
Лопаткин Иван





Healthy
lifestyle is:

Its a person's lifestyle aimed at maintaining health, preventing disease and strengthening the human body as a whole. Human health is 60% or more dependent on lifestyle.

What is included in the concept of healthy lifestyle?

- Proper nutrition and healthy sleep
- Physical activity
- Rejection of bad habits



Proper nutrition

Proper nutrition is the main condition for a healthy lifestyle.

Satisfying hunger is one of the most important instincts of the body, as it guarantees the preservation of life. Therefore, our life in all its manifestations and aspects depends on what we eat, in what quantity, when and how.

Human nutrition is one of the most important factors that directly affect human health.

Improper nutrition leads to dysfunction of both individual human organs and the body as a whole. Food that is inadequate in composition, and lack of food and its overabundance have a detrimental effect.

That is why it is necessary to pay attention to nutrition and make the necessary efforts to ensure that it is complete!



Physical

- Good sleep improves concentration and productivity Sleep is important for various types of brain activity, including cognition, concentration, performance and productivity. And lack of sleep can make them worse.



Physical activity

A healthy lifestyle is not possible without movement. Let's make a reservation right away that by sports we mean not hard physical training to achieve sports results. Rather, it's physical exercise to keep your body fit, feel great and prevent aging. If you choose only proper nutrition from the whole range of healthy lifestyle measures, this will give a result, but it will not be so obvious. Daily exercise is essential for health and beauty. You can load yourself more twice a week, and for the rest of the days, choose a set of not heavy exercises.



Recommendation

- Train yourself to wake up and go to bed at the same time.
- Do exercises every morning
- Maintain your body hygiene
- Try to eat at the same time





The basics of a healthy lifestyle

- Отказ от вредных привычек
- Рациональное питание
- Пробежки
- Закаливание организма
- Личная гигиена
- Положительные эмоции



Thanks for attention