

PHYSICAL ACTIVITY AS AN ELEMENT OF A HEALTHY LIFESTYLE FOR CHILDREN AND YOUTH IN POLAND

ФІЗИЧНА АКТИВНІСТЬ ЯК ЕЛЕМЕНТ ЗДОРОВОГО СПОСОБУ ЖИТТЯ ДІТЕЙ І МОЛОДІ У ПОЛЬЩІ

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Abstract. The issues of a holistic model of health, elements of a healthy lifestyle, physical activity and its promotion for children and youth in Poland have been considered. The best types and means of using physical activity and the importance of physical activity in the life of each person have been shown.

Key words: physical activity, healthy lifestyle, motivation, physical activity.

Анотація. Розглянуті питання цілісної моделі здоров'я, елементів здорового способу життя, проаналізована фізична активність та її пропаганда для дітей та молоді у Польщі. Показані найкращі види та засоби використання рухової активності та важливість фізичних навантажень у житті кожної людини.

Ключові слова: фізична активність, здоровий спосіб життя, мотивація, фізичне навантаження.

Introduction. Education and sports activities should be introduced into the lives of children and young people from an early age, it is a priority in everyone's life, because health is important for normal human functioning. Based on a holistic model of health in general, we can say that physical health is one of its main components, it is associated with the body and its individual systems, the biological functioning of the body, its efficiency, endurance and physical fitness, absence of disease and disability. Mental, social, spiritual and sexual health are equally important. An important element of a healthy lifestyle is physical activity, it affects all components of lifestyle (healthy eating, sleep and rest, hygiene and safety, avoidance of stimulants and the ability to deal with stress). The development of physical activity is influenced by the family, school, kindergarten and peer environment. It is there that the most important values are

transmitted and the awareness of the essence of health and physical activity develops. A healthy lifestyle is promoted in the immediate environment. It teaches health-oriented behaviors, encourages, motivates and provides opportunities for exercise [1, 2].

The aim of the study. Conduct a theoretical analysis of literature sources, analyze the use of physical activity as an element of a healthy lifestyle and justify the range of all activities of a children and a youth.

Materials and methods. Analysis and generalization of data of scientific and methodical literature. From the point of view of promoting a healthy lifestyle and promoting physical activity, cooperation between educational environments is important. Large agglomerations offer a wide range of activities. Due to the big demand for such activities, there is greater availability and variety of activities. There are clubs, and opportunity to choose events

and organizers. A small town like Glukholazy (approximately 14,000 inhabitants) offers a variety of activities. Although several disciplines are lacking, accessibility and diversity of activities have developed in recent years, but the role of the local community, parents and a heightened awareness of the importance of a healthy lifestyle in human life are significance. It is important to motivate and encourage physical activity and sports [3].

Results. From an early age, parents, students and teachers are involved in physical education. Such multilevel cooperation brings results. In kindergarten already, children learn the correct examples of a healthy lifestyle through play, which has a positive effect on the proper psychophysical development of one. Children willingly participate in all kinds of physical games. Older children take part in various activities that promote a healthy lifestyle. Educational institutions organize various projects and events. Children and adolescents are invited to participate in various competitions and contests related to health and physical activity.

The area of all activities is very wide, they can be practical or theoretical. There are organized healthy eating days, taught principles of a hygienic lifestyle, performed physical activity, children are cook themselves and health issues are taught in the subject classes. In addition, there are walks, hikes, exercise, physical activity, middle-class gymnastics, outdoor activities, offers for active breaks, picnics and walks for the whole family. In educational institutions, children's nutrition is based on a balanced diet, and programs are often used to provide children with free milk or fruit.

Today there are clubs for karate, taekwondo, athletics, girls basketball, football, cycling and archery. There are ski slopes for bicycles, hiking trails, hiking trails, a sky park and a swimming pool. Adults are not passive too - they organize joint training in running, Nordic walking, yoga, aerobics or swimming.

Of course, the huge value is the creation of public outdoor gyms in the city of Orlików (sports grounds) and the creation of

playgrounds with infrastructure that promotes the development of psychomotor skills and physical activity.

As we know, physical activity is a necessary condition for maintaining physical and mental health [4, 5]. For many years, the WHO has emphasized its indispensable impact on health in its official recommendations. Its Strategy for Physical Activity for Europe 2016-2025, announced in 2015, stated that physical activity plays a preventive role in all age groups, from young children to the elderly, and that awareness of the importance of combating and reduce the occurrence of civilizational diseases: obesity, diabetes and cardiovascular disease.

Physical activity plays a particularly important role in shaping the lifestyle and health habits of young people, influencing their well-being and being an investment in future health. Family, school, peers or the so-called environment plays a huge role here. Perceptions of a healthy lifestyle have changed over the years, although this is now a slow growth trend. That is why it is so important to take measures to promote and disseminate all activities and increase accessibility, enriching the offer of different types of physical activity.

Conclusions. The promotion and dissemination of all activities aimed at raising awareness of children and adolescents about the importance of physical activity are increasing. We know that today health promotion activities are held all over the world, and all this if for our children and grandchildren stay healthy for many years. So they do not have to give up their dreams due to illness or other limitations. Let the slogan - A sound mind in a sound body - be the primary line of all of the above.

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