

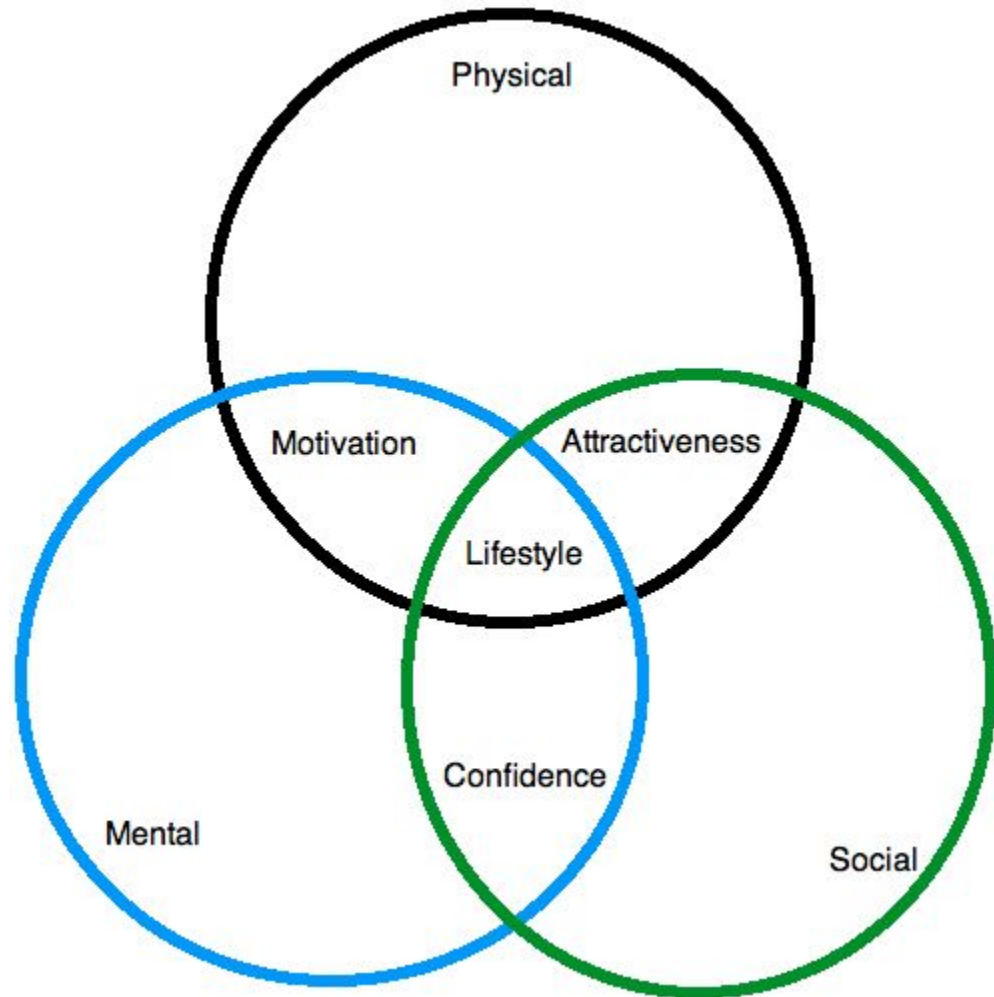


Gymnasium #11

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- A Healthy Lifestyle - Health and Fitness Tips - Improve Your Health and Lifestyle with Lifestyle Healthy!
- If a healthy lifestyle is what you're interested in achieving, then Lifestyle Healthy is where you'll find it.
- Lifestyle Healthy provides information on improving your health and lifestyle, by providing online health care information to enable you to achieve health and a healthy lifestyle.



- You'll find online health care education on a variety of healthy lifestyle issues covering such areas as healthy food, healthy recipes, 24 hour fitness and fitness equipment, man health, womens health, and even tooth whitening.



- Our health is our greatest asset. Without it, our lifestyle suffers, our finances are likely to suffer, our interaction with our families can be affected, and we're likely to be far less happy in ourselves.
- So take your time to browse around, and see just how we can help you improve your health and lifestyle.



- Your Healthy Lifestyle - Improve Your Health Now!

- - Discover how to improve your healthy lifestyle from the inside out

- - Improve your looks ... Lose weight ... Increase muscle and bone strength ... Boost and strengthen your immune system ... Protect against disease and dangerous free radical damage ... Enhance your memory and mental clarity ... Boost your energy and brain power ... Gain more time with your family and friends ... Slash your increasing health care costs ... Unleash your body's healing potential to be healthier, happier and prescription drug free ...



- You cannot have a healthy lifestyle without balance. What I see with so much of the health advice today is it is often unrealistic and unnecessary. In fact, this fanaticism with healthy eating seems to make people less healthy overall. Over the past 20 years, the mainstream healthy lifestyle message has been correlated with an increase in both eating disorders and weight issues.



- Healthy lifestyle - a way of life of the individual to prevent disease and promote health.
- The concept of "healthy lifestyle" is not yet clearly defined. Representatives of the philosophical and sociological trends is considered a healthy lifestyle as a global social problem, part of society in general.
- A healthy lifestyle is a prerequisite for the development of various aspects of human life, they reach a full and active longevity and performance of social functions for active participation in the workforce, community, family, household, recreational forms of life.



- The urgency of a healthy lifestyle due to the increase and the changing nature of loads on the human body in connection with the complexity of social life, increasing the risks of technological, environmental, psychological, political and military nature, provoking negative changes in health status.
- In the narrow biological sense it is a physiological adaptation to the impacts of human features of the environment and changes in states of the internal environment. Authors writing on this topic include "healthy lifestyle" different components, but most of them considered basic:
 - education from early childhood health habits and skills;
 - environment: a safe and suitable for living, understanding of the influence of surroundings on health;
 - cessation of smoking, drug use, alcohol use.
 - Nutrition: a moderate, corresponding to a specific physiological features of human awareness of the quality of used products;
 - movement: a physically active life, including specific exercise (eg, fitness), taking into account age and physiological characteristics;
 - hygiene of the body: the observance of personal and public hygiene, possession of first aid skills;
 - hardening.



- On the physiological state of a person is greatly influenced by his psycho-emotional state, which depends in turn on his mental facilities. Therefore, some authors [5] also highlight the following additional aspects of a healthy lifestyle:
- emotional well-being: mental hygiene, the ability to cope with their own emotions, and problems;
- intellectual well-being: a person's ability to learn and use new information to the best action in the new circumstances. Positive thinking.
- spiritual well-being: the ability to establish meaningful indeed, constructive life goals, to strive for and achieve them. Optimism.
- Some researchers [6] also produce a "social being" - the ability to interact with other people.
- The formation of life-promoting health, carried out at three levels [3]:
- Social: propaganda media outreach;
- infrastructure: the specific conditions in key areas of life (free time, material resources), care facilities, environmental control;
- personality: a system of values-based person, standardization of domestic order.

