

A HEALTHY LIFESTYLE, COMPREHENSIBLE TO THE YOUNG STUDENTS

DUMITRESCU Remus*

Department of Physical Education and Sport, University of Bucharest, Romania

* Corresponding author: *remusdumitrescu@yahoo.com*

Abstract

The true concern for lifestyle should include both concern for physical state of health and also concern for mental and soul activities.

The physical body is nothing more than a vehicle for soul and spirit. For the young people, a lifestyle is gradually made with the help of the positive choices.

Keywords: lifestyle, health, students

Introduction

Many of our habits are reflected in the state of health that we have. The mood is also the result of our own lifestyle. Both physical state and mental one largely depend on the daily habits that we have and the way we live. It matters what we eat, if we move, consume alcohol or smoke. Quality of our social relations contributes also to our well being. What is a healthy lifestyle? For every person, this is different. Not all people can cope with a strict diet or moving in a professional rate. A thing is sure. A healthy lifestyle is easily made along the life. Neither it does suddenly appear nor it can be created by a wonder, without sacrifices. Many young people consider the life vices as if they were inoffensive pleasures, but these things get together at a certain moment and they create a vicious circle which will destroy the state of the body (Răzvan Șunea, 2018).

The issue approached

Firstly, for a healthy lifestyle, we have to take into account some aspects. The hours of sleep must be respected. Depending on the body of every person, six or eight hours per night are sufficient for us to feel rested in the morning. Most of the young people neglect this aspect and they sleep only a few hours per night and they are exhausted for whole weeks. The researchers have discovered that the best sleep interval for the body restoration is between half past ten and half past six. It was also discovered that the lost hours in the night cannot be substituted by the ones in the morning or in the day time. The sleep is very important because if you will not rest enough, the body will not resist to the stress of the next day and the effects will not be late to appear. In the long term, lack of rest can lead to very serious illnesses (Binet Alfred, 2013).

This is a problem which is often encountered among students, who don't have time to rest, to learn and also to spend time with their families. To sum up, the essential factor which determines the health of man is even his way of life, in this notion is found the right regime of hours spent learning and resting, rational feeding, maintaining physical activity at a right level, compliance with the rules of individual hygiene, giving up harmful daily habits, the ability to maintain emotional balance during exams and conflict situations (Loti Popescu, 2010).

Health is the state of full physical, spiritual and social well-being. Feeding is another factor for a healthy lifestyle too. In the first side of the pyramid there are nuts, cereals, healthy oils and rice. In the second side of the pyramid there are fish, bird meat, eggs, nuts, seeds. In the top of the pyramid, the researchers put food which we have to rarely consume: red meat, butter, cereals, bread and white flour pasta, potatoes, sugar based drinks and sweets.

Nutritionists recommend to consume food from all product categories, but in small quantities and at well-set hours, depending on the programme of every person. Of course, these are not forbidden, but they should be rarely consumed. The worst mistakes regarding to the healthy lifestyle of the young students are the nutritive ones. First of all, food that we choose to consume, but equally important is their combination. A varied and

balanced diet, a high consumption of thermally unprocessed and high fiber food, minimum salt, sugar and fats are some important principles for a healthy diet. The healthy lifestyle is reflected not only through actions and obvious behaviours, easily noticeable, but also through psychological processes and experiences that can be evaluated by scientific methods (Gochman, D., 1997).

Another element that might be the most important to ensure a weightless, long, healthy lifestyle is sport. The physical exercises are the most important part from a human's life. We cannot talk about health if the physical movement is missing. We can choose any way of movement: running in the park, fitness room, climbing stairs, walking as much as possible, walking or performance sports. Not all young people have the necessary time to do a performance sport or to take care of their body daily. Any way of movement or physical exercises are welcome when all are forms to avoid sedentarism, which is the cause of diseases with a lethal potential. So, without movement does not exist health. Physical exercises bring a series of psychological, but also physical benefits. World Health Organization has identified, by the way, lack of physical activity being the fourth big factor which is responsible for global mortality. What does a sufficient physical activity level mean for health? International recommendations are simple: sixty minutes of movement daily or one hundred and fifty minutes per week distributed over several days. Obviously, physical activity should be adapted to the age, physical conditions and preferences of every person.

