

The Relevance of a Healthy Lifestyle in the Education of a Developed Generation

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Abstract:

The article analyzes a healthy lifestyle as a socio-cultural problem. The relevance of a healthy lifestyle is due to the increase and change in the nature of the stress on the human body due to the increase in technogenic and environmental risks and the complication of the social structure.

Keywords: Healthy lifestyle, young generation, functional status, disease prevention, systematic approach.

A healthy lifestyle is the lifestyle of an individual with the goal of preventing disease and promoting health. A healthy lifestyle helps us fulfill our goals and objectives, successfully implement our plans, cope with difficulties, and, if necessary, with colossal overloads. Good health, maintained and strengthened by the person himself, will allow him to live a long and joyful life.

Health is an invaluable wealth of each person individually, and of the entire society as a whole. When meeting and parting with people close to us, we always wish them good health, because this is the main condition for a full and happy life.

A healthy lifestyle involves a person's physical health and emotional (or mental) health functioning well together. As they say: "A healthy mind in a healthy body". The main components of a healthy lifestyle include: No bad habits; Proper nutrition; Physical activity; Weight control; Stress management; Rest, healthy sleep [1-4].

The relevance of a healthy lifestyle is due to the increase and change in the nature of the stress on the human body due to the increase in technogenic and environmental risks and the complication of the social structure. In the current situation, concern for the health and well-being of the individual is associated with the survival and preservation of humans as a species.

No healthy life schedule can include going to bed after midnight and waking up at 2 pm on weekends. If you don't have enough time to do things during the day, you need to either reduce the number of tasks or do them faster. This requires a systematic approach to time management.

A rational regime of work and rest involves a reasonable alternation of periods of physical and mental stress with periods of complete relaxation. In other words, sleep should be complete (7-8 hours for an adult) and rest on weekends should be just as complete.

Healthy eating is a very broad concept (voluminous scientific works have been written about it), but the basic principles of a rational approach to food are as follows:

Limiting animal fats;

- Significant limitation of animal protein foods (it is recommended to consume mainly dietary meats - poultry, rabbit);
- Including an increased amount of plant products in the menu;
- Exclusion from the daily diet of “fast” carbohydrates – sweets, baked goods, soda, fast food , chips and other “junk” food;
- Switching to fractional meals (a small amount of food at one time);
- Elimination of late dinner;
- Eating only fresh foods;
- Optimal drinking regime;
- Optimizing the amount of food - it must correspond to energy expenditure;
- Avoid alcohol, limit coffee and strong tea.

Food must be exclusively natural and contain all the necessary macro- and microelements and vitamins. It is advisable that an individual diet be drawn up by a nutritionist [5-7].

Reasonable promotion of a healthy lifestyle necessarily includes items related to physical activity. Advances in science and technology have made human life much easier, but at the same time have significantly reduced his physical activity. People are walking less and less: now you can order and receive goods and groceries without leaving your home.

However, to maintain the functional status of the body, movement is simply necessary. Those starting to practice a healthy lifestyle should devote at least 30 minutes a day to physical exercise: physical activity is one of the main factors influencing human health. What type of physical activity to engage in is up to everyone to decide for themselves, in accordance with their age, temperament and capabilities.

Options for physical activity: Exercises in the gym; Race walking or running; Classes in the pool; Bicycle rides;

Home gymnastics classes; Yoga and qigong gymnastics .

The possibilities for realizing your motor potential are unlimited - you can start with walking (it is better to walk in forested areas), and then gradually increase the load. Particular attention should be paid to the health of the spine: the functional state (flexibility and mobility) of this part of the musculoskeletal system is the main indicator of the youth of the body. Remember that movement is life! [8-11]

Quitting bad habits . Smoking, alcoholic drinks, unhealthy food habits (salty foods, chips, sweets, soda) - all these are factors that destroy health. A healthy and conscious life involves a categorical rejection of the above “pleasures” in favor of healthier options. Giving up bad habits is a key point for all adherents of a healthy lifestyle - this is where the practice should begin.

