

Научно-исследовательская работа

Предмет

Иностранный язык

Тема работы

“Поддержание здорового образа жизни в XXI веке”

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Contents

I. Introduction.....	3
1.1 Choice of topic and its relevance.....	
1.2 Project goals.....	
1.3 Determination of subject and object of study.....	
II. Main part.....	4
2.1 Balanced diet.....	
2.2 Food lifehacks	
2.3 Physical activity and physical literacy.....	
2.4 Pieces of advice how to be fit.....	
2.5 What diseases and why do Russian children most often get sick?.....	
2.6 Health Organization in previous century.....	
III. Conclusion	12
IV. References.....	13

II. Main part

“There are lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it.”

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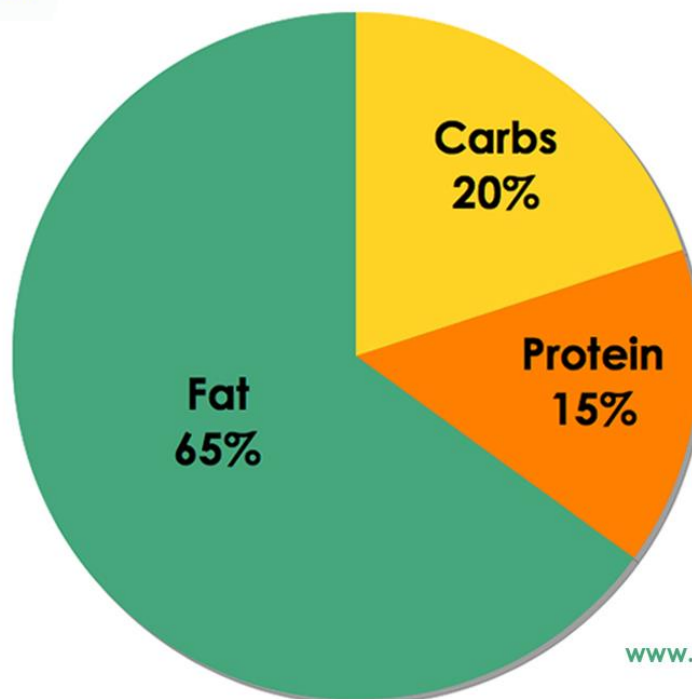
To begin with, one of the best way leading healthy lifestyle - is to consume healthy food. Try to eliminate from the diet meal that contains soft wheat varieties, fast carbs and junk food. The cornerstone of a healthy diet pattern should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.

In today's fast-paced society, people are finding it harder and harder to eat healthy meals on a regular basis. As obesity rates continue to raise people, especially children, need to know the benefit and importance of health and fitness.

While some extreme diets may suggest otherwise, we all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category.



"The Perfect Diet" (Jaminet) Macronutrient Ratios



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Protein gives you the energy to get up and go—and keep going—while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research suggests that many of us need more high-quality protein, especially as we age. That doesn't mean you have to eat more animal products—a variety of plant-based sources of protein each day can ensure your body gets all the essential protein it needs.

Fat. Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart. In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health. Including more healthy fat in your diet can help improve your mood, boost your well-being, and even trim your waistline.

Fiber. Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight.

Calcium. As well as leading to osteoporosis, not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. Whatever your age or gender, it's vital to include calcium-rich foods in your diet, limit those that deplete calcium, and get enough magnesium and vitamins D and K to help calcium do its job.

Carbohydrates are one of your body's main sources of energy. But most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs. Cutting back on white bread, pastries, starches, and sugar can prevent rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat, especially around your waistline.

Good carb sources:

Mixed Beans
Quinoa
Whole Oats
Veggies like spinach, tomatoes, cruciferous veggies
broccoli, cabbage, cauliflower
Fruits such as; mixed berries, oranges, etc.

Bad carb sources:

Baked Goods
bagels, doughnuts, cookies, white bread, English muffins
sugary cereals, chips, coleslaw, potato salad, etc

Good fat sources:

Raw, Unsalted Mixed Nuts
Avocados
Extra virgin Olive Oil
Fish Oil (or Algae Oil)
Flax Seeds (Ground)

Bad fat sources:

Cream,
Ice Cream,
Margarine,
Avoid reduced fat and fat-free snacks
(Eat real, whole foods).

