tries to force you to have more needs. But these needs are irrelevant. You don't need all these

diets. The only purpose is to spend

money. Spending money to eat and again

spending money at the gym. For what? Just to look like the TV-photo-shoped-guys? No! It's not worth it!



Your life is too short for spending time wondering what you eat... just eat it! Our body knows when we have to stop. So we will suggest a diet which will always keep you and your body happy:

- ✓ *Don't eat breakfast (coke is enough)*
- ✓ *The best thing you can eat for your branch is nutella with chips*
- ✓ *The most for the launch is tortelloni with cheese. Serve suggestion: hot Greek staka and eggs. For the deserve: hot Polish brownie with original Italian ice-cream*
- ✓ *Snack Time! Bananoffee (cutted bananas covered by liquid nutella)*
- ✓ *Because you didn't have breakfast you should eat a very rich dinner. Backed potatoes with olive herbs, cheese and bacon*
- ✓ *Just before you go to bed, eat a bar hole bar of chocolate and drink a bottle of sweet wine*

But... because always there is a “but”. You have to be careful about the quality of the products that you eat. Stop and think one thing: you are what you eat. Another thing is that you have to consider is that our minds play a very important part in our diet plans because if we eat a lot, our minds get used to the amount of food and if demands that our body always eat the amount you consumed. So please don't become as fat as a planet, but enjoy your meals.

Metal Health Tips

- ✓ Take a good rest
- ✓ Going through stress take a deep breath and count to ten
 - ✓ Eat healthy things
 - ✓ Sometimes It's good to scream
 - ✓ Meditate
- ✓ Remember – your perfect in your own ways
 - ✓ Smile A LOT ☺



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