

A HEALTHY LIFESTYLE AS THE BASIS FOR EFFECTIVE AND SPECIALIZED ACTIVITIES

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ABSTRACT

Students of a technical university have the highest performance and adaptive capabilities at the beginning of their studies. Recovery lags behind performance. In the learning process, there is a progressive deterioration in adaptation, the leading causes of which are insufficient recovery, poor nutrition, decreased motor activity, and a mismatch between work and rest.

Keywords: adaptation, adaptive capabilities, performance, recovery, healthy lifestyle.

INTRODUCTION

Currently, most of humanity has long ceased to live in a natural, that is, in a natural environment. More often it is surrounded by an artificial environment, invented and created by man himself, which has a very remote relation to nature. The benefits of civilization, such as: warm housing, central heating, artificial lighting, transport, communications, high-quality medical care, highly productive food production – all this increases the quality and longevity of life. However, its high rate, information overload, high population density, social competition, unstable economic and political structure of society, weak organization of health services, medical care are among the main social factors contributing to the emergence of painful conditions.

The natural forces of nature – sunlight, air, water – have a beneficial effect on the physical condition of a person. At the same time, an unfavorable climate, a difficult natural geographic habitat for living, environmental conditions, sharp fluctuations in temperature, pressure, humidity, and atmospheric composition act as natural factors that have a negative impact on human health. In addition, a group of reasons that affect the physical and mental well-being of a person are his individual and personal qualities: heredity, adaptive capabilities of the body, mental qualities of the individual, cultural environment and upbringing, education, lifestyle, behavioral characteristics.

Understanding these conditions and risk factors that affect human health, fostering the ability to organize one's life in accordance with socially significant ideas about a healthy lifestyle, the ability to apply physical culture methods to strengthen health and increase the adaptive reserves of the body necessary to ensure social activity and full-fledged professional activity – all these are among the main the tasks of education.

Health is the opposite of illness. Disease is a process and condition of an organism characterized by damage to its organs and tissues as a result of the action of harmful factors (causes of the disease), the deployment of its protective reactions aimed at eliminating damage; usually accompanied by a decrease in the body's adaptability to environmental conditions and disability. The concept of "disease" is also used as a synonym for the concept of "disease" in the meaning of "the occurrence of a disease in an individual".

However, the idea of human health is not limited to stating the absence of disease. According to the definition of the World Health Organization, health is a state of full-fledged physical, spiritual and social well-being, and not only the absence of diseases and physical defects. One of the important conditions and factors determining the level of health is a healthy lifestyle. A healthy lifestyle is an image and forms of life, habits, traditions, behavioral stereotypes, a person's focus on disease prevention and health promotion. The main components of a healthy lifestyle are: work and rest regime, rational nutrition, physical activity – systematic exercise, hardening, and abandonment of bad habits.

Another component of a healthy lifestyle is a rational diet. The criteria of rationality are: its energy value, equivalent to daily energy consumption, qualitative composition, balance and harmlessness. The energy value of the diet is calculated by how much in grams and what kind of food a person has eaten per day. It is possible to estimate energy costs approximately based on the following values.

The work and rest regime is one of the main conditions and factors for maintaining an optimal level of human performance and health. In its most general form, this is the order of alternating periods of work and rest. A rational work and rest regime is a ratio of work and rest periods in which high labor productivity is ensured by optimal human performance, preventing excessive fatigue for a long time – a working day, a week, a year. When developing an image of a rational work and rest regime, they proceed from three fundamental provisions: effective achievement of professional goals; ensuring the greatest human performance; a combination of public and personal interests.

Physiologists have established that performance is a variable value. It is associated with changes in the nature of the course of physiological and mental functions in the human body. High efficiency in any type of activity is ensured only if the rhythm of work coincides with the natural frequency of the daily rhythm of the physiological functions of the body. At different times of the day, the human body reacts to physical and neuropsychiatric stress in different ways. Therefore, its efficiency and ability to resist fatigue during the day are objectively and inevitably subject to fluctuations.

And, undoubtedly, one of the components of a healthy lifestyle is the level of physical development and physical activity. Physical development of a person is one of the objective indicators of health status. Physical development is understood as a complex of morphological and functional properties of an organism that characterize its size, shape, proportion and harmony of development of individual parts of the human body, as well as its reserve of physical strength.

Physical activity is one of the essential factors in the prevention of various diseases. Those who exercise regularly are twice as likely to develop. Physical exercises contribute to the prevention of osteoporosis and osteoporotic fractures, spinal osteochondrosis, reduce the risk of obesity, insulin-dependent diabetes mellitus (exercise improves glucose tolerance).

Domestic and foreign scientists have developed general recommendations on the amount of physical training load for the development and maintenance of an optimal level of activity of the cardiovascular and respiratory systems, body weight, muscle strength and endurance in healthy adults aged 16 to 60 years, that is, those body functions from which, in fact, health is formed.

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