

Healthy lifestyle.

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Healthy lifestyle.



■ Every normal person seeks to live his life long and happily. But are we doing everything for this? If we analyze the "every step" of our typical day, then, most likely, everything is the same as "the exact opposite."

A healthy lifestyle involves

- optimal mode of work and rest,
- proper nutrition
- sufficient motor activity
- personal hygiene
- hardening
- eradication of bad habits
- love of loved ones
- positive perception of life
- He allows to maintain moral, mental and physical health until old age.

Healthy lifestyle and health



- Health is a multifaceted category. According to the definition of the World Health Organization, health is understood as "a state of complete physical, mental and social well-being, and not only the absence of disease." If the body is healthy, but there is no sense of joy and fullness of life, then it is already a disease

Healthy lifestyle and physical education



Regular physical activity and exercise are also important for a healthy lifestyle. They support health, protect against diseases and, with more and more evidence, slow the aging process. Physical culture is useful at any age, as usual daytime activity can rarely provide sufficient physical activity.

Healthy lifestyle and proper nutrition



Proper human nutrition should contain all those substances that are part of his body, i.e. proteins, fats, carbohydrates, vitamins, minerals and water. Since the costs of the organism of all these substances depend on a number of factors: age, type of labor, the effects of the external environment and the state of the organism itself, it is necessary to have an idea of the importance of individual substances and the need for proper nutrition and healthy lifestyle, depending on these factors.

Healthy lifestyle and hobbies (hobbies)



For a person who leads a healthy lifestyle, having a hobby is a powerful support for mental health and harmony with the outside world.

A few tips for those who want to lead a healthy lifestyle and live a long life:

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- with age, although their roots in childhood;
- with significant ailments, begin periodically to undergo physical examinations;
- be moderate in all things;
- not fuller, so as not to obstruct the work of the whole organism, speeding up the aging process;
- be always benevolent, calm and reasonable, irritability and vanity harm the heart and the nervous system;
- do not hold evil, smile more often, a smile helps relieve tension;
- love your loved ones, they are your main value in life;
- choose the kind of work that you are interested in and brings not only material but also moral satisfaction;
- do physical work or fitness, trying as much as possible to spend in the fresh air;
- actively rest, lack of movement facilitates the emergence of a number of diseases;
- sleep 7.5 hours a day (5 standard 1, 5 hour sleep cycles), sleep restores strength and often heals better than any medications;
- do not smoke, especially do not try to get away from problems in the world of alcoholic or narcotic dope;
- give time to your hobbies, it helps to relax and makes life more diverse;
- do not give in to despondency and do not allow yourself to lose heart.