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MODERN ASPECTS OF HEALTHY LIFESTYLE DEVELOPMENT

ANNOTATION

A healthy lifestyle (HLS) is a person's way of life with the aim of preventing diseases and promoting health. Health is our wealth, which can only be preserved with the right lifestyle. How interesting and colorful his life will be depends on the physical and spiritual state of a person. With a healthy lifestyle, a person can form and improve his well-being by eating right, doing physical exercise and hardening, and rationally organizing his work and rest schedule.

KEY WORDS: health, hygiene, lifestyle, regime and rest, disease prevention.

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СОВРЕМЕННЫЕ АСПЕКТЫ ФОРМИРОВАНИЯ ЗДОРОВОГО ОБРАЗА ЖИЗНИ

АННОТАЦИЯ

Здоровый образ жизни (ЗОВ) — это образ жизни человека, направленный на профилактику заболеваний и укрепление здоровья. Здоровье — наше богатство, которое можно сохранить только при правильном образе жизни. Насколько интересной и насыщенной будет его жизнь, зависит от физического и духовного состояния человека. При здоровом образе жизни человек может формировать и улучшать свое самочувствие, правильно питаясь, занимаясь физическими упражнениями и тренировками, а также рационально организуя свой рабочий и отдыхный график.

КЛЮЧЕВЫЕ СЛОВА: здоровье, гигиена, образ жизни, режим и отдых, профилактика заболеваний.

A healthy lifestyle is a set of rules aimed at maintaining and strengthening physical and mental health. Through lifestyle, a person can shape and improve his well-being by eating right, doing physical exercise and hardening, and rationally organizing his work and rest schedule. However, all this is impossible if hygiene standards are not observed [1-5].

Health is the normal psychosomatic state of a person, reflecting his complete physical, mental and social well-being. Health largely depends on lifestyle. The main thing in a healthy lifestyle is the active creation of health, including all its components [11-14].

Hygienic principles are an important condition for primary and secondary prevention of various diseases. It is necessary to know and apply them in everyday life, in educational activities, in production, when organizing various cultural and sports events, in professional settings [6-10].

Hygiene is one of the most important branches of medicine, studying and developing the principles of maintaining and promoting health by observing hygienic requirements in everyday activities. Individual hygiene of each person is closely connected with society.

The social importance of hygiene is determined by the fact that failure to comply with its requirements in life can have an adverse effect on the health of people around. For example, the spread of infectious diseases and helminth infections, passive smoking, deterioration of indoor air quality, etc. [18,21,25,28].

Personal and public hygiene are rules that people must follow when caring for their bodies and when communicating with each other. The complex of elements of personal and public hygiene is very extensive. None of the components of a healthy lifestyle is possible without compliance with hygiene rules.

Simple daily truths: keeping the body clean, caring for the mouth, nails and hair, washing hands properly before eating and after visiting the street, using the toilet, choosing clothes and shoes according to the season from natural materials, using only individual household items, ventilating living areas. And only a few can boast that almost everyone does this regularly.

Body hygiene contributes to the proper functioning of the body, helps to improve metabolism, blood circulation, digestion, breathing, the development of a person's physical and mental abilities, his performance, and resistance to various diseases. Skin pollution and skin diseases weaken its activity, which negatively affects human health.

Maintaining good hygiene is the basis of a healthy lifestyle. No matter how perfect medicine is, it cannot rid everyone of all diseases. Man is the creator of his own health.

Health is our wealth, which can only be preserved with the right lifestyle. How interesting and colorful his life will be depends on the physical and spiritual state of a person. Nowadays it is fashionable to lead a healthy lifestyle, because society needs successful and healthy people. There are several aspects of a healthy lifestyle that must be followed for success [20,24].

1. Healthy eating.

Any human activity depends on the substances and microelements that enter the body along with food. Therefore, you should give up fast food and other junk food, turning your attention to fruits, vegetables, grains and thus organize a proper diet.

2. Physical education classes.

Be sure to do exercises in the morning every day! It will give you energy and good mood for the whole day. You need to choose the right sport for yourself. Physical activity is indispensable for a healthy lifestyle. Exercising will make our body slim and beautiful, and also strengthen our immune system.

3. Good sleep.

Every day a person should sleep about 8 hours, and it is better to go to bed before midnight - this is the most favorable time for sleep. It is necessary to ventilate the room well

before going to bed. An important feature is the comfort and convenience of the sleeping area. You should not overeat at night; you must remember that your last meal should be no later than 3 hours before bedtime.

4. Daily routine.

It is necessary to manage your time wisely. A well-organized daily routine means proper alternation of work and rest. By creating the right routine, you will be able to get more done in a day, avoiding overwork.

5. Giving up bad habits.

Alcohol, drugs, smoking - all this causes irreparable harm to the body. These bad habits lead to illness, prevent a person from developing both in work and in creative activity, as a result of which they make him socially disadvantaged and unhappy.

6. Resistance to stress.

You must try to be calmer about problems and failures that arise. You need to remember that negative emotions lead to illness. Doing what you love and doing sports will help you cope with stress.

You need to try to control your emotions and treat everything with kindness and positivity.

7. Hardening the body.

Hardening is an important feature of a healthy lifestyle; it is the prevention of colds and the development of the body's resistance to negative environmental conditions. It is known that a hardened person catches a cold 8 times less often than an unhardened person. You can harden yourself with snow, sun, air or water, the main thing is to do it wisely and in moderation.

8. Personal hygiene.

As they say, cleanliness is the key to health, so you need to put your body and clothes in order every day. Failure to maintain personal hygiene can lead to the development of many dangerous diseases.

9. Spiritual well-being.

By following the principles of a healthy lifestyle, a person strengthens his body and improves his well-being. Healthy people are beautiful people.

It has been proven that following a healthy lifestyle can significantly slow down human aging. The fact is that healthy food containing antioxidants (vitamins E, B, zinc and ascorbic acid) enriches cells with oxygen, which means they prolong their youth [19,22,27].

Exercising lowers cholesterol levels, which slows down the process of vascular atherosclerosis. Quitting smoking and alcohol will prevent the rapid appearance of wrinkles and skin aging in general. A stable nervous system, which is produced only with proper nutrition and a healthy lifestyle, prevents aging.

An optimistic mood is often the main component of successful activities and any endeavors. It is important to be able to correctly determine your life goals and correctly set priorities [23.26].

Thus, the concept of a healthy lifestyle is much broader than the absence of bad habits, a work and rest schedule, a nutritional system, and various hardening and developmental exercises; it also includes a system of relationships to oneself, to another person, to life in general, as well as the meaningfulness of being, life goals and values, etc.

Consequently, to create health, it is necessary both to expand ideas about health and disease, and to skillfully use the entire range of factors influencing the various components of health (physical, mental, social and spiritual), and mastery of health-improving and restorative methods.

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