

THE IMPACT OF A HEALTHY LIFESTYLE ON HUMAN HEALTH

Abstract: This article discusses the impact of a healthy lifestyle on human health. The importance of sports in improving longevity and quality of life is highlighted.

Key words: human health, healthy lifestyle, sports

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 bring it out of balance. In physically trained people, compensatory (protective-adaptive) reactions are especially well developed. However, the body's compensatory capabilities are not unlimited, sooner or later they can be exhausted, and then a disease occurs.

Health, if it was given to us from the very beginning, we still need to be able to save. And if there are any deviations in health, then you need to try to eliminate them. And this can only be achieved through a healthy lifestyle. There are many examples when people with health problems, 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 many of them), who have excellent health, destroy it day by day, without thinking about the consequences.

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, which is necessary for successful work, 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 comply with hygienic principles, strengthen the adaptive capabilities of the body, contribute to the successful restoration, maintenance and development of its reserve capabilities, and the full fulfillment by the individual of social and professional functions. A healthy lifestyle is a complex of recreational activities that ensures the harmonious development and strengthening of health, increasing the efficiency of students, and prolonging their creative longevity. It contains the following main elements: personal hygiene, giving up bad habits, hardening and optimal motor mode.

Optimal motor mode is the main element of a student's healthy lifestyle and includes physical education and sports, as well as active recreation.

Physical culture and sports in various forms are not yet sufficiently introduced into the daily 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 recreational, 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 a measure and nature of participation directly in physical exercises and as an activity in organizational, propaganda, instructor-pedagogical, judicial and other activities.

Self-control (self-regulation and self-esteem) of a 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, work, life and rest. Based on the results of self-control, you can evaluate the reaction of your body to physical activity, dose it.

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

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.

A healthy person is not always attentive enough to his own health or to the health of others (for example, to the health of his students), believing that health is given forever. Often, health is remembered only when it is lost and it is difficult to restore it.

The main sign of health is the high adaptability of the body to changing environmental conditions. A healthy body is able to endure enormous physical and mental stress, significant fluctuations in the external environment, and it is very difficult to bring it out of balance. And, finally, a characteristic sign of health is the preservation of a certain constancy of the internal environment in the body - the so-called homeostasis. It manifests itself in the fact that a certain temperature, the chemical composition of the blood, the saturation of arterial blood with oxygen, etc. are normally maintained.

If, under the influence of any environmental factors, homeostasis is disturbed, then a disease occurs. The existence of individuals possessing absolute or ideal health, as it appears theoretically, is rejected. However, it is practically important that among healthy people a small group of people can be singled out who are distinguished by the maximum completeness of health. These people either never get sick at all, or very rarely experience a coming malaise, and during an objective study they have not had any noticeable deviations from the individual norm for many years.

Physical health is measured by the physical development of a person. This assessment is made on the basis of an external examination, anthropometric indicators and functional tests. Anthropometric indicators are compared with the standards available for persons of a given gender, age, nature of motor activity and are evaluated accordingly as "average", "below" or "above average".

In dynamic examinations, functional indicators of physical development play an important role. This assessment is made on the basis of the analysis and comparison of all studies conducted in the state of muscle rest and during functional tests and tests.

The functional state is one of the main indicators of the student's physical health and fitness. The functional state can be assessed as good, satisfactory, or with impairments (overwork, overtraining, etc.).

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