

Behealthy@school.eu

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Addictions

Team 4

What's health?

For most people to be healthy means to be free from addictions. Health is primarily good physical and psychological condition and it is the ability to adapt and self manage when individuals face physical and mental challenges.
When we are healthy, we feel very good and we have a lot of energy



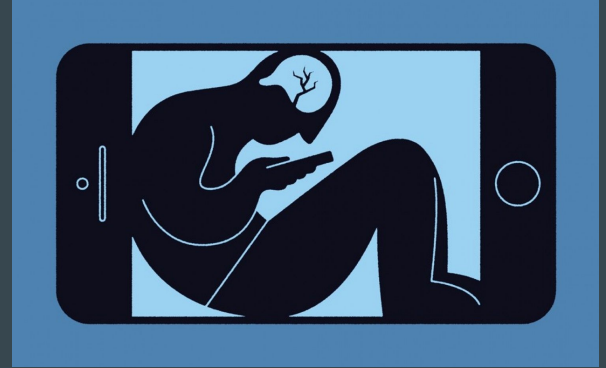
What are the principal types of addiction?



alcohol



drugs



internet and electronic gadgets



cigarettes



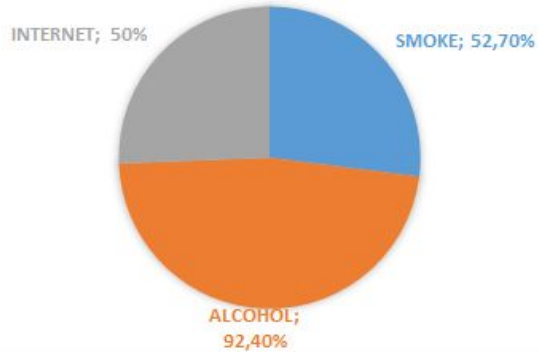
bets and gambling



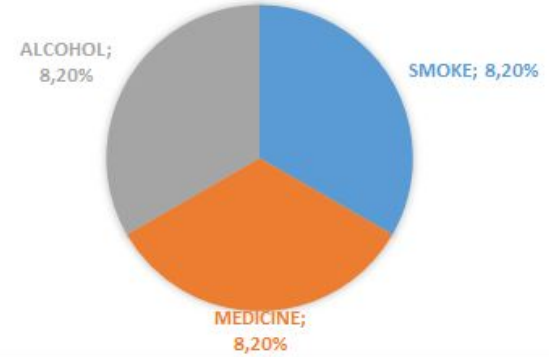
television

Percentages of addictions

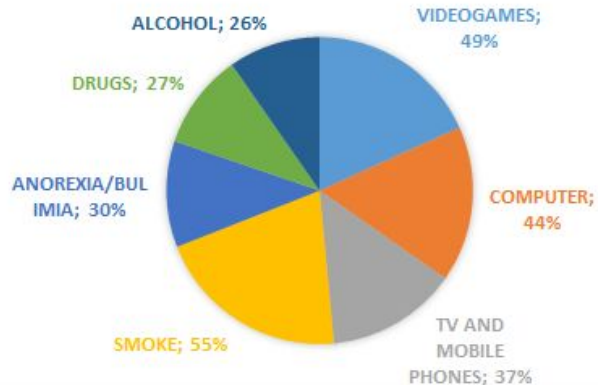
LITHUANIA



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ITALY



POLAND

