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## **A HEALTHY LIFESTYLE IS A GUARANTEE OF A HEALTHY FUTURE**

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**ABSTRACT:** This article discusses the main issues of organizing a healthy lifestyle. A healthy lifestyle plays a key role in the quality of human life and longevity.

**Keywords:** healthy lifestyle, quality of life, sports, physical education, harmful habits

### **INTRODUCTION**

Health is a state of the body in which the functions of all its organs and systems are balanced with the external environment and there are no painful changes. The main sign of health is the high adaptability of the body to changing environmental conditions. A healthy body is able to endure enormous mental and physical stress, significant fluctuations in environmental factors, and it is very difficult to unbalance it. In physically trained people, compensatory (protective-adaptive) reactions are especially well developed. However, the compensatory capabilities of the organism are not unlimited, sooner or later they can be depleted, and then the disease arises.

Health, if it was given to us from the very beginning, we still need to be able to preserve it. And if there are any deviations in health, then you need to try to eliminate them. And this can only be achieved by leading a healthy lifestyle. There are many examples when people with disabilities in health, as prescribed by doctors, began to engage in physical culture and sports, not only improved their health, but also achieved high sports results. But in life there is a different picture, when people (and there are a lot of them) with excellent health, day after day, ruin it, without thinking about the consequences.

### **MAIN PART**

At the present stage, in the conditions of a qualitative transformation of all aspects of the life of our society, the requirements for the physical fitness of young specialists, necessary for successful labor activity, are increasing. A healthy lifestyle, being the most important component of culture, contributes to the formation of the health of a future



specialist. A healthy lifestyle is understood as such forms and methods of daily life that correspond to hygienic principles, strengthen the adaptive capabilities of the body, contribute to the successful recovery, maintenance and development of its reserve capabilities, and the full fulfillment of social and professional functions by the individual. A healthy lifestyle is a complex of recreational activities that ensure harmonious development and health promotion, increase students' efficiency, and prolong their creative longevity. It contains the following basic elements: personal hygiene, rejection of bad habits, hardening and optimal motor regime. The optimal motor regime is the main element of a student's healthy lifestyle and includes physical education and sports and active rest. Physical culture and sports in various forms are not yet sufficiently introduced into the everyday life of students.

The attitude of students to physical culture and sports is one of the urgent problems of the educational process, further development and expansion of mass health-improving, physical culture and sports work in higher education. The criterion of physical culture and sports activity is physical culture and sports activity. It can be considered as the measure and nature of participation directly in physical exercises and as activity in organizational, propaganda, instructor-pedagogical, judicial and other types of activities.

Self-control (self-regulation and self-esteem) of the student has not only educational value, but also teaches a more conscious attitude to classes, to observe the rules of personal and collective hygiene, a reasonable daily routine, study regime, work, life and rest. Based on the results of self-control, you can evaluate the reaction of your body to physical activity, and dose it.

Research and practical experience have shown that the role of outdoor activities is significantly increasing. Active rest helps to restore motor function, cardiovascular and other systems. Also, thanks to active rest, creative activity and labor longevity increase.

Health is an invaluable asset not only of every person, but of the whole society. When meeting, parting with loved ones and dear people, we wish them good and strong health, since this is the main condition and guarantee of a full and happy life. Health helps us fulfill our plans, successfully solve basic life tasks, overcome difficulties, and if necessary,



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then significant overloads. Good health, reasonably maintained and strengthened by the person himself, ensures him a long and active life.

Scientific evidence suggests that most people, if they follow hygiene rules, have the opportunity to live up to 100 years or more. Unfortunately, many people do not follow the simplest, science-based norms of a healthy lifestyle. Some become victims of inactivity (hypodynamia), which causes premature aging. Others overeat in food with the almost inevitable development of obesity, vascular diseases, and, in some cases, diabetes mellitus. Still others do not know how to rest, be distracted from work and household worries, are always restless, nervous, suffer from insomnia, which ultimately leads to numerous diseases of the internal organs. Some people, succumbing to the addiction to smoking and alcohol, actively shorten their lives.