Strengthening the body and preventing diseases . The list of factors that promote health promotion necessarily includes procedures to strengthen the body and harden it. Improving immune status is a complex event that requires gradual and patient implementation. You can strengthen the body with the help of pharmaceutical drugs that increase defenses (Eleutherococcus, ginseng tincture), homemade herbal remedies , and also through hardening.

Hardening does not necessarily mean swimming in an ice hole and dousing with cold water. To begin with, a regular contrast shower will do: in this case, the temperature difference at the initial stage may be minimal.

Hardening the body improves immune status, strengthens the vascular system, stimulates the autonomic nervous system and raises the overall tone of the body.

It is imperative to monitor the state of the psyche and nervous system. Excitement, stress, tension, irritability are the direct causes of early aging. In addition, a nervous state negatively affects physiological processes and contributes to pathological changes in the tissue and cellular structures of the body. And one more thing - if you are angry and nervous, do it openly, do not accumulate negative emotions in yourself [12-14].

The list of preventive measures to strengthen and stabilize health necessarily includes body weight control. Excess weight is always an additional risk of cardiac, vascular, endocrine and many other pathologies.

Every lifestyle is based on principles, i.e. rules of behavior that an individual follows. There are biological and social principles on the basis of which a healthy lifestyle is formed. Biological principles: lifestyle should be age-appropriate, energetically secure, strengthening, rhythmic, moderate. Social principles : lifestyle should be aesthetic, moral, strong-willed, self-limiting.

This classification is based on the principle of the unity of the individual and the general, the unity of the organism and the environment - biological and social. In this regard, a healthy lifestyle is nothing more than a rational organization of human life on the basis of key biological and social vital forms of behavior - behavioral factors . We list the main ones:

- ✓ cultivation of positive emotions that promote mental well-being - the basis of all aspects of life and health;
- ✓ optimal motor activity (OA) is the leading innate mechanism of bioprogress and health;
- ✓ rational nutrition is a basic factor of bioprogress and health;
- ✓ a rhythmic lifestyle corresponding to biorhythms is the basic principle of the body's life;
- ✓ effective organization of work activity is the main form of self-realization, formation and reflection of human essence;
- ✓ healthy aging is a natural process of fruitful longevity;
- ✓ giving up harmful addictions (alcoholism, drug addiction, smoking , etc.) is a decisive factor in maintaining health [15-17].

In practice, the implementation of these forms of behavior is extremely difficult. One of the main reasons for this should be recognized as the lack of motivation for a positive attitude towards one's health and healthy lifestyle. The fact is that in the hierarchy of needs underlying human behavior (for example, a student), health is far from being in first place. This is due to the low individual and general culture of Russian society, which determines the lack of emphasis on the primacy (supremacy) of the value of health in the hierarchy of human needs. Consequently, the formation of health is primarily the problem of every person. It should begin with the education of motivation for health and a healthy lifestyle, because this motivation is a system-forming factor in behavior. In other words, if there is motivation (a purposeful need), there will be corresponding behavior.

The formation of an attitude towards a healthy lifestyle is the basis of any preventive activity, numerous programs aimed at improving the health of society. Promoting a healthy lifestyle is the most important function and task of all health authorities (especially primary health care institutions), health education centers, educational institutions, social protection authorities, etc.

The attitude towards a healthy lifestyle should be formed in the following areas: 1) strengthening and creating a positive lifestyle; 2) overcoming, reducing risk factors.

Studying and forming public opinion regarding the assessment of one's own health is one of the difficult tasks of developing an attitude towards a healthy lifestyle. Along with health authorities, the media plays a big role in this. It is necessary to understand that the health of the population is ensured not only by the responsibility of the state and society, but also by the responsibility of each of us for our own health and the health of everyone.

A healthy lifestyle is based on scientifically based sanitary and hygienic standards aimed at improving health: rational nutrition; physical activity; hardening; absence of bad habits; the ability to overcome stressful conditions (for example, mastery of auto-training techniques); high medical activity (timeliness of medical examinations, timeliness of seeking medical help in case of illness, active participation in medical examinations); ability to provide first aid in case of sudden illness, injury, etc [18].

