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Название публикации: «GLOBAL VALUE OF HEALTH AND ITS PRACTICAL IMPLEMENTATION IN THE FORM OF ACTUAL DAILY PRACTICES»

Abstract. The major subject matter of the proposed article is the gap between global value of health and its practical implementation in the form of actual daily practices. The article addresses the concept of health in the contemporary society and claims healthy life style ideology to be the essence of contemporary health culture. Thus, this ideology is discussed as a basic framework proposed by the modern discourse with respect to body practices management as it builds up its logic of practice. Meanwhile, health-oriented life style is considered to be a practical logic derived out of it. The article aims to demonstrate that health-oriented life style concept in its visionary ideal form is quite far from being a practical guide for daily human behaviour. Human beings are not ready to fight all their affections although they know much and sometimes they feel they can do much. This means that the basic ground for an evident discord between the high value of health and its practical incorporation into daily activities of concrete individuals lies in the field of physicality matters and civilization's disability to manage them.

Keywords: healthy life style ideology, logic of practice, health-oriented life style.

Introduction. Life style is a way used by people, groups and nations and is formed in specific geographical, economic, political, cultural and religious text. Life style is referred to the characteristics of inhabitants of a religion in special time and place. It includes day to day behaviours and functions of individuals in job, activities, fun and diet. Life style is a way used by The Constitution of the World

Health Organization (WHO, 1960) states, « The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition » (p. 1) In recent decades, life style as an important factor of health is more interested by researchers. According to WHO, 60% of related factors to individual health and quality of life are correlated to life style. Millions of people follow an unhealthy life style. Hence, they encounter illness, disability and even death. Problems, like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy life style. The relationship of life style and health should be highly considered.

Unhealthy life style in today's world. Today, wide changes have occurred in life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy life style that they are used as dominant form of life style. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the Internet and the virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology.

Therefore, according to the existing studies, it can be said that: life style has a significant influence on physical and mental health of human being. There are different forms of such influences. Consanguinity in some ethnicity is a dominant form of life style that it leads to the genetic disorders. Reformation of this unhealthy life style is a preventing factor for decreasing the rate of genetic diseases. In some countries the overuse of drugs is a major unhealthy life style. Iran is one of the 20 countries using the most medications. They prefer medication to other intervention. Furthermore, in 15-40% of cases they use medications about without prescription. Pain relievers, eye drops and antibiotics have the most usage in Iran. While self-medications such as antibiotics have a negative effect on the immune system, if the individual would be affected by infection, antibiotics will not be effective in

treatment. Overall, 10 percent of those who are self-medicated will experience severe complications such as drug resistance. Sometimes, drug allergy is so severe that it can cause death.

Health and fitness . Health is wealth, rightly said. Good health is an essential aspect of human life. Fitness is the cornerstone of good health. The best way of living a good life is by maintaining good health and fitness. One can live life to the fullest only by maintaining good health and fitness. Good health and fitness imply both mental and physical well-being. The basic way to good health and fitness is doing workouts.

Good health is a boon to your body. It helps you physically and mentally. Good health can be maintained by doing regular exercise and maintaining a well-balanced diet. It is imperative to eat proper meals at the appropriate time. The key source of being happy is fit and healthy. It helps us to perform our daily chores properly without being lazy or dull. Regular exercise, a proper routine diet, and peace of mind can help one attain good health and fitness. The maintenance of being fit and healthy requires regular physical exercise with a balanced diet. It is very necessary for all to maintain order to be fit, healthy, fearless of diseases.

As said, « Respect your body, it's the only one you get. « One should always prioritize his or her health. The word health implies the state of being free from illness and gives the idea of being well. Health and Fitness both go hand in hand. Being health has a lot of advantages, and there are ways of being healthy and fit in simple terms of being healthy and fit means taking good care of the body. A healthy mind endures only in a fit and healthy body. A happy mind and a fit body help you maintain the energy to achieve success in life. All of us must aim high to achieve wholesome health.

We live in a world where our life is stressful. We have to go to schools, prepare for exams, tuitions, etc. And for maintaining this daily routine, we need a healthy mind and focused mind. As time goes on, we have changed, our life style has

changed, and we are more prone to eating junk rather than eating healthy home food.

Unhealthy eating can be harmful and can lead to different illnesses. We should eat good nutritious food which is rich in proteins and vitamins. It will help in body growth, give energy, and boost our immune system. Healthy food habits help in preventing various illnesses. Having organic or food containing fiber helps in cleaning the inner body. Pulses, fruits, vegetables should be a daily diet for a healthy body. Daily exercises are also essential. Playing various outdoor games helps the body to maintain fitness. Regular morning walk to keep you fresh as well as fit. Drinking water is also an important part of having a fit and healthy body.

Most people often make mistakes by skipping meals or by doing excessive exercise in order to lose weight. Eating medicines, a cup of soup, or just one meal in a day will not help maintain a healthy body. It will slow down your metabolism and lead to gaining more weight, which will make you feel tired and stressed. An unhealthy and unfit life style also results in premature death. Obesity and lack of physical fitness set the stage for diabetes, heart disease, and other serious health problems.

Conclusion. Health and fitness is the key to a long, active and enjoyable life. It is correctly stated that Health is the actual Wealth that a person can retain. Protecting your body from the intake of harmful substances, doing regular exercises, having proper food and sleep are some of the important instances that define a healthy lifestyle. Being fit allows us to perform our activities without being lethargic, restless or tired. A healthy and fit person is capable of living the life to the fullest, without any major medical or physical issues.

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