



Basics of a Healthy Lifestyle

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Annotation: The article highlights the issues of formation of a healthy lifestyle and health protection of students in modern educational institutions. Particular attention is paid to the formation and organization of a healthy lifestyle for students, and practical recommendations are given. Optimal conditions for the organization of a healthy lifestyle are formulated. An integrated approach to the motivation of health saving is considered.

Keywords: Formation of a healthy lifestyle, principles of health saving, practical recommendations.

Introduction. The current political and environmental situation in the world affects the decline in the vitality of the population, and physical and psychological overload contribute to violations in the field of people's health. Especially these negative circumstances are reflected in the most unprotected stratum of society - the younger generation. According to studies by the Ministry of Health, almost half of babies already at birth have a predisposition to various chronic diseases. Therefore, the issues of children's health and savings should be addressed in educational institutions of all levels: from preschool institutions to higher educational institutions of any direction.

A healthy lifestyle is a system of necessary conditions that ensure the preservation and strengthening of the physical and psychological health of students and pupils. An educational institution creates conditions that guarantee the protection and strengthening of the health of students. The requirements are formed taking into account the factors influencing the state of health of students: social, economic and environmental conditions of the surrounding reality.

Healthy lifestyle and conditions for its organization In modern studies on the issues under study, a healthy lifestyle is considered as a possible and justified way of life, allowing an individual to lead an active and conscious lifestyle until old age. A healthy lifestyle is a multifunctional process that takes into account the individual qualitative characteristics of each subject, corresponding to genetically determined typological features, specific environmental conditions and aimed at the formation, preservation and promotion of health, the full performance of socio-biological functions by the individual throughout life. When considering this problem, several important tasks that need to be implemented in practice should be singled out:

- The conscious bearer of a healthy lifestyle is a specific individual who acts in this process both as a subject and as an object of his life activity.
- When implementing a healthy lifestyle, each individual is perceived in the unity of his biological and social essence.
- To form the foundations of a healthy lifestyle, it is necessary to develop the personal motivation of a particular person in order to realize their individual physical capabilities and intellectual abilities.



- A healthy lifestyle is the most effective and constructive way to preserve, ensure and increase health, it is an important prophylactic tool in the prevention and prevention of a number of diseases.
- It is necessary to formulate specific proposals of students of educational organizations. An integrated approach to the formation of a healthy lifestyle is impossible without taking into account the following factors affecting human health:
 - self-assessment of one's own achievements;
 - mood for a long healthy life;
 - emotional condition;
 - the level of general, spiritual, physical culture;
 - awareness of attitude to health;
 - the level of knowledge about the preservation and promotion of health;
 - life style;
 - self-control;
 - disease prevention;
 - the regime of the day, work and rest;
 - regular medical examinations;
 - heredity;
 - living conditions;
 - circle of friends;
 - public assessment of the personality and human activity.

Given the above factors, it is possible to formulate the optimal conditions for organizing a healthy lifestyle:

1. Conscious responsibility. It is necessary to cultivate a conscious attitude to one's health in each individual: to instill the habit of a healthy and moderate diet, the necessary physical activity, and regular medical examinations.

To increase motivation, it is necessary to carry out various preventive measures.

2. A healthy lifestyle is a whole complex of coordinated actions of all systems of the body and personality, a change in any of them will affect the state of health in general. To ensure their harmonious interaction, it is necessary to pay attention to the whole complex of circumstances that form a healthy lifestyle of a person.
3. Individual approach. It is connected with the fact that each person is unique both in terms of biological (genotypic) and psychological and social nature. Therefore, for each individual, a healthy lifestyle program should be developed, in which it is necessary to take into account the relevant features. Accounting for genotypic factors involves making adjustments to the healthy lifestyle program related to body type, metabolic characteristics, the predominant nature of autonomic regulation, biorhythmic indicators, etc.



Therefore, the construction of a healthy lifestyle should correspond to the indicated circumstances in such a way as to correspond to the genetic specificity of a given person, and not contradict it. Programs for groups with similar physiological characteristics are possible.