Good protein sources:

Lean Red Meat
(Preferably grass-fed)
Salmon
(Wild-caught preferred)
Eggs
(omega-3 and cage free preferred)
Plain Greek yogurt,
cottage cheese,
or coconut milk yogurt

Bad protein sources:

Heavily marbled meats,
certain dairy products

Moreover there are some lifehacks that will make your healthy life easier:

Prepare more of your own meals. Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food. You'll eat fewer calories and avoid the chemical additives, added sugar, and unhealthy fats of packaged and takeout foods that can leave you feeling tired, bloated, and irritable, and exacerbate symptoms of depression, stress, and anxiety.

Make the right changes. When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives. Replacing dangerous trans fats with healthy fats (such as switching fried chicken for grilled salmon) will make a positive difference to your health. Switching animal fats for refined carbohydrates, though (such as switching your breakfast bacon for a donut), won't lower your risk for heart disease or improve your mood.

Read the labels. It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy.

Focus on how you feel after eating. This will help foster healthy new habits and tastes. The healthier the food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.

Drink plenty of water. Water helps flush our systems of waste products and toxins, yet many of us go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Second way of being healthy is to do some sports. Of course, you should find yourself that kind of sport that will be suitable for you, for your body and your health status. That way you will only benefit from your activity.

Most people recognize that participant in fitness programs improve their quality of life. In recent years, we came to realize that improving physical fitness alone was not always sufficient to lower the risk for disease and ensure better health. This phenomenon was probably due to better physical status or athletic-loving nature of male students.

Most people are aware of their unhealthy behaviors (smoking, inactivity, high-fat diets, excessive stress), they seem satisfied with life as long as they are free from symptoms of disease or illness.

It's important knowledge for us to realize health and wellness including as follows : exercise, increased consumption of fruits and vegetables, smoking cessation.

Physical Activity - exercise, sports, games, fitness, etc. Physical activity should occur throughout a lifespan. A combination of strength and cardiovascular activity is great for health and disease prevention. Cardiovascular activity is optimal when at moderate to vigorous intensities for at least 30-60 minutes more days than not. There are specific recommendations for different ages but this is just a brief summary.

Physically literate person - who is he?

- Physically literate individuals consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement.
- They are able to demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities.

These skills enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment.

● *Physical Inactivity: A 21st Century Health Problem*

Research has shown that one of the biggest health problems of the 21st century is physical inactivity. Not obesity (although that does lead to many health problems), but physical inactivity (re: You can be very thin and still have health problems due to physical inactivity). That's why we should always focus on health prevention and avoid the "I just want to fit into this outfit" mentality. Physical inactivity increases disease, inflammation, and certainly stress (among others).

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, may taste better the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables.

Here's one combination that might work for you:

at breakfast: ½ cup (about 4 large) strawberries on your cereal

with lunch: 6 baby carrots

for a snack: an apple

with dinner: ½ cup broccoli (about 2 big spears) and 1 cup of salad

When you're really thirsty, cold water is the best thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are 4 to 8 years old, drink 2½ cups of milk a day, or its equivalent. If you're 9 or older, aim for 3 cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods.

Here's one combination:

2 cups (about half a liter) of low-fat or nonfat milk

1 slice cheddar cheese

½ cup (small container) of yogurt

If you want something other than milk or water once in a while, it's OK to have 100% juice. But try to limit juice to no more than 1 serving (6 to 8 ounces) a day. Avoid sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

When it comes to exercise, we think about how to “get” fit. But often, starting out is not the problem. The big problem is maintaining it. The official UK guidelines say adults should do strength exercises, as well as 150 minutes of moderate activity, or 75 minutes of vigorous activity, every week. According to the Health Survey for England in 2016, 34% of men and 42% of women are not hitting the aerobic exercise targets, and even more – 69% and 77% respectively – are not doing enough strengthening activity. A report from the World Health Organization last week found that people in the UK were among the least active in the world, with 32% of men and 40% of women reporting inactivity. Meanwhile, obesity is adding to the chronic long-term diseases cited in Public Health England’s analysis, which shows women in the UK are dying earlier than in most EU countries.

