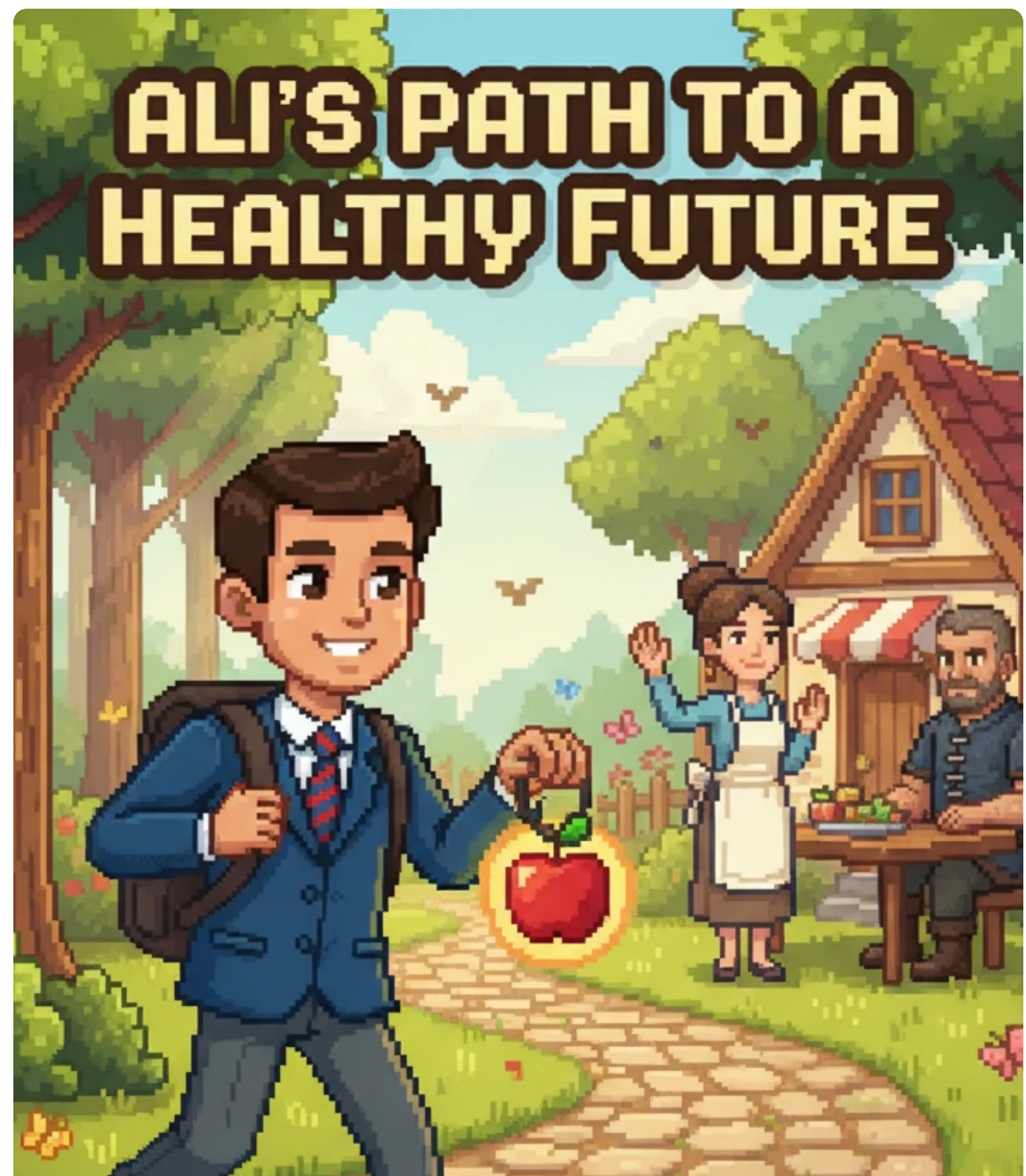


ALI'S PATH TO A HEALTHY FUTURE



Ali's Path to a Healthy Future

MUXLISA XAMRAYEVA



As the golden sun begins to rise at six o'clock, Ali steps outside for his morning walk. The air is fresh and cool, and the quiet streets give him a peaceful start to his busy day.



Back at home, Ali enjoys a nutritious breakfast of sliced fruit, fresh bread, and eggs. While his father sips on warm tea, Ali chooses a glass of clear water, knowing it is the best choice for his health.



At school, Ali sits at his wooden desk and opens his English book with a smile. He loves the magic of stories and listens intently as his teacher shares advice on how to stay strong and active.



During a break between lessons, Ali's teacher gathers the students to talk about the importance of vitamins. Ali listens carefully, tucking the helpful tips away in his mind to share with his family later.



While his friends are shouting and playing football on the bright green field, Ali stays in the quiet library. He is focused on his homework, carefully writing down notes about the benefits of eating healthy vegetables.



In the afternoon, the kitchen becomes a place of teamwork as Ali helps his mother cook. They stir a large pot of steaming vegetable soup together, filling the house with a delicious and comforting aroma.



Ali's sister joins in by carefully slicing bright red tomatoes and crisp cucumbers for a fresh salad. The siblings work together happily, knowing that the meal they are making is full of goodness.



As the sun sets, Ali finds a quiet corner to watch a fitness video on his tablet. He watches closely to learn new exercises, excited to keep his body moving and his muscles growing strong.



Even though it is a school night, the family gathers in the living room to talk and laugh together. They share stories of their day, feeling grateful for the time they spend as a close and loving family.



Before he goes to sleep, Ali reflects on his day and feels a sense of deep happiness. He knows that by practicing these good habits every day, he is building a bright and successful future for himself.