4. Condition of moderation. The transition to a healthy lifestyle is due to the fact that a sharp transition to increased physical activity can only lead to a deterioration in health, as well as a sharp restriction in nutrition, all kinds of diets harm the functioning of many body systems. A gradual, stress-free application of comprehensive measures for the transition to a healthy lifestyle for each individual is necessary. The formation and maintenance of a healthy lifestyle is the main task that must be addressed throughout a person's life, from childhood to adulthood. A person spends most of his life in the family. It is in the family that the first foundations of a healthy lifestyle are born: hygiene procedures, daily routine, regular medical examinations - all these are components that contribute to strengthening and maintaining health. A large, if not the main role in the formation, motivation and conscious choice of a healthy lifestyle is played by educational organizations.

In school education, there are much more questions regarding the further formation of a healthy lifestyle: students are reluctant to consume hot meals provided in canteens, which leads to an increase in the number of diseases of the gastrointestinal tract already at school age. The study load at school is quite long in terms of time and mental stress. Textbooks and teaching aids necessary for schoolwork often exceed the weight of the norms acceptable for schoolchildren, to this is added the weight of the briefcase itself, removable shoes. Children spend a lot of time in a static position, the furniture often does not match the growth of the students, so spinal diseases develop, which are quite difficult to cure.

Physical education lessons, which are designed to improve the health of students, do not cope with the task assigned to them due to many objective reasons: the schedule is drawn up in such a way that students must have time to change for a short break both for a physical education lesson and for subsequent lessons after physical exertion, which leads to a violation of hygiene standards. The norms and indicators that children must fulfill during classes are designed for absolutely healthy children, and, as studies show, there are practically none. The proportion of children with the first health group is negligible.

Thus, physical education lessons, designed to preserve the health of students, turn into an endless delivery of standards that negatively affect the physical and psychological state of students. Despite the fact that the study time allotted for physical education has been increased to three hours a week, and according to the school curriculum, this is quite a lot (for example, geography, biology, physics and chemistry are studied two hours a week, and an exam subject with a mandatory exam in the form of a state final certification - algebra, also takes three hours a week in the curriculum), to date, has not led to visible results in improving the health of students and introducing them to a healthy lifestyle. To increase the motivation for physical education and the development of a healthy lifestyle of students, it is necessary to apply a number of complex measures in the educational process of educational organizations:

1. It is necessary to have a medical examination of each student with the aim of making recommendations for physical education, which are provided for by the health group, individual characteristics and predispositions, restrictions in performing physical exercises of a certain group for medical reasons.
2. The class must be divided into groups according to medical indications and for each group develop its own curriculum and its own curriculum that does not correspond to general standards, but to the specific capabilities of the students in each group. Standards for each group



should be provided depending on the capabilities of students. It is advisable to develop promising indicators that the student is really able to achieve in the course of classes, which will lead to increased motivation and the desire to achieve new indicators. As you know, the state of success has a beneficial effect on further results and contributes to the intensification of aspirations to achieve the goal, which will ultimately lead to regular physical education, which brings pleasure from the very process of training - and this is already a step towards a healthy lifestyle.

3. Adjusting the schedule of classes, they are arranged in such a way that students can recover after physical exertion, carry out hygiene procedures (there are showers in every school, if they do not work or are not used for their intended purpose - a question for the administration of educational institutions). As a specific proposal for scheduling, we can consider the following: put two hours of classes one after the other, that is, a "pair". This will allow you to conduct a sufficient warm-up, which is necessary for further enhanced physical activity, use the main time with maximum benefit and end the lesson with relaxation that promotes rapid recovery. This can be realized only if the lesson lasts two academic hours in a row, which is quite possible to apply in every educational organization. The remaining, third lesson a week, can be used as follows: a small preparatory warm-up, then - acquaintance with new exercises or working out already familiar ones. It is also possible to use this lesson to pass the standards and improve your own performance, when the student is not busy with active physical exercises all the time, and therefore there will be no time to recover. You can devote this lesson to preparing for game training: practice serving the ball, dribbling, learning the rules of the game, etc. Thus, it is possible to achieve an increase in motivation for physical education and, as a result, an improvement in the health status of each student.
4. Obviously, it is necessary to abandon the usual certification in physical culture on a five-point scale: it is impossible to evaluate the classes of a student with the first health group, who can and must pass the TRP standards (according to the new recommendations of the Ministry of Education) and the classes of a student of the preparatory group, for whom performing simple exercises is already a step towards a new physical state. The main goal of physical education at school is to instill physical health skills and introduce students to a conscious healthy lifestyle in the future, and not to grade marks for performing certain exercises. If you use the proposed range of measures to improve the teaching of physical education at school, the result is likely to be more favorable for the health of the younger generation than is currently the case.

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