Our reasons for beginning to exercise are fundamental to whether we will keep it up. Too often society promotes exercise and fitness by hooking into short-term motivation, guilt and shame. There is some evidence, she says, that younger people will go to the gym more if their reasons are appearance-based, but past our early 20s that doesn’t fuel motivation much. Nor do vague or future goals help (“I want to get fit, I want to lose weight”). The only way we are going to prioritize time to exercise is if it is going to deliver some kind of benefit that is truly compelling and valuable to our daily life.

Also, it is helpful not to try to make yourself do things you actively dislike, says Segar, who advises thinking about the types of activities – roller-skating? Bike riding? – you liked as a child. But don’t feel you have to really enjoy exercise. “A lot of people who stick with exercise say: ‘I feel better when I do it.’” There are elements that probably will be enjoyable, though, such as the physical response of your body and the feeling of getting stronger, and the pleasure that comes with mastering a sport.

Try to move more at work.

Anything that allows you to exercise while ticking off other goals will help. For instance, walking or cycling to work, or making friends by joining a sports club, or running with a friend. Or the goal is to spend more time in the countryside, and running helps you do that. Try to combine physical activity with something else.

A workout doesn’t have to take an hour. A well-structured 15-minute workout can be really effective if you really are pressed for time.

It rains for a week, you don’t go running once and then you feel guilty.

We start to lose muscle mass over the age of around 30. Resistance training with using body weight, such as press-ups, or equipment, such as resistance bands is important. It is going to help keep muscle mass or at least slow down the loss. There needs to be some form of aerobic exercise, too, and we would also recommend people start adding balance challenges because our balance is affected as we get older.



You don't need complex equipment.

If you have caring responsibilities you can do a lot within a small area at home. In a living room, it is easy to do a routine where you might alternate between doing a leg exercise and an arm exercise. It's called Peripheral Heart Action training. Doing six or eight exercises, this effect of going between the upper and lower body produces a pretty strong metabolism lift and cardiovascular workout. Try squats, half press-ups, lunges, tricep dips and glute raises. You're raising your heart rate, working your muscles and having a good general workout. These take no more than 15-20 minutes and only require a chair for the tricep dips – although dumbbells can be helpful, too.

To tell the truth, winter is not necessarily a time to hibernate. Be decisive, put your trainers by the door and try not to think about the cold/drizzle/greyness. It's the same with going to the gym – it's that voice in our head that make us feel like it's a hassle, but once you're there, you think: 'Why was I procrastinating about that for so long?'



Which diseases and why do Russian children most often get sick?

Only a little more than half of children in Russia have relatively good health. The rest of them, if were not born sick would become so at a young age.

The figures say that the number of children assigned to the first group of health (that is, practically healthy, without chronic diseases, with age-appropriate physical development), including preschool children, does not exceed 5–8 percent. With the second group of health (with minor deviations and with insufficient development) ranges from 40-45 percent. About 50 percent are children with the third group of health (with chronic diseases, but feeling well, or with a temporary deviation in the state of health). The rest - less than five percent - belong to the fourth and fifth group (patients with chronic diseases that often get sick or are observed in special clinics). So, if we add up the first and second groups, then it turns out that 45-53 percent of children are more or less healthy.

At the same time, positive incidence trends are observed in children from 0 to 14 years of age, so by 2014 the incidence rate decreased in comparison with 2010 by 6.5 percent. Such preventive medical examinations as a part of the clinical examination carried out as early as in the USSR allowed the Ministry of Health to resume such a complete picture of children's health. In 2015 21.3 million children underwent a routine inspection and 35 billion rubles were allocated from the federal budget for their implementation.

At the same time, over past ten years schoolchildren have become less sick with infectious diseases and diseases of the urinary system, ENT organs. The organization of good nutrition for schoolchildren, immunization, physical education and hardening helped.

In the structure of the incidence in the first place - respiratory diseases, in the second - injuries and poisoning, in the third - eye diseases.

Each subsequent generation is weaker, more painful than the previous one.

