

The background features a dark blue gradient with a subtle pattern of white dots. On the left side, there are several circular elements: a large scale with numerical markings from 140 to 260, and several smaller circles with dashed lines and arrows, suggesting motion or rotation.

KEEPING FIT

BY TOMÁŠ KOHUT

EVERY DAY

- Breakfast should start our day because it is healthy and important for everyone. I eat cereals with milk or eggs with bread every day.
- Then I go for a walk with my dog every morning, afternoon and evening for from ten minutes to an hour. These are my regular walks.





Photo of the castle in Karviná with a statue of T. G. M.

ON FEET

- Then I go on nature trips hikes or walks in the city either on foot or on roller skates.
- Then I go on nature trips or walks in the my city, either on foot or on roller skates. I take a snack with me or buy food during the trip.

FOR THE REST OF THE DAY

- For the rest of the day, after coming out of the trip, I rest the rest of the day and do my homeworks.
- The next most important thing is a good sleep, so I go to bed early to have enough energy the next day.



THANK YOU FOR WATCHING

