

Tomsk Polytechnic University

Healthy lifestyle

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Introduction

Healthy lifestyle - a way of life based on the principles of morality. It must be rationally



Components of a healthy way of life of a student



Work and rest

When properly and adhere strictly to make clear the necessary rhythm and body functioning.



Prevention of bad habits



The dependence of susceptibility exist, are at risk of infantile people, people who can not themselves anything to deny, and intellectual and emotional lazy. То же самое что в

Diet

- The first law is a balance of received and expended energy.
- The second law is the chemical composition of the diet according to the physiological needs of the body for nutrients.



Physical activity



The main qualities that characterize the physical development are the strength, speed, agility, flexibility and endurance. Improvement of each of these qualities

Conclusion



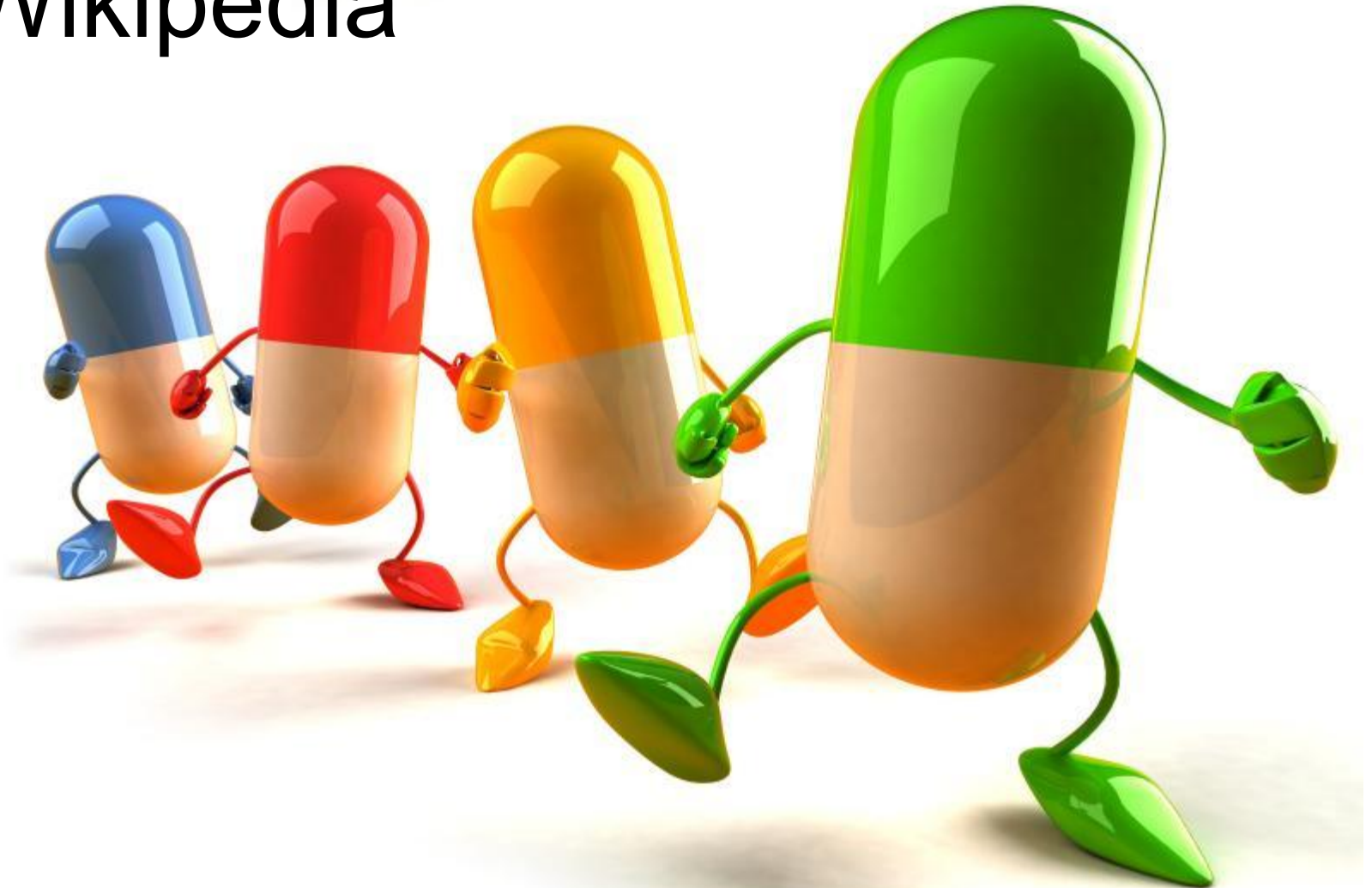
Healthy living is a prerequisite for the development of different aspects of life:

Attainment of active aging and full implementation of social functions;

To participate actively in

Links:

- Wikipedia



**Thank you for
your attention!**

