

### **PROMOTING A HEALTHY LIFESTYLE AMONG STUDENTS**

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At the moment, the issue of healthy lifestyle among students is very important and requires active discussions aimed at solving some problems in this area. Thus, stress associated with educational, psychological and emotional loads causes a decrease in the level of health of students. Bad habits also play an important role in this issue. Among them, nicotine addiction, alcohol and even drug addiction. Eating habits also have a significant impact, because, as you know, modern youth tend to eat fast food in large quantities. Moreover, it's not so much about personal preferences as about relatively cheap food, which in turn suggests an inexpensive way to spend time with friends on a food court in a shopping center. Another factor is a low level of physical activity or lack of it at all. Many modern students have a gambling addiction and social media addiction, and their screen time is significantly higher than normal. This means that most of the day young people spend in a sitting position, looking at the screen of their smartphone. Unfortunately, a sedentary lifestyle often prevails among students.

The main elements of a healthy lifestyle of a person are proper nutrition, sleep schedule, proper distribution of physical activity, rejection of bad habits, compliance with the requirements of hygiene, sanitation and hardening.

Proper nutrition is a diet that supports or improves your overall health. Proper nutrition provides the body with essential nutrients. However, proper nutrition also implies regular meals, a ban on overeating, and no meals at night.

Physical activity can be defined as any movement of the body that requires energy expenditure. This includes any movement you do during the day, with the exception of sitting still or lying down.

Sleep mode is a daily routine consisting of a fixed time of falling asleep at night and waking up in the morning. This schedule is not limited to the working week. According to the recommendations for sleep hygiene, people

should also follow a sleep schedule on weekends. Students should get 7-9 hours of sleep a night. Strenuous mental work should be stopped an hour and a half before going to bed. Before going to bed, you need to ventilate the room, and in general, the ideal option is to sleep with the window open, if weather conditions allow it.

Based on this, the promotion of a healthy lifestyle among students is most in demand. Students are young people who are in transition to adulthood. During the years of training, a person's character, basic habits and lifestyle in general are formed. Therefore, it is important that this lifestyle is correct in terms of maintaining health. Students are the future of our country, people who will develop it and increase its demographics. Compliance with these simple rules will largely help to raise the level of health indicators, as well as to establish the prestige of healthy lifestyle among students and among young people in general.

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