

## THE TECHNOLOGY OF DEVELOPING THE CULTURE OF A HEALTHY LIFESTYLE AMONG FUTURE TEACHERS

<https://doi.org/10.5281/zenodo.14231998>

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### **Abstract**

*This article focuses on the significance of health, physical fitness, and the culture of a healthy lifestyle in our society. It discusses how understanding the concept of a healthy lifestyle can help instill related values in students. The paper also explores technologies for developing a culture of a healthy lifestyle among future teachers.*

### **Keywords**

*society, health, physical fitness, healthy lifestyle, development, activity, teacher, student, significance, ability, hygiene.*

## INTRODUCTION

Health, in its broadest sense, encompasses the concept of a 'healthy lifestyle,' which forms a crucial part of an individual's general culture. A person's healthy lifestyle reflects their creative potential and capabilities and manifests in their life and activities. It is a complex process that signifies an individual's spiritual, physical, psychological, social, and genetic well-being.

Lifestyle is based on people's needs, goals, and value systems. However, these needs are not always positive or beneficial. A sustainable lifestyle can only be established through needs aligned with the interests of individuals and society. Research by philosophers, ethnographers, historians, sociologists, psychologists, and educators highlights various dimensions of the healthy lifestyle concept, including its philosophical aspects, its role in social relationships, and its developmental impact on society, especially on the formation of healthy lifestyle among youngsters.

## HEALTHY LIFESTYLE IN SOCIETY

In our society, health, physical fitness, and a culture of a healthy lifestyle are highly regarded social values. Ensuring national health and preserving the genetic heritage of the population are closely tied to promoting healthy lifestyles. This requires collective efforts from various social institutions such as families, educational establishments, and community organizations for making young

people alert, knowledgeable, well-rounded individuals. Students' knowledge about healthy lifestyle was systematically approached, model and conception of forming efficiency of healthy lifestyle was created.

#### Components of a Healthy Lifestyle

Health is understood in a broad sense. It is not only absence of disease, but complete condition of physical, moral, ethical, psycho-emotional, social, intellectual well-being. A healthy lifestyle is the only sustainable approach to maintaining and enhancing individual health. Essential components of healthy lifestyle:

- Physical activity
- Positive emotions
- Mindfulness
- Personal hygiene
- Daily routine
- Balanced nutrition
- Temperance
- Positive thinking

#### The Role of Education

The collaboration between schools, families, teachers, students, and parents is pivotal in integrating physical education and healthy habits into students' daily lives. For holistic growth, students must engage in sports and physical education. The importance of physical education during lessons, highlighting its role in strengthening health and overall well-being should be emphasized. Healthy lifestyle is active participation of individual in all forms of his life such as working, social, family and household. Optimal work and enough rest also influence on our health. Physical activity impacts positively not only on physical well-being, but also influences positively on mental health, nervous system and strengthens the well-being of cardiovascular and whole body. There is a law of working which is known for many people. People who do physical work need rest, but it is not related to physical rest and it will be good if mental stress is performed during the rest. Giving medical-hygienic knowledge to students is very urgent for the protection of children's health, forming healthy lifestyle and as a result, creating healthy generation.

#### Healthy Lifestyle Education Technology for Future Teachers

The technology for fostering a culture of healthy living among future teachers involves equipping them with the knowledge and skills to maintain their health and guide their students. Key principles include:

1. Integration:

- Incorporating healthy lifestyle education across all stages of the pedagogical process.

- Embedding these concepts into curricula and activities at educational institutions.

#### 2. Interactivity:

- Activities should be organized with the use of interactive methods such as games, group activities, discussions, practical workshops, and seminars that provide the active participation of students.

- Instead of giving information about healthy lifestyle, it is important to consider the students' personal experience and encourage them to choose healthy lifestyle.

#### 3. Complexity:

- In addition to teaching about the culture of healthy lifestyle, it is important to teach practical skills alongside theoretical knowledge, such as proper nutrition, stress management, psychological well-being, communication skills, lowering the level of impressionability, proper sleeping, maintaining hygiene, staying away from drugs and alcohols.

#### 4. Practicality:

- The training should be practical. Students must acquire skills such as creating a healthy eating program, creating their own physical activity program, stress management methods learning, creating a proper sleep pattern, etc. Technology of forming a healthy lifestyle for future teachers provides the following benefits:

- Strengthening the students' health and increasing working performance.

- Directing future teachers to form healthy lifestyle and teaching them knowledge and skills which are helpful for them and their students to stay healthy.

- Helping student to form healthy lifestyle and strengthening their psychological and physical health.

The technology of forming healthy lifestyle develops the professional activity too:

- Teachers develop their knowledge and skills and learn methods which are helpful for themselves and their student to stay healthy.

- They might learn skills that are helpful for student to form healthy lifestyle.

- Teachers become important members of the society by promoting healthy lifestyle and contributing to the development of it.

Conclusion

The technology for developing a healthy lifestyle culture among future teachers is a vital tool for enhancing students' well-being and fostering healthier communities. It also contributes to professional growth among educators and positively impacts societal attitudes toward healthy living.

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