If we consider the definition of the word "health" according to the Charter of the World Health Organization, then health is "a state of complete physical, mental and social well-being, and not only the absence of disease and physical defects". A healthy lifestyle is a set of consciously formed human habits aimed at maintaining and strengthening health and creative longevity. I would like to consider in more detail the main components of a healthy lifestyle.

1) A special place in the mode of a healthy life belongs to the daily routine, a certain rhythm of life and human activity. The need to organize the daily regimen is due to the presence of a person's daily biological rhythms, which are organized by the production of hormones by the endocrine glands. During the day, there are periods of maximum performance from 8 am to 1 pm and from 4 pm to 7 pm. Moreover, sleep should take at least 7-8 hours in our daily schedule.

2) Personal hygiene is equally important in a healthy lifestyle. It is recommended to take a shower every day (preferably twice - in the morning and in the evening), brush your teeth twice a day after meals for 3 - 5 minutes, use dental floss to clean the interdental spaces, rinse your mouth. Every six months, it is necessary to undergo preventive examinations of the oral cavity by the dentist.

3) Also, attention should be paid to healthy eating. In general, some postulates of a healthy diet can be reduced to the following requirements:



do not eat in excess, leaving the table must be slightly satiated;

you need to eat regularly (3-4 times a day, at about the same hours);

do not eat abundantly before bedtime;

it is advisable to limit the intake of salt, easily peat carbohydrates (sugar, sweets, cookies, cakes, etc.), animal fats;

do not allow complete vegetarianism (animal food is a source of vitamin B12 and trace elements - iron and calcium);

chew food thoroughly, do not rush while eating;

try to consume only fresh food after thorough washing or other processing.

4) Do not neglect physical activity. To avoid the harmful effects of physical inactivity, daily walking and daily morning exercises should be introduced into the daily routine. Exercise should be done in a well-ventilated area or outdoors. It is helpful to walk to school or work in the morning and walk in the evening after work. Systematic walking has a beneficial effect on a person, improves well-being, and increases efficiency.

5) Another component of a healthy lifestyle is the mode of work and rest. A necessary condition for maintaining health in the process of work is the alternation of work and rest. It is desirable that every person every day has the opportunity to engage in outdoor activities:

participate in sports games (tennis, badminton, basketball, volleyball, football);

swim in the pool or river, relax on the beach;

go skiing, sleigh rides.

To maintain the normal activity of the nervous system and the whole organism, proper sleep is of great importance. The need for sleep varies from person to person. On average, this rate is 7-8 hours.

6) Probably the most important aspect in the life of a person leading a healthy lifestyle is the absence of bad habits. What are the negative consequences of the most common bad habits?

Smoking shortens the life expectancy of both active and passive smokers by 4-5 years.

In addition, smoking is a proven risk factor for:



many cardiovascular diseases (hypertension, atherosclerosis, etc.),  
cancer (esophagus, lungs, lips, tongue, larynx, stomach),  
inflammatory diseases of the respiratory system (chronic bronchitis, tuberculosis),  
etc.

Alcohol. Alcohol addiction is extremely harmful. Alcohol can cause serious illnesses:  
alcoholic heart disease ("beer heart", "wine heart"),  
liver disease (alcoholic cirrhosis of the liver),  
pancreas (pancreatitis), etc.

Narcotic drugs. Designed with the noble purpose of relieving pain, these drugs have become widely used for pleasure. Modern narcotic drugs cause severe addiction after the first or second use, require a constant increase in the dose, cause serious mental disorders. Narcotic drugs, first of all, destroy the psyche and the nervous system, along with this, they can cause congenital malformations in offspring, they are associated with many dangerous infectious diseases (primarily HIV and viral hepatitis).

So, practice has shown that the formation of a healthy lifestyle from early childhood becomes the foundation of good health in adulthood.

The way of life depends on the way of thinking or, more precisely, on the worldview, which is formed from the knowledge that a person possesses. Thus, we can conclude that a healthy lifestyle is an individual system of human behavior aimed at maintaining and strengthening one's health.

Encouraging people to lead healthy lives is a difficult task. You can explain to a person the need for some kind of action, but it is very difficult to force him to act this way. Knowing what a healthy lifestyle is is one thing, but leading it is another.

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