



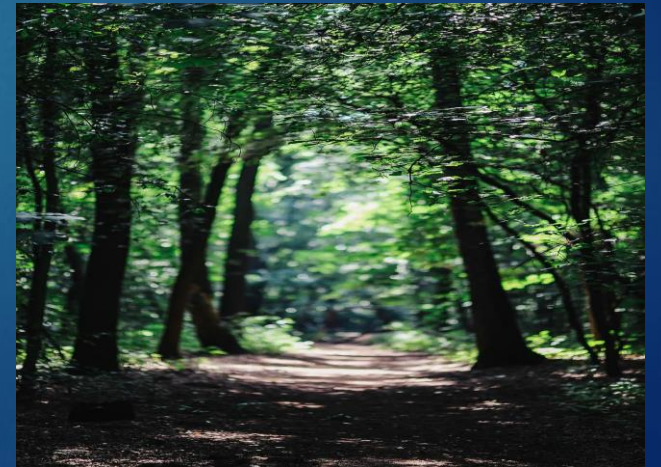
Keeping fit

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- ▶ Every morning after waking up, I drink fresh water with lemon. It's my routine.
- ▶ This is followed by a healthy breakfast. Most often I have eggs or porridge. If I have no appetite, I will have a smoothie.
- ▶ Breakfast is the basis of the day for me because it gives me an energy.



- ▶ I try to walk to school when I have time. I love walking and I think, every movement is important.
- ▶ I always have fruit or vegetables for snacks. I don't have much appetite at school, so this is the second option.



- ▶ When I get home, I usually go to the gym. I spend about 2 hours there. I go to the gym three or four times a week.
- ▶ When I get back from the gym, I have lunch. For lunch, I most often have chicken, rice and vegetables.



- ▶ I usually have fruit or a cottage for a snack.
- ▶ I try to go out in the afternoon, either for a walk or for a bike ride.



- ▶ I often have fish or meat for dinner.
- ▶ I go to bed early at night to have more energy in the morning.
- ▶ In my opinion, sleep is very important for a healthy life.



- ▶ At weekends, when it's nice weather, I try to go for bigger walks or hiking.
- ▶ I keep fit mainly thanks to exercises and a healthy diet.

