



FACTORS OF HEALTH AND WELL-ROUNDED DEVELOPMENT OF THE INDIVIDUAL

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ABSTRACT

This article provides information about the main factors of health and well-rounded development of the individual. Furthermore, factors that make up a healthy lifestyle are a balanced diet, hygiene, physical activity, work and rest mode, giving up bad habits are analyzed in this paper.

KEY WORDS: *increasing immunity, training, physical activity, exercise, personal hygiene, alcohol, smoking, healthy lifestyle, increased heart rate, increased pressure, decreased appetite, indigestion, rational and correct response to events, activity.*

A healthy lifestyle is primarily an active health activity aimed at maintaining and strengthening health. Life, a person's lifestyle is not formed by itself, but a healthy lifestyle is purposefully formed during life. According to current data, 53-55 percent of health depends on a healthy lifestyle.

Health is the first and most important need that determines the ability of a person to work and ensures the full development of a person. This is an important condition for knowing the world, self-affirmation and happiness. Active longevity is an important component of the human factor. Every ordinary person tries to make his life happy. But will we do everything for it? If we analyze "every step" of a typical day, then everything can be "opposite".

They barely get out of bed, go to work or study, are restless during the day, spread out on the table, quarrel with loved ones, envy acquaintances and colleagues, spend all their energy on purchases, another luxury or "adult toy", relaxing on the sofa in the evening watching TV and dreaming of spending the weekend with barbecues or "shopping". Most, if not all, of the rest spend their days more or less replicating this lifestyle. The natural consequences of such a lifestyle are diseases, nervous disorders and problems in work and family.

A healthy lifestyle includes the optimal mode of work and rest, proper nutrition, sufficient mobility, personal hygiene, strengthening and elimination of bad habits, love for loved ones, positive acceptance of life. This allows you to maintain moral, mental and physical health until old age. After all, "... health cannot exist without mental health" [1].

Observations and experiments allowed doctors and researchers to divide the factors affecting human health into biological and social factors. Such a division received philosophical additions in the understanding of man as a biosocial being. Doctors, first of all, take into account housing conditions, material supply and level of education, family composition, as social factors. Among the biological factors, the age of the mother at the time of the birth of the child, the age of the father, the characteristics of pregnancy and childbirth, and the physical characteristics of the child at the time of birth are distinguished. Psychological factors are also considered under the influence of biological and social factors.

Health is an invaluable asset not only of each person, but of the entire society. When we meet and say goodbye to close and dear people, we wish them good health, because this is the main condition and guarantee of a full and happy life. Health is not merely the absence of disease or physical infirmity, but complete physical, mental and social well-being.

Everyone understands the concept of "healthy lifestyle" in their own way. Health is an important condition for a happy life. Living a long and active life is in your hands. A person begins to think about a healthy lifestyle only when faced with conditions that cause malnutrition, environmental pollution, and stress at work (study). And all this, of course, has a negative impact on health. What is a "healthy lifestyle" in general? It is a complex concept that includes all areas necessary for human life, from nutrition to physical activity. The main principle is to prevent diseases and promote health.

Factors that make up a healthy lifestyle are a balanced diet, hygiene, physical activity, work and rest mode, giving up bad habits.

Balanced diet. A healthy lifestyle is impossible without proper nutrition. It is very important to maintain food culture, that is, to eat balanced and necessary foods for the human body. There are several rules for a balanced



diet, such as natural products, toothbrushes, various foods, diet.

Hygiene. Personal and public hygiene should be observed.

Personal hygiene rules:

1) Body hygiene. The skin protects the body from external influences and performs complex functions such as gas exchange and heat regulation. Sweat plays an important role in heat regulation.

2) Hair hygiene. Proper hair care improves blood circulation and gland activity. Everyone should have their own towels.

3) Oral hygiene. Proper oral care protects teeth and prevents bad breath.

4) Outerwear and footwear hygiene. Outerwear should be clean and suitable for the weather.

5) bed hygiene. Everyone should have their own place to sleep. It is necessary to ventilate the room before going to sleep.

Physical activity. A person should always do physical exercises (for example, morning exercises, walks in the fresh air). Of course, age and physiological characteristics should be taken into account!

Work and rest mode. Work and rest regime is an important part of a healthy lifestyle. A person should be able to find time for work (study), sleep, health and entertainment in his daily routine.

Giving up bad habits (tobacco, alcohol, drugs). Such substances are the main cause of many diseases, in addition to shortening life and reducing the ability to work.

The above-mentioned important factors of a healthy lifestyle are a set of measures aimed at strengthening the human body and increasing its well-being.

Healthy lifestyle - physical education, proper nutrition, personal hygiene, fight against bad habits. In a word, a healthy lifestyle is any activity aimed at strengthening a person's physiological, mental and spiritual health. For a successful person, the standard of living (the abundance and satisfaction of needs), the quality of life (the environment in which he lives, national security, etc.) and the way of life (a characteristic of a person or a person's behavior). group) is important. These three aspects are closely related. It's good to remember: your standard of living is in your hands, it's up to you to make quality standard of living and choose your lifestyle. Thanks to this, not only you, but also those around you will be beautiful.

Health is an invaluable asset not only of each person, but of the entire society. As we meet and say goodbye to our relatives and friends, we wish them good health. Because this is one of the conditions of a full and happy life.

Thanks to our health, we implement our plans, solve life problems and face difficulties. If a person cares about his health and strengthens it, he has the right to live a long and active life. Unfortunately, the simple principles of a healthy lifestyle are not observed. Some of them lead a less active lifestyle, some do not eat properly, some do not rest or do not want to rest. Of course, most of them are smokers and drinkers. All this has a negative effect on health and sooner or later they will get sick. Most people remember to take care of their health only when they are sick. Prevention after recovery prevents the disease from worsening.

It's up to everyone to be healthy, live an active life, and live a long life. In order to maintain health, everyone should base their lifestyle on the following principles:

- active mental work;
- regularly engage in sports;
- your favorite work or hobby;
- your personal attitude/opinion;
- love and kindness;
- emotional balance;
- eat healthy, limit the consumption of many sweets, drink less carbonated drinks;
- insomnia.

Implementation of these factors will certainly make a person enjoy life and become an active member of society.

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