

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ  
КАФЕДРА ІНОЗЕМНИХ МОВ  
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ  
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ  
КОНФЕРЕНЦІЇ  
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ  
КАФЕДРИ ІНОЗЕМНИХ МОВ**

**“TO LIVE IN A SAFER WORLD”**

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## HEALTHY LIFESTYLE

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Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Usually, we start to think about our health when we have some problems with it. Human health is based on genetic factors, lifestyle and ecology. Our lifestyle plays serious role because it is something we can change to improve our health.

Lifestyle is the typical way of life of an individual, group, or culture. It has 45-50% impact of our health. Healthy or unhealthy lifestyle will most likely be transmitted across generations. According to the study, when a 0-3 year old child has a mother who practices a healthy lifestyle, this child will be 27% more likely to become healthy and adopt the same lifestyle. The most important thing in the healthy lifestyle is proper food.

Active lifestyle can be a miracle. Active, open and full of happiness people in 99% are healthy. Health and bad habits are not compatible. If you want to be healthy, you should stop smoking, drinking alcohol and taking drugs. By the way, right schedule of the day is a very considerable part of lifestyle. Right schedule means a healthy 8-hour sleep, getting on going to bed at the same time every day and waking up without the an alarm ( it means you have got enough sleep).

Good mood is one of the main parts of healthy lifestyle. It helps us to stay positive because psychological health is also very important. We should take care of ourselves. It is not meaningless to tell yourself, "I am strong enough; I have the power to improve my life." It is very serious not to be alone. We have much more chances to get the result in company, not alone. Even though, the company should have the same idea, otherwise it will be an obstacle.

No one can deny that our lifestyle is the most influential part of our health. We should take several steps to make our life better, so let's start with healthy lifestyle.