

A healthy lifestyle

A vibrant landscape featuring a lush green lawn in the foreground. Several trees, including large evergreens and smaller deciduous trees, are scattered across the middle ground. The sky is a dramatic mix of purple, pink, and orange, suggesting a sunset or sunrise. The overall scene is bright and colorful, conveying a sense of nature and well-being.

Kolesov Nikita

Health promotion



Three "mechanisms" of health promotion



healthy environments



mutual aid



self-care



physiological

psychological



Physiological elements



Psychological elements

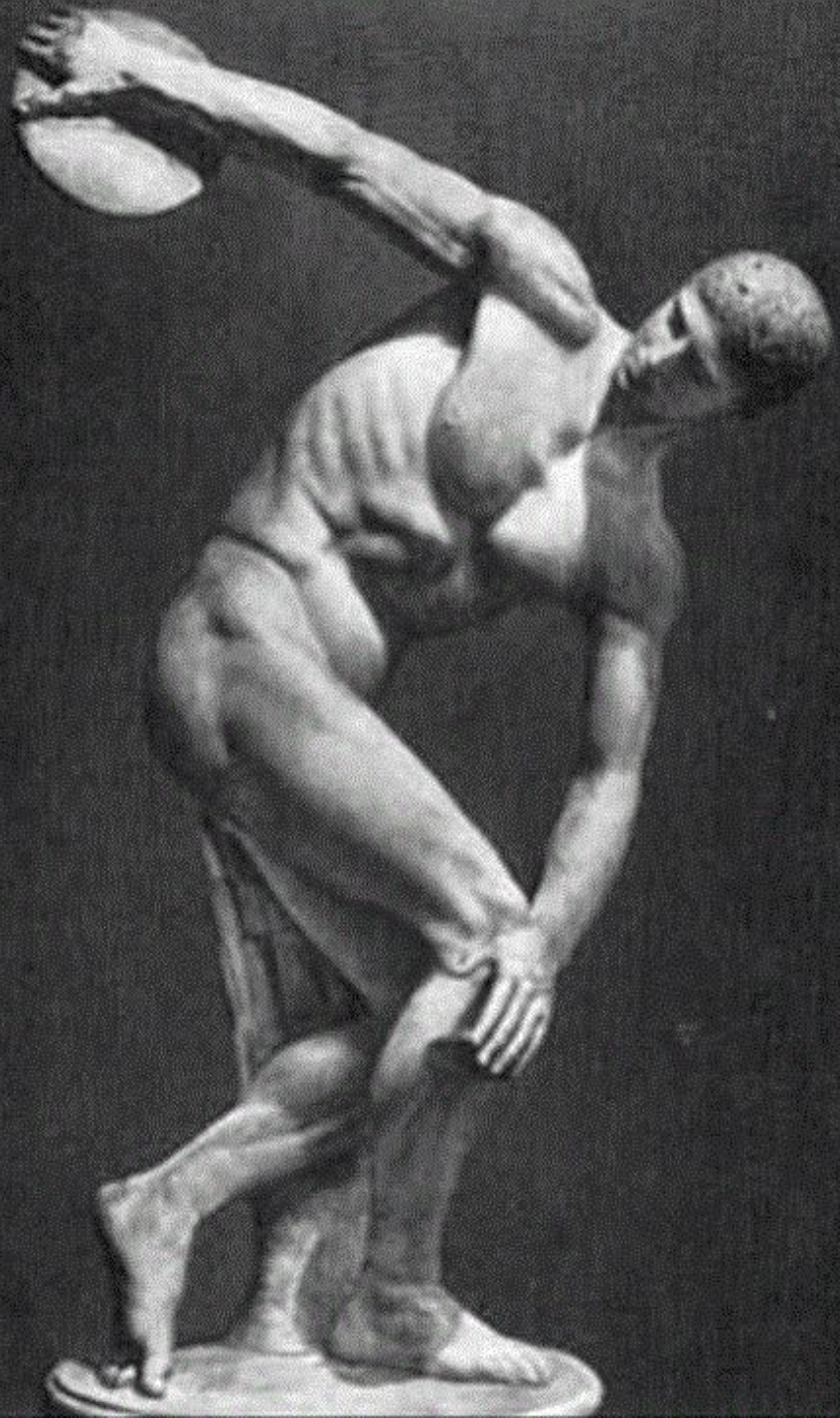


Three stages of the shaping of the lifestyle





**«The movement is life!»
-Aristotle**





«Movement can substitute any medicine, but no medicine in the world can substitute the healing power of movement.»

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Thank you for attention