Man is so perfect that it is possible not only to maintain the required level of health, but also to return to it from illness from almost any condition; but as the disease progresses and with age, this requires more and more effort. As a rule, a person resorts to these efforts if he has a vital goal, motivation, which is different for each person.

The main features of the health program should be:

- ✓ voluntariness;
- ✓ the expenditure of some physical and other forces;
- ✓ focus on constantly improving one's physical, mental and other capabilities.

Creating your own healthy lifestyle system is an extremely long process and can last a lifetime.

Feedback from the changes occurring in the body as a result of following a healthy lifestyle does not work immediately; the positive effect of switching to a rational lifestyle is sometimes delayed for years. That is why, unfortunately, quite often people only "try" the transition itself, but, without getting quick results, they return to their previous way of life. This is not surprising, since a healthy lifestyle presupposes, on the one hand, the rejection of many pleasant conditions of life that have become habitual (overeating, comfort, alcohol, etc.), and on the other hand, constant and regular heavy loads for a person who is not adapted to them. and strict regulation of lifestyle. During the first period of transition to a healthy lifestyle, it is especially important to support a person in his aspirations, provide him with the necessary consultations (since during this period he constantly experiences a lack of knowledge in various aspects of ensuring a healthy lifestyle), point out positive changes in his health, functional indicators, etc [19-21].

It is clear that in order to develop "his" system, a person will try various means and systems, analyze their acceptability and effectiveness for him, and select the best.

In implementing a healthy lifestyle program and organizing the transition to it, depending on individual characteristics, a person can choose different options.

For those who like to keep a clear life schedule, this is a rigid sequence of actions, carefully planned according to events and time. Therefore, all actions aimed at ensuring health - physical exercise, hygiene procedures, meal times, rest, etc. - fit tightly into the daily routine with an exact indication of time.

For those who are accustomed to setting specific goals and achieving them, there is a clear division into transition stages with planning for each stage, its intermediate and final goals. In this case, the technology for implementing the program appears: where and when to start, how to organize food, movement, etc. The phased implementation of the program allows you to clarify the goals and objectives of each stage, its duration in accordance with the state of your health, forms of control, the final result for the stage, etc. Completing the tasks assigned to the stage allows you to move on to the next stage. That is, this option does not set strict conditions for each given period of time, but it allows you to purposefully move towards the transition to a healthy lifestyle [22-24].

For those accustomed to comfort and laziness, this is a gentle approximation to what is desired. This option does not force you to clearly plan your daily routine or stages, but the person who has taken it believes that any health activity is better than nothing (do it at least sometimes, at least once a week). That is, the prerequisite for this approach is the thesis: it is important to start (for example, you can start only with morning hygienic exercises; then you can give up your

morning cigarette... Then try to walk to work...). This option is especially suitable for a person who cannot dramatically change his lifestyle and give up comfortable habits.

For the most inert - the maximum fit of the program into the usual daily routine. It is especially suitable for middle-aged and older people who, on the one hand, have already become involved in the usual conditions of life and find it difficult to give them up, and on the other hand, they are burdened with social, everyday, personal, professional problems and experience a constant lack of time. The latter circumstance is a convenient reason for them to explain their reluctance to switch to a healthy lifestyle. In this case, they can include elements of the latter into their usual routine (for example, walk part of the way to work; if you don't feel hungry, then save time by skipping meals; wash your face with cold water in the morning, etc.). To implement this option, first of all, you should critically analyze your daily routine and life and find those "niches" in them in which such elements could be built [25-29].

Having weighed your capabilities, the characteristics of your life, reserves of free time, health status, setting the goal and objectives of transition to a healthy lifestyle, you should choose from the list of those indicated the option of the program according to which the person intends to work. It is only important that when implementing it, he is self-confident, persistent and consistent, systematically analyzing his condition and making appropriate adjustments to his lifestyle. There is no doubt that all this will produce results both in terms of the efficiency and productivity of a person's life, and in the level and dynamics of his health.

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