

## HEALTHY LIFESTYLE AND MEDICAL CULTURE OF PEOPLE

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### INTRODUCTION

The formation of a healthy lifestyle is carried out through information received by a person from the outside, by correcting the lifestyle with the help of feedback, analyzing one's own feelings, the dynamics of objective morphofunctional indicators, interaction with existing valeological knowledge.

The formation of a healthy lifestyle is a very long process that can last a lifetime. Feedback caused by changes occurring in the body as a result of following a healthy lifestyle does not work immediately, the positive impact of the transition to a rational lifestyle is sometimes postponed for years.

### THE MAIN PART

A healthy lifestyle implies the rejection of many pleasant life circumstances that have become the norm (overeating, comfort, alcohol, etc.), and vice versa, a lifestyle in which there are constant and regular stresses and severe restrictions for a person who is not used to them. In the first period of transition to a healthy lifestyle, it is extremely important to support a person's aspirations, give the necessary advice to show positive changes in his health, functional indicators.

Indicates the effectiveness of a person's transition to a healthy lifestyle if:

- ✓ positively and effectively reducing or eliminating the influence of risk factors, morbidity and, as a result, reducing treatment costs;
- ✓ promotes the health and endurance of human life;
- ✓ while ensuring good family relations, health and happiness of children;
- ✓ as a basis for satisfying a person's need for self-awareness, ensuring high social activity and social success;
- ✓ when this leads to a higher working capacity of a person, reduced fatigue at work, higher labor productivity and, based on this, to greater material wealth;
- ✓ when the rejection of bad habits allows you to rationally organize and distribute the time budget with the effective use of means and methods of active recreation;
- ✓ while providing cheerfulness, good mood and optimism.

✓ Human health depends on many factors and, in most cases, on a person's lifestyle:

- ✓ genetic factors – 15-20%;
- ✓ state of the environment-20-25%;
- ✓ medical care – 10-15%;
- ✓ living conditions and lifestyle of people-50-55%.

### CONCLUSIONS AND RESULTS

The influence of risk factors on a person is purely individual, and the likelihood of developing a particular disease depends on the body's ability to adapt.

A person himself can strengthen his health by leading a healthy lifestyle, but as the body grows and ages, the necessary efforts increase. Unfortunately, health, as an important vital necessity to achieve a particular goal, is realized by a person when old age becomes a near reality.

The value of any action is determined by the significance of the goal, the probability of its achievement and upbringing. A person's behavior or lifestyle depends on the biological and social needs that need to be met (for example, to satisfy hunger and thirst, complete a work assignment, relax, start a family, raise children, etc.).

It is known that diseases of modern man primarily depend on his lifestyle and daily behavior. Currently, a healthy lifestyle is the basis of disease prevention.