This is due to many reasons. With the strengthening of medicine, which now allows children with poor health to survive. But, having matured, they remain painful and give a weakened offspring. These are social factors. Pregnant and lactating Russians often suffer from anemia. And this, in turn, is caused by malnutrition and unhealthy diets. The mother's lack of vitamins and nutrients is passed on to the child, which is not born very healthy.

Devices play an important role in the deterioration of children's health. Computers, smartphones, tablets ...

Modern children spend too much time sitting in front of a computer. Hence, poor eyesight, scoliosis, obesity. A child, especially a small one, should not look at the screen continuously for more than fifteen minutes. If he does it on a computer lessons, he cannot rest in front of the monitor, play computer games. Need to spend time in mobile entertainment, preferably in the fresh air. But in most families, unfortunately, these rules are forgotten.

The overall incidence of children, of course, can be reduced, experts say. But for this, it is necessary to minimize the manifestation of factors affecting the occurrence of chronic diseases in children.

The first is to increase the motor activity of children, for example, write to various sports clubs and clubs. To do this, schools need to provide free or maximum available classes (there are less and less sections recently).

The second is to work out separately the issues related to the organization of the school student's place so that it is as comfortable as possible for the child and does not lead to the development of unwanted musculoskeletal diseases in him.

The third is to buy a good backpack for the child so that his back does not suffer under the weight of textbooks. Or agree with the teacher and leave part of the classroom literature.

The fourth is to choose the right clothes and shoes for the student.

The fifth is to restore in the school canteens a balanced nutrition system based on scientific developments, with the obligatory possibility of choosing healthy dishes.

Health Organization.

The health care system created in the USSR is one of the outstanding achievements of the Soviet people.

From the first days of Soviet power, concern for the protection of the health of the working people was proclaimed the most important task of a socialist state. Under the conditions of devastation epidemics and the fight against internal and external enemies, the construction of the world's first public health system began, based on the most progressive and most humane principles: accessibility and free medical care, preventive treatment, participation of the broad masses of workers in the protection of health.

Since the 50s, the structure of morbidity and causes of death in the USSR has become typical of economically developed countries. The characteristic spread of cardiovascular diseases and malignant neoplasms is associated, in particular, with the "aging" of the population. Advances in medicine have provided lengthening the life of patients with pathology of the heart and blood vessels, which contributes to the known "accumulation" of such patients. Improved diagnosis leads, in turn, to a more complete detection of diseases. Atherosclerosis, hypertension, coronary heart disease, rheumatism are most common. Infectious diseases are dominated by influenza and other respiratory infections, which are one of the main causes of temporary disability. Intestinal infections, in particular dysentery, as a rule, do not have epidemic spread. Respiratory and gastrointestinal infectious diseases are pronounced seasonal. Of childhood infections, measles, scarlet fever, whooping cough, and mumps are noted; the number of diseases is constantly decreasing. In the structure of accidents, the leading place is occupied by non-productive injuries, in some cases related to the state of intoxication.

III. Conclusion

Frankly speaking, in our fast-paced society it's quite difficult to lead a healthy lifestyle. Choosing sedentary lifestyle we provide ourselves with the health problems. The lack of physical activity can!!!! lead to heart diseases. To my mind, everyone should think about his state of health.

As for me, I have been leading healthy lifestyle for several years now. I regularly attend sport school, have workouts in the gym and prefer walking or riding a bike than using a taxi. Speaking of the food, I prefer natural meal than junk food. I try to avoid roasted on sunflower oil products and sweets.

Another key is to seek a healthy lifestyle before health issues and excessive weight gain. It is well known that many health issues are lifestyle related.

The most important key to a healthy lifestyle is commitment and finding ways to blend healthy habits into daily living.

Learning what is a healthy lifestyle, all that it entails and where you are in the picture is the beginning and sets the ground work to start living a healthy lifestyle and staying on track.

Finally, you should try to avoid stress or at least take it easy and don't be too nervous.

Nervousness has a negative impact on our health and causes many diseases. So do the bad habits. Smoking and drinking too much alcohol can be very harmful. Thus, it is not so difficult to lead a healthy life. It may become your good habit. As soon as you improve your quality of life regulate your diet and physical exercises. You will see good results and feel yourself much better. You won't have an idea of returning to your previous way of life anymore.

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