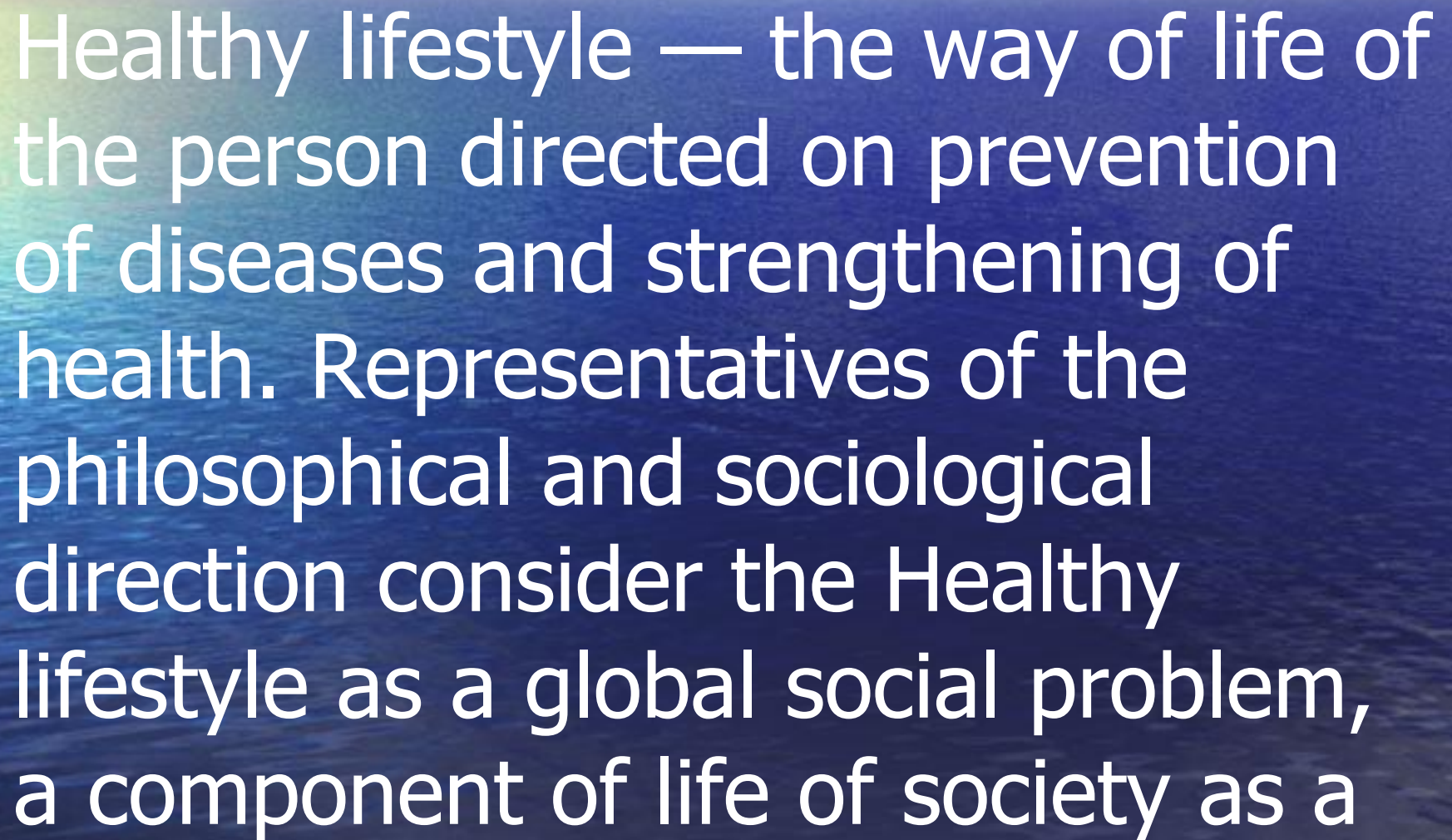


Sports - the Healthy lifestyle.



