**Evaluation of physical condition and healthy habits – spetember 2017**

Run for 60 m: 9,01 seconds

Run for 800 m: 3 minutes 40 seconds

In my opinion my physical condition is very good, but not perfect. Run for 60 meters was very good. But my physique and stamina cause that I’m not good in long run. But every year I think I’m better in run, gymnastic and other sports. I’m always take part in Physical Education and I try to be better do exercise. I try to improve my condition sp I spend a lot of time out door. I ride a bike, play football or basketball. Sometimes I go to the swimming pool. But sports is not everything. I try to eat healthy food, not hamburgers, pizza and other like that. I eat regular – 5 meals every day. And In my diet are a lot of witamins, fruit and vegetables.

Zuzanna Mielnik – 17 years old