

УДК 811.111:613

Shakun M., Strukov A, Komissarova D.
A Healthy Lifestyle

Belarusian National Technical University
Minsk, Belarus

Protecting your own health is an immediate responsibility of everyone, he has no right to shift it to others. After all, it often happens that a person with an incorrect lifestyle, bad habits, inactivity, overeating by the age of 20-30 brings himself to a catastrophic state and only then remembers about medicine. Health is the first and most important need of a person, determining his ability to work and ensuring the harmonious development of the individual. It is the most important prerequisite for the knowledge of the surrounding world, for self-affirmation and happiness of a person.

An active long life is an important component of the human factor. A healthy lifestyle (HLS) is a lifestyle based on the principles of morality, rationally organized, active, working, tempering and, at the same time, protecting against adverse environmental influences, allowing you to maintain moral, mental and physical health until old age.

As defined by the World Health Organization (B03), "health is a state of physical, spiritual, and social well - being, not just the absence of disease and infirmity."

Physical education and sports are especially important now, in the age of the technological revolution, when mechanization and automation are being introduced at a rapid pace in industry and agriculture. The work of many workers is gradually reduced to the management of machines. This reduces the muscular activity of workers, and without it, many organs of the human body work at a reduced rate and gradually

weaken. Such muscle underloading is compensated for by physical education and sports. Scientists have found that physical education and sports have a beneficial effect on labor productivity. In physical and mental workers engaged in sports, fatigue occurs much later than in non-sports workers. Many years of scientific research have shown that people who are engaged in sports, in certain professions, quickly acquire high qualifications. Work with great nervous tension, such as the work of pilots, high-speed train drivers, car drivers, requires special psychophysical training. Physical education is a great help here.

Physical education and sports also provide an invaluable service in the formation of high moral qualities among young people. They cultivate will, courage, perseverance in achieving goals, a sense of responsibility and camaraderie.