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Healthy lifestyle — the way of life of the person directed on prevention of diseases and strengthening of health. Representatives of the philosophical and sociological direction consider the Healthy lifestyle as a global social problem, a component of life of society as a

What enters concept - ZOZh?

- Healthy nutrition and healthy sleep.
- Physical activity.
- Refusal of addictions.

ZOZh – healthy nutrition.

- The most important for health of the person is what he eats. And it, say, not always eats useful products. For example, now on free sale there is a number of the products which are adversely influencing a healthy lifestyle. Products of fast preparation, products enter this "row" processed industrially. All of them contain harmful substances in the structure, negatively influencing a human body. Therefore, you shouldn't eat, than got and when got. Decided to conduct a healthy way of life – therefore, it is necessary to observe a diet. The healthy nutrition and diet is a pledge of your future health and longevity.



ZOZh - a dream.

- For health of the person his dream is important. Not for nothing in Russia spoke, "sleeps a powerful dream". Therefore also powerful that the healthy person sleeps. The dream is important for an organism, also as well as healthy nutrition, as, for example, an organism hardening. From that how many the person sleeps, his nervous system depends. For a good dream it is worth preparing the sleeping room: to air, clean excess lighting, excess noise, for example music. And it is natural better to sleep, it is necessary to observe a daily routine from which any negative emotions have to be excluded.



ZOZh - sports.

- Physical culture – here one more factor which plays an important role in healthy lifestyle maintenance. After all each person wants to live longer the life more to manage to make in it something useful to society, for himself, for the family. But, that to manage to make all this, it is necessary not only to live longer, but also not to grow old ahead of time. For this purpose the person has a physical state. And for maintenance of a tone of an organism it would be necessary to go in for physical culture. Occupation of various look by physical exercises will help the person not only to come to a worthy old age, but also to remain in a good form.



Important role in health development – a hardening.

- Tempering the body helps prevent many diseases that occur seasonally. A lot of people suffer from colds, coughs or colds in autumn and spring. And all of that body, these people are not prepared for such tests. With hardening person can avoid premature aging, exhaustion of the nervous system. This simple method can help prolong the life of a person in a piggy bank to add vitality than a dozen years.



A sound mind in a sound body.

- So the vital credo of many people on the earth sounds. Well, and how to be, for example, with addictions? If the person resolved for himself that will adhere to a healthy lifestyle – council of many experts working in this sphere will follow – refuse all the addictions. And there is a lot of those: smoking, alcoholic drinks, drugs. After all everyone knows that smoking won't bring to good. Million people suffer from the diseases caused by this addiction. Many oncological diseases occur thereof. Because of drugs the most part of youth around the world perishes.



Councils for those who wants to lead a healthy lifestyle and to live long life:

- - Define that your vital principle a healthy lifestyle, and precisely to it adhere;
- - Worry about health since youth, there are many diseases which are shown over the years though their roots in the childhood;
- - At big problems with health start passing medical examination periodically;
- - In life observe the principle of the average line;
- - Don't grow stout not to complicate organism work, accelerating aging process;
- - Be always benevolent, silent and reasonable, irritability and turmoil harm to cardiovascular and nervous systems;
- - You don't hold offense, you learn to forgive;



- You remember that a family and close friends the unique value and the main thing in your life;
- - Choose a way to earn money for life which is interesting to you and causes both material and moral satisfaction;
- - Do manual work or fitness, trying to spend most much time open-air;
- - Have active recreation, lack of movements facilitates emergence of some diseases;
- - You sleep 7,5 hours a day (5 standard 1, 5-hour cycles of a dream), rest restores vital force and often treats better than any drugs;
- - You don't smoke, especially don't try to hide from vital obstacles to the world of alcoholic or drug intoxication;
- - Find time for a hobby, it helps to relax and does life of more various; - Don't give in to boredom and don't allow themselves to lose courage.

