

HEALTHY LIFESTYLE AND PHYSICAL CULTURE

Introduction. Health is the first and most important human need, which determines his ability to work and ensures the harmonious development of the individual. It is the most important prerequisite for the knowledge of the surrounding world, for self-affirmation and human happiness. An active long life is an important component of the human factor.

Protecting one's own health is the immediate responsibility of everyone, he has no right to shift it to others. After all, it often happens that a person with a wrong lifestyle, bad habits, physical inactivity, overeating brings himself to a catastrophic state by the age of 20—30 and only then remembers medicine.

No matter how perfect medicine is, it cannot rid everyone of all diseases. A person is the creator of his own health, for which he must fight. From an early age, it is necessary to lead an active lifestyle, harden, engage in physical education and sports, observe the rules of personal hygiene — in a word, achieve genuine harmony of health in reasonable ways [1, c. 45].

A healthy lifestyle is a lifestyle based on the principles of morality, rationally organized, active, labor, hardening and, at the same time, protecting from the adverse effects of the environment, allowing you to maintain moral, mental and physical health until old age.

There are three types of health: physical, mental and moral (social):

– Physical health is the natural state of the body, due to the normal functioning of all its organs and systems. If all organs and systems work well, then the whole human body (self-regulating system) functions and develops correctly.

– Mental health depends on the state of the brain it is characterized by the level and quality of thinking, the development of attention and memory, the degree of emotional stability, the development of volitional qualities.

– Moral health is determined by those moral principles that are the basis of a person's social life, i.e. life in a particular human society. The hallmarks of a person's moral health are, first of all, a conscious attitude to work, mastery of the treasures of culture, an active rejection of mores and habits that are contrary to a normal way of life. A physically and mentally healthy person can be a moral monster if he neglects the norms of morality. Therefore, social health is considered the highest measure of human health. Morally healthy people have a number of universal human qualities that make them real citizens.

A healthy and spiritually developed person is happy — he feels great, gets satisfaction from his work, strives for self-improvement, achieving unfading youth of spirit and inner beauty.

The integrity of the human personality is manifested, first of all, in the relationship and interaction of the mental and physical forces of the body. The harmony of the psychophysical forces of the body increases the reserves of health, creates conditions for creative self-expression in various areas of our life. An active and healthy person retains youth for a long time, continuing creative activity, not allowing the "soul to be lazy". [2]

Main part. There is a necessary and sufficient level of physical activity of a person, characterized by general indicators of rational content, structure and use of an active motor mode. This level is determined by anabolic recovery after active labor activity, during which there is an increase and accumulation of the body's plastic and energy resources, which increase its potential and performance [1, c 113].

Regular physical training, increased motor mode in people of different ages contribute to increasing the functionality of the body, improving health. This is especially evident in persons whose professional activity is sedentary, does not require physical stress, as well as in older people.

A rational form of motor activity is such a motor activity that provides the necessary and sufficient indicators of physical development and physical fitness, physical readiness to perform basic social functions, high professional and labor performance, relatively low fatigue in the process and labor cycles, stability of the internal environment of the body, durable health and low morbidity in standard and changing working and living conditions. An important component of rational motor activity is physical culture and sports motor activity of a person, which is characterized by its volume — the amount of time spent on physical culture and sports for a certain calendar cycle — day, week, month, year; the intensity of classes, measured by indicators of physical activity on the body, oxygen consumption per kilogram of human weight; distribution of physical culture and health-improving classes in the calendar cycle; the content of the tools used in the classes, and the way they are used. A rational, satisfying the biological needs of the body, motor mode increases the body's resistance to environmental influences, including various adverse and critical factors, and contributes to an increase in general and specific performance.

