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## DIFFICