

A HEALTHY LIFESTYLE IS THE GUARANTEE OF HEALTH

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Abstract. Good health marriage style is this behavior risk factors control to do through health to keep and contagious was not diseases risk to reduce help giving of a person marriage is the style .

The following 7 most important rules of a healthy lifestyle will remind you of the routines that we already knew, but with the small worries of life, we forgot and could not implement them:

Keywords : sport, yoga, dance, sleep

1. Regular exercise. Sport is one of the main conditions for living a healthy life until the end of our life. He does not choose age, place, or even circumstances. [1,2]

It has many forms, forms and methods. There are types of yoga, pilates, walking, running, pull-ups, athletics, dancing, rafting, bodybuilding, gymnastics, football, etc.

Choose what you want, as long as you are physically active. If you do sports for 30-60 minutes, not every day, it is enough for you to be healthy. You need to sit less and move more. If your profession requires you to work sitting, take a break of at least 5 minutes every hour and do various light exercises during this time to tone your shoulders, back and legs.

2. Proper and healthy diet. Include in your diet more natural products - fruits and vegetables, foods rich in vitamins and minerals. Fruits and vegetables, bread and various porridges should make up 65% of the diet, 30% should be meat and dairy products, and 5% should be allocated to sweets and fats. Food should be as fresh as possible, suitable for the season. More space should be reserved for plants in spring and summer, and products rich in protein and fat in winter. Drink about 2 liters of water every day.[5,6,7] Avoid fast food, carbonated drinks, convenience foods, chips and crackers, and many other artificially flavored, colored, and shaped foods. Do not mix different foods when eating. Fruits should be consumed half an hour before meals, tea and drinks 1-2 hours later. After 19:00 it is allowed to eat only a little apple.[8,9]

3. Giving up bad habits. Open a wide path to a healthy lifestyle by giving up tobacco and alcohol products, the main enemies of our body, and various harmful habits (you know them well). Every cigarette you don't smoke, every glass of vodka you don't drink is an important step towards a healthy life.[10,11]

4. Establishing and following an agenda Strictly follow the agenda. First of all - 8 hours of sleep! Second, get used to sleeping at the same time of day and waking up at a certain time! Sleep disturbance gradually harms the human psyche and emotions, reduces the mood for work, and can later cause the development of various chronic, serious diseases.[12,13]

5. Positive mood Another important rule of a healthy lifestyle is bright and positive mood! Enjoy life more, don't pay too much attention to failures and bad luck, always find the strength to move forward and don't hold grudges, grudges, bad suspicions against people, be forgiving and tolerant. [14,15,16] Do not try to compare with the ignorant!

6. Fresh air. Always keep your house, room and office clean, clean it every day, open the windows and provide fresh air. To be in a normal physical condition, it is necessary to know how to breathe deeply and correctly. It is not enough to walk in the heart of nature, open the windows for a certain period of time, do physical work in the garden or in the open air.[17,18,19]

7. Follow the rules of personal hygiene.

Washing hands before and after eating, brushing teeth before sleeping and after eating, clean clothes, strict adherence to cleanliness in general are the main conditions of a healthy lifestyle. [20,21,22,23]

Don't forget! A healthy lifestyle is a guarantee of health, strength and prevention of any diseases. It is a guarantee of success and development of various aspects of a person.

A person who adheres to the rules of a healthy lifestyle will have a place in the family, work team, society in general, learn to overcome various difficult situations, not to lose oneself in the face of life's difficulties. One more thing! The rules of a healthy lifestyle support each other, and one cannot happen without the other. By starting to implement them now and not leaving them for tomorrow, we will take our first steps towards a healthy and happy life.

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