

BASIC PRINCIPLES OF FORMING A HEALTHY LIFESTYLE

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Abstract

This article talks about the benefits of a healthy lifestyle in women's lives

Key words: healthy lifestyle, women, benefits, exercise, women's health, spirituality.

INTRODUCTION

A healthy lifestyle is a way of life of a person aimed at preventing diseases and strengthening health. It includes all areas of human life - from nutrition to emotional mood. A healthy lifestyle is a way of life aimed at completely changing previous habits related to nutrition, physical activity and rest.

The importance of a healthy lifestyle is related to the increase in man-made and ecological risks and the increase in the nature of side effects on the human body due to the complexity of the social structure. In today's environment, the health and well-being of the individual is concerned with the survival and survival of the human species.

It is not written that a person who claims to live a healthy lifestyle should go to bed after midnight on a regular basis and sleep until noon on weekends. It means that planning every moment and every action should serve human health. If the work increases, it means that it is necessary to reduce it or try to do it faster. This requires a systematic approach to time management.

Speaking about a healthy lifestyle, let's emphasize its importance for women's health. In short, women's health is the health of the nation. In fact, a lot of how healthy a woman's child will be depends on what genetics she passes on to her children and theirs. If women neglect their health and healthy lifestyle, the nation will decline. Those who want - look for opportunities, and those who don't want - reasons. If women love and respect themselves, they don't spend a lot of time on idle work. If it is difficult to change your lifestyle immediately, do it gradually. The first component of a healthy lifestyle is proper nutrition.

Basic rules of proper nutrition

1. Do not sit on monodiets. If necessary, organize fasting days or starve for a day.
2. Avoid alcohol, reduce the consumption of sweets and fats, but do not cut vegetables, fruits and foods rich in vitamins.
3. Avoid snacks during meals. If it is not possible to eat a full meal, you can always eat yogurt, drink a bottle of kefir, eat an apple or a banana.
4. Always leave your stomach feeling hungry.
5. Never watch TV and phones etc. while eating.

The second component of a healthy lifestyle is exercise. No, it goes without saying that you don't have the time or money to go to the gym. A person should do exercises while sitting, even without trainers, and look for opportunities in the absence of conditions. For this, a cheerful tone and a desire to be healthy are enough.

Keep in mind five simple rules to keep yourself in good physical condition.

- 1 Start the morning with exercise. A few exercises, 10 minutes of your time and a good mood,

flexibility and relief in the body.

2. Don't neglect walking. If your job is several bus stops away, walk or get off public transportation one stop early.

3. Do not forget to walk slowly for 20 minutes in the fresh air before going to bed. It improves digestion, relieves fatigue and stress after a hard day, and has a positive effect in the fight against insomnia. American scientists - fighters against hypodynamia have calculated that each step prolongs a person's life by 4 seconds, 70 steps burn 28 kcal.

4. Diversification of a "sedentary" lifestyle with small physical activities. Remember - action is life.

5. Spend more time outdoors with your family. It will definitely provide you with daily walks. Harmony with oneself and the surrounding world increases health reserves, creates positive thinking, and promotes an active lifestyle.

Healthy lifestyle and nervous system

1. Sleep at least 7-8 hours. Try to develop a habit of waking up without an alarm. In the evening, prepare all the clothes, documents and other things that you will need in the morning - this way you will save yourself from haste and nervousness.

2. Do not be discouraged by failures - think less about them. Set yourself a more specific goal and go towards it without paying attention to side views. A healthy lifestyle is not a magic wand that will make a wish come true instantly, but a huge but pleasant work, which will definitely succeed in the form of health and a great figure.

3. Pay enough attention to personal hygiene, room hygiene, clothes and shoes - these are also very important components of a healthy lifestyle. Sleep in a well-ventilated room, avoiding stuffy or overheated rooms.

4. Change your lifestyle and habits if they prevent a healthy lifestyle. Plan your day, allocate space for work and good rest. Life according to the regime is not meaningless - the body gets used to working in a certain rhythm (eating, working, resting, sleeping, etc. at approximately the same time), which contributes greatly to strengthening health.

5. Change yourself in a positive way with a positive mindset. Love yourself for who you are and you'll be just fine in no time. Never say critical words about the imperfection of the form, laziness, etc. You are perfect, you just need to fix something and a healthy lifestyle will help you.

6. Do not try to change everything at once and do not try to attract others to yourself. Over time, they will understand everything and definitely accept your point of view, join a healthy lifestyle.

7. Live an active social life - travel, meet interesting people, do what you like, play sports, shop, get positive emotions from life - prolong life and give to others.

If you only dream of a beautiful and slim body, good health and elimination of bad habits, do not hesitate - go from the dream to its realization. Lead a healthy lifestyle and let your reflection in the mirror please you more and more every day.

Healthy eating is a very broad concept (many scientific works have been written about it), but the main principles of a rational approach to food are as follows:

Limit animal fats;

Significant restriction of protein foods of animals (mainly it is recommended to use dietary meat - poultry, rabbit);

Include more plant foods in the menu;

Excluding "fast" carbohydrates from the daily diet - sweets, muffins, soda, fast food, chips and other "junk" foods;

Switching to fractional feeding (a small amount of food at a time);

Excluding the evening meal;

eating only fresh food;

Optimal drinking regime;

Optimizing the amount of food - it should correspond to energy costs;

Avoid alcohol, limit coffee and strong tea.

Food should be only natural and contain all the necessary macro and microelements, vitamins. An individual diet is best prepared by a nutritionist.

Smart promotion of a healthy lifestyle certainly includes things related to physical activity. Advances in science and technology have greatly facilitated human life, but at the same time significantly reduced his physical activity. People walk less and less: now you can order and receive goods and products without leaving your home.

However, movement is simply necessary to maintain a functional state of the body. At least 30 minutes of physical exercise per day should be given to those who are starting to practice a healthy lifestyle: physical activity is one of the main factors affecting human health. What kind of physical activity should be done - everyone decides for himself, depending on his age, temperament and capabilities.

Opportunities for physical activity:

Exercises in the gym;

Walking or running exercises;

Lessons in the pool;

Riding a bicycle;

Home gymnastics;

Yoga and gymnastics.

The possibilities of realizing the engine's potential are unlimited. You can start with walking (it is better to walk in forest park areas), and then you should gradually increase the load. Special attention should be paid to the health of the spine: the functional condition (flexibility and mobility) of this part of the musculoskeletal system is the main indicator of the youth of the body. Do not forget that movement is life

Smoking, alcohol, bad eating habits (salty foods, chips, sweets, carbonated water) are all factors that destroy health. A healthy and conscious life involves a strict rejection of the above "pleasures" in favor of healthier options. Giving up bad habits is the main point for all supporters of a healthy lifestyle. Strengthening the body and preventing diseases is the main factor of a healthy lifestyle.

Improving the state of immunity is a complex phenomenon that requires gradual and patience. Tightening the body increases the immune status, strengthens the vascular system, stimulates the autonomic nervous system and increases the overall tone of the body.

Do not forget to monitor the state of the psyche and nervous system. Excitement, stress, tension, Correct - living to a ripe old age with clarity of thought and sanity. For many decades, scientists have explained this by following the basic rules of a healthy lifestyle, namely proper and healthy nutrition, physical exercise, a stable state of the nervous system, effective work, giving up bad habits, etc. they argued about what could be achieved by doing and finally agreed.

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