The movement is part of the nature of the human body and its proper functioning, from the cellular level to the large systems: muscular, osseous, cardio-vascular or articular. The human body needs movement, its lack leading to a variety of problems in the short and long term. Exercise helps us to keep our heart and circulatory system and lungs in shape, to protect our joints by developing muscles or burning excess calories. Another benefit is the release of endorphins, substances that give us a state of euphoria and reduce the perception of pain (Loti Popescu, 2010).

The general well-being and the reduction of the risk of depression are also given by strengthening self-respect or socializing, if you play sports with your friends or loved ones. How often should we do physical exercises and what sort of exercises is recommended? As with nutrition, we can't even talk about a nail-biting recommendation for physical exercises. In fact, we should move at least thirty minutes daily. It is difficult to find time for sport for young people. When we talk about movement, we refer to something that is more intense than a simple walk (jogging, swimming, aerobics, cycling, etc.), because the muscles and heart must be used properly. It is important to find a physical activity that suits you, that you can practice with pleasure, because otherwise it will be very difficult for you to motivate yourself in the long term. For an optimum health, the American College of Sports Medicine and the Center of Control and Prevention of Diseases (CDC Atlanta) recommend daily burning of at least 200 calories through exercise (John Charles, 1968).

Sedentary lifestyle, physical inactivity is the main cause of many diseases. Physically active people have a higher health status than those who lead a sedentary life. Physical exercises increase metabolism. Through physical effort the rate of burning of calories increases. Calorie burning means accelerating fat's metabolism, for example mobilizing fat. What may seem at first only a small change in the life plan (by introducing proper physical exercises, on a regular basis) can give truly spectacular achievements. Physical exercises should be suitable for age and the activity which is in progress. Losing of the excess kilograms should be done gradually, so as not to disturb other functions of the body. Maintaining weight within normal limits is the guarantor of the absence of obesity and of the diseases it generates. Physical exercises invigorate the muscles. Through them, only the excess fat is lost. A well-trained musculature is not only aesthetic, but also a real help in mobilizing the body. Trained bodies cope with diseases much easier (Manecuta Radu-Ilie, 2000).

Exercises decrease appetite, contrary to what is believed, physical effort does not increase appetite for long periods, but only immediately after effort. It is recommendable that requirements should be supplied with liquids. Exercise helps normalize blood pressure and fat's metabolism. Physical activity forms together with a balanced diet, the basis of a healthy lifestyle which is also very important for maintaining the heart's state of health (Gochman, D., 1997).

What is more, physical activity is a very good antidote for stress, because it helps us relax and sleep well. In fact, any sport activity implies a lower or higher effort, which involves an additional energy consumption than required during normal life processes. Any young man can do simple physical exercises, without worrying that

they will take too long. Also, the negative causes of smoking and alcohol consumption should be remembered. Most of the young people are attracted by these vices which can destroy their physical and mental health and they can cause death too. Because of the temptation of age, it is difficult for students not to fall into these traps, but their complete avoidance is possible and brings clear benefits to the body.

„During training, metabolic burns are intensified. Blood circulation is better and this promotes oxygenation and nourishment of cells. Immediately after training, serotonin is released, which relieves depressive states and sadness. The body digests proteins and carbohydrates four times faster, so it helps the weight loss process. The brain releases endorphins, conferring a state of well-being.

After a few hours after training, self-confidence increases. Blood pressure is regulated. The brain works at a higher level. Sleep quality increases.

„After a few weeks, the immune system becomes more resistant. Lung capacity increases. The body will store less fat. The body manages to regulate the level of blood sugar” (***).

Conclusions

The formation of a healthy lifestyle is not limited to propaganda or to certain forms of medico-social activity. The healthy way of life is determined by all aspects and manifestations of society.

In order to strengthen the healthy way of life, it is necessary to concentrate efforts on overcoming the risk factors of the various diseases, on the fight with alcoholism, smoking, hypodynamics, irrational feeding and conflictual relations.

The essential factor that determines the health of man is his lifestyle, a notion that includes the right regime of work and rest, rational eating, sport.

True concern for a healthy lifestyle should include concern for physical health, but also one for activities of the mind and soul.

The physical body is nothing more than a vehicle for the soul and for the spirit. All young students should think about their body and their state of health and form their lives based on these simple principles.

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