FC can become an element of people's way of life, become an integral part of culture only when the human body is recognized by society, a group, an individual as some value or value in itself, as an object of socially and individually significant nature. The formation of FC and strong skills of a healthy lifestyle of a person is predetermined by the solution of a complex of five groups of tasks:

1. Formation of the spiritual sphere of the individual.

2. Strengthening health, mastering the rules and norms of a healthy lifestyle, increasing the body's resistance to adverse factors of the external and internal environment due to the complete preservation of homeostasis mechanisms.
3. Physical (more precisely, physical education) education of students, including the formation of special knowledge in the field of physical education; improvement of coordination abilities and expansion of motor experience in three planes of space and in various conditions of support.
4. Improvement of those functional properties or conditioning capabilities that determine the success of motor activity.
5. Physical development, formation of the main total dimensions, mass, proportions, body constitution, correct posture, prevention of flat feet, etc.

In state physical education curricula for young students, everything closes at the level of physical fitness. There is no indication of the need to form a healthy lifestyle, i.e. the ability to eat right, observe the daily routine, apply hygienic and hardening procedures, choose the right set of exercises for a particular case, determine the rational sequence and dosage of their implementation, and many other components of FC [3, c.134].

Summarizing what was said in the previous chapters, it should be concluded that FC contributes to the achievement and maintenance of good health, high and stable general and special performance, reliable resistance and labile adaptation to changing and difficult environmental conditions. FC helps the formation and observance of a rationally organized mode of work and household activity that is beneficial to health, provides the necessary and sufficient physical activity, as well as active rest, that is, a rational motor mode (RDR).

Physical fitness classes provide the formation, development and consolidation of vital skills, personal hygiene habits, social communication, organization and contribute to the observance of social norms of behavior in society and discipline, active confrontation with undesirable habits and behaviors.

In the actual implementation of a healthy lifestyle, an increasing role is played by the organizing and regulating activities of society, in particular the necessary standardization of the way of life and the inclusion of active physical education in it. Progressive standardization of everyday life is a rational voluntary and conscious restriction of household activities and filling it with the most useful and socially valuable activities in order to best realize the creative potential of people for their comprehensive development and improvement, the comprehensive development of human abilities and, on this basis, achieving the highest efficiency of useful labor. The standardization of everyday life provides for the need for rationalization; streamlining the motor and hygienic regimen by means of FC, excluding aimless pastime, mandatory inclusion of active FC classes in the structure of the time budget [2].

Conclusion. A healthy lifestyle (HLS) as an updated scientific and everyday concept covers the objective need of modern society for health, physical perfection of a person, in the physical culture of an individual. Describing the socio-cultural aspect of the problem, many researchers rightly noted that the problem of physical culture as a culture of human bodily existence cannot be reduced to any one empirical mode of its manifestation, although at present, both in mass and theoretical consciousness, a narrow understanding of physical culture only as human motor activity. In the role of a synthetic collective concept that can solve the difficulties of analyzing empirical material that helps to comprehend modern phenomena in the practice of physical culture and sports movement, the concept of "healthy lifestyle" is increasingly used. A healthy lifestyle is the most important characteristic of the lifestyle of an individual and society, reflecting the objective need of modern social development. One of the most important social factors in the formation of a lifestyle in general and a healthy lifestyle in particular is physical culture and mass sports. A healthy lifestyle is an active life activity of a person in hygienic and social aspects. A healthy lifestyle is inextricably linked with natural and social conditions and the realization of human abilities in the field of labor, recreation, nutrition, cultural entertainment, adherence to the regime, FCS activities and the fullness of spiritual life. A healthy lifestyle is the improvement of active adaptation to various environmental conditions, and physical culture is the basis for non-specific prevention of violations of various body functions.

The principle of health construction was put forward in the 1920s, and in our time, the theory of health should receive new content and ensure activity in an environmental and technological situation of unprecedented severity, where it is not so much about improving health as about the problem of survival. Physical culture is the core, the main condition for a healthy lifestyle and to a large extent covers the concept and phenomenon of a healthy lifestyle. The process of formation of physical culture is closely related to such objective factors of lifestyle as the economy and the availability of free time, ecology and working conditions, housing and other conditions, as well as the conditions of physical culture and sports [3, c.58].

Список цитируемых источников

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