

THE IMPORTANCE OF A HEALTHY LIFESTYLE IN MAINTAINING GOOD HEALTH

***Abstract:** This article discusses the importance of a healthy lifestyle in maintaining human health. The author analyzes that a healthy lifestyle is the main guarantee of a quality life.*

***Key words:** health, healthy lifestyle, quality of life, harmful habits*

A healthy lifestyle (HLS) is a way of life of a person aimed at preventing diseases and promoting health. This includes all spheres of human existence - from nutrition to emotional mood. A healthy lifestyle is a way of life aimed at completely changing previous habits regarding food, physical activity and rest.

The relevance of a healthy lifestyle is due to the increase and change in the nature of the loads on the human body due to the increase in the risks of technogenic and environmental nature 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 man as a species.

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

A rational mode 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 this), but the basic principles of a rational approach to food are as follows:

Restriction of animal fats;

- Significant restriction of animal protein foods (it is recommended to consume mainly dietary meats - poultry, rabbit);
- Inclusion in the menu of an increased amount of herbal products;
- Exclusion from the daily diet of "fast" carbohydrates - sweets, muffins, soda, fast food, chips and other "junk" food;
- Switching to fractional meals (a small amount of food at one time);
- Exclusion of late dinner;
- Eating only fresh food;
- Optimal drinking regimen;
- Optimization of the amount of food - it must correspond to energy costs;
- Exclusion of alcohol, restriction of coffee and strong tea.

Food should be exclusively natural and contain all the necessary macro- and microelements, vitamins. It is desirable that an individual diet was compiled by a dietitian. Reasonable promotion of a healthy lifestyle necessarily includes items related to physical activity. Achievements of science and technology have greatly facilitated the life of a person, but at the same time significantly reduced his physical activity. People walk less and less: now you can order and receive goods and products without leaving your home.

However, to maintain the functional status of the body, movement is simply necessary. Beginners to practice a healthy lifestyle should be given physical exercise at least 30 minutes a day: motor activity is one of the main factors affecting human health. What kind of physical activity to engage in - everyone decides for himself, in accordance with his age, temperament and capabilities.

Options for physical activity:

- Classes in the gym;
- Sports walking or running;
- Classes in the pool;
- Bicycle rides;
- Home gymnastics;
- Yoga and qigong gymnastics.

Opportunities for the realization of motor potential are not limited - you can start with walking (it is better to walk in forest park 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 section of the musculoskeletal system is the main indicator of the youth of the body. Remember that movement is life!

Smoking, alcohol, bad food habits (salty foods, chips, sweets, soda) are all 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 practice should begin.

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

Hardening - not necessarily swimming in the hole and dousing with cold water. To begin with, an ordinary contrast shower is suitable: at the same time, the temperature difference at the initial stage can be minimal. Hardening of the body increases the immune status, strengthens the vascular system, stimulates the autonomic nervous system and raises the overall tone of the body.

Be sure 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 already angry and nervous, do it openly, do not accumulate negative emotions in yourself.

The list of preventive measures to strengthen and stabilize health necessarily includes control of body weight. Excess weight is always an additional risk of cardiac, vascular, endocrine and many other pathologies. People over the age of 45 are recommended to regularly undergo a full clinical examination: with age, the risk of diseases such as hypertension, diabetes mellitus, and coronary heart disease increases significantly. Detection of these and other ailments at an early stage is the basis of successful therapy.

Source of information: department for the organization of medical and preventive work and psychological assistance. Photo source: department of organization of medical and preventive work and psychological assistance.

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