

A healthy lifestyle

The background image is a landscape photograph. It features a wide, green lawn in the foreground. Several trees are scattered across the middle ground, including a large, dark green evergreen on the left, a smaller, rounded evergreen in the center, and a large, leafy deciduous tree on the right. The sky is filled with soft, wispy clouds, transitioning from a deep purple at the top to a bright orange and yellow near the horizon, indicating a sunset or sunrise. The overall mood is peaceful and natural.

Kolesov Nikita

Health promotion



Three "mechanisms" of health promotion



healthy environments



mutual aid



self-care



physiological

psychological



Physiological elements



Psychological elements

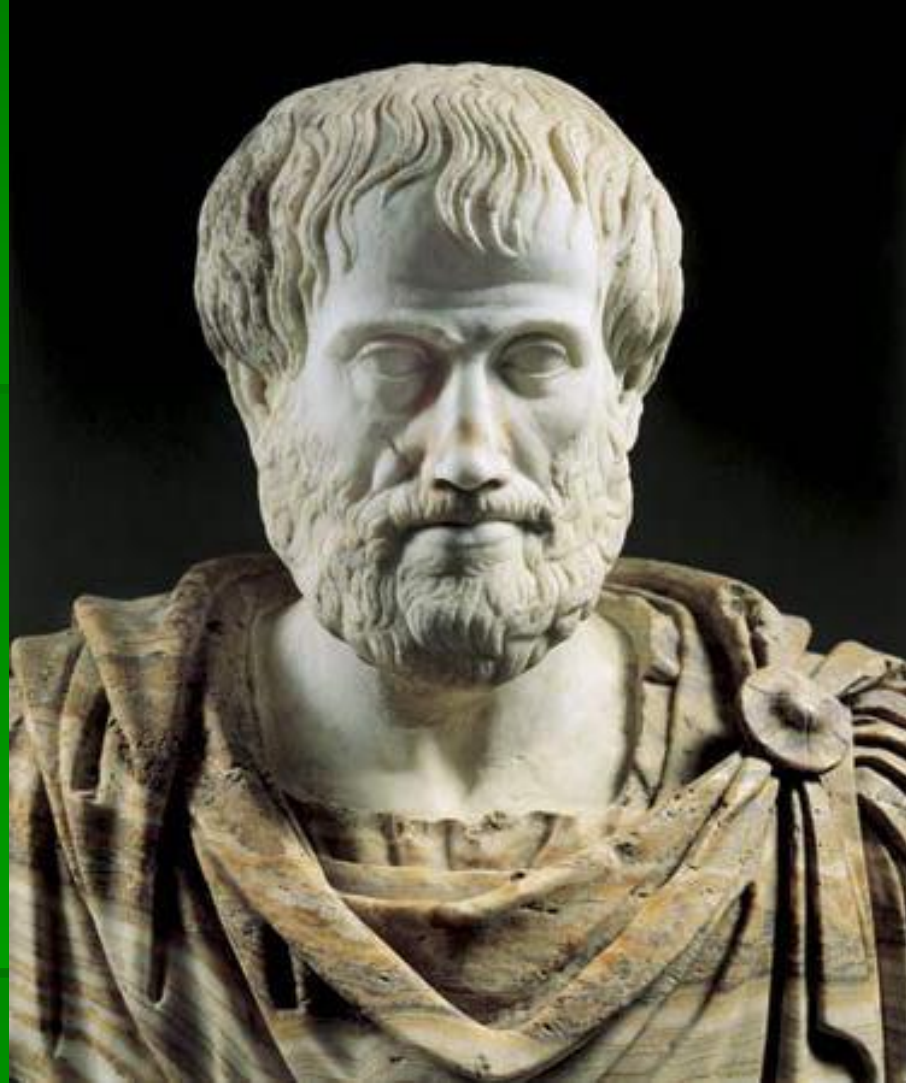


Three stages of the shaping of the lifestyle

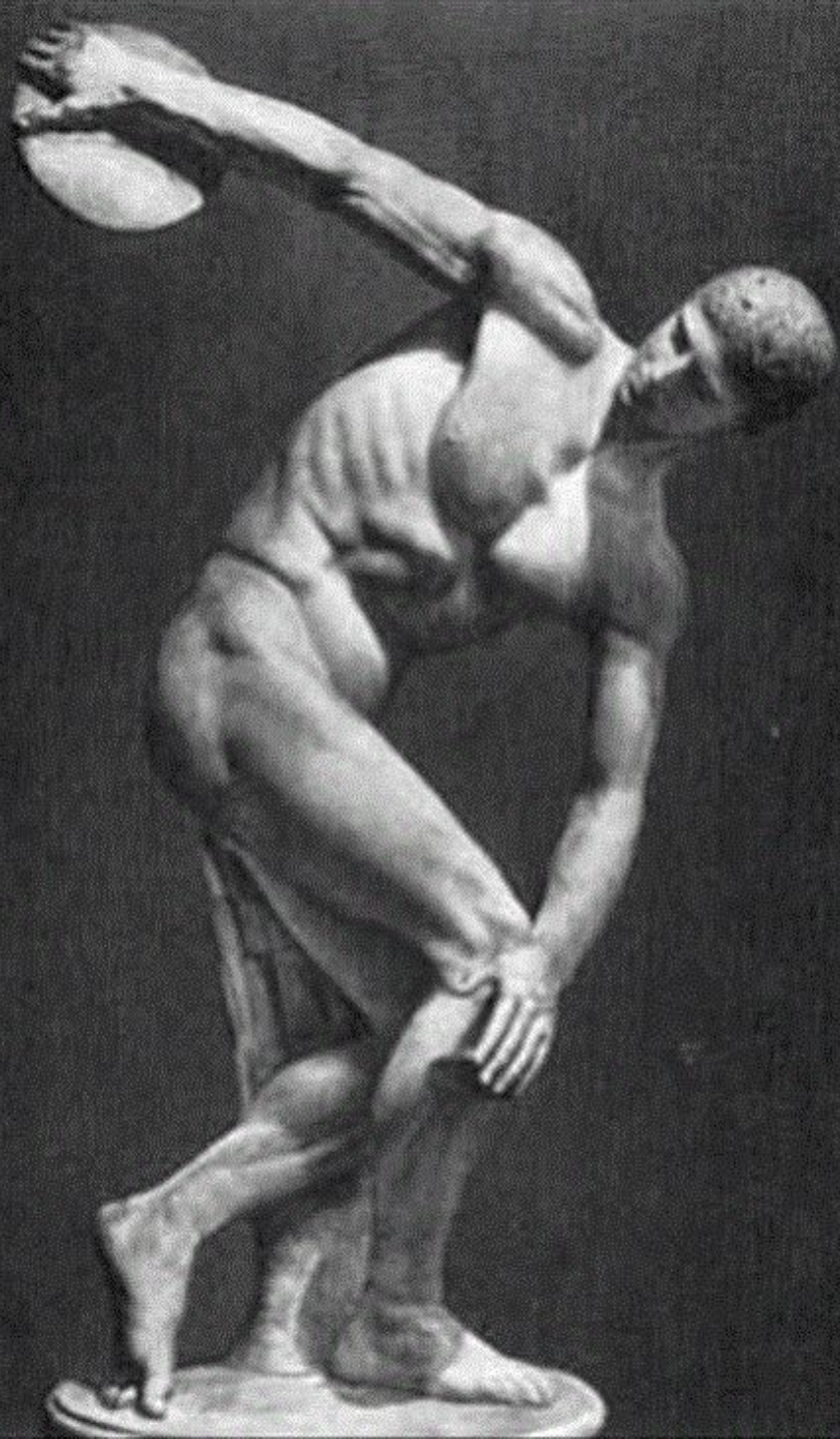


personality





**«The movement is life!»
-Aristotle**





«Movement can substitute any medicine, but no medicine in the world can substitute the healing power of movement.»

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Thank you for attention