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8 ПРИНЦИПОВ ЗДОРОВЬЯ

Аннотация: В статье рассматриваются 8 принципов здоровья, которые необходимы для того, чтобы жить полноценной жизнью.

Ключевые слова: питание, упражнения, вода, солнечный свет, воздержание, отдых.

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8 PRINCIPLES OF HEALTH

Abstract: The article discusses 8 principles of health that are necessary in order to live a full life.

Key words: nutrition, exercise, water, sunlight, moderation, rest.

Recently the entire world has gone through a devastating pandemic. It affected practically all spheres of our life: health, work, education... New rules of interaction with people became an essential part of our daily lifestyle, we had to wear masks and keep social distance. Many families lost their loved ones and it seems that every one of us is under the threat of being infected. How can a person in such troubled times minimize the chance of falling ill and preserve his biggest wealth – health?

There is a good English proverb that talks about extremely important and vital theme, it says the following: «Prevention is better than cure». There are principles of health that can protect a man from different diseases and endow him with sound health, clear mind, lots of energy and longevity. Let me introduce them to you.

The first one is NUTRITION. Proper nutrition is the foundation of good health. Your food should be made from healthy ingredients. Eat more fresh fruits and vegetables, do not forget about nuts. Eat 75% of your calories in the first two meals and have only a light meal in the evening.

The second principle is EXERCISE. Action is a law of life. Muscle tone and strength are lost without exertion, but exercise improves the health of body. One can say: «I don't have time» before saying this you should be aware of the fact that for every minute of exercise you gain 2 minutes of longevity.

The third one is WATER. Our body is 70% water and it is extremely important to keep it well hydrated. You should drink approximately 8 glasses of plain pure water a day.

The fourth is SUNLIGHT. Sunlight is supremely important for the body's metabolism and hormonal balance. Sunlight is significant for cancer reduction, rickets prevention, reducing osteoporosis, moreover sunshine can also keep you happy.

The fifth is MODERATION. Epicurus once said: «Be moderate in order to taste the joys of life in abundance». Moderation is so vital. Obesity, alcoholism, drug addiction and many more are all the results of intemperance. Moderation means that you totally abandon the harmful and you are temperate in the useful.

The sixth is AIR. The body's most essential resource is air. More important than food or water, proper breathing and pure air are fundamental to good health.

The seventh is REST. Rest is very important part of the rhythm of life it is just as important as activity and is a period of recuperation. Reasonable use of rest brings healing and recovery. For adults, sleep should be 8 hours for teens 9 hours.

The eighth is TRUSTING GOD. Trust In God directly linked to physical health. The relation which exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health of the physical system. If the mind is free and happy, from a consciousness of right-doing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood, and a toning up of the entire body.

In conclusion, I want to say that we form our health by our own decisions and let all of these decisions be wise and right.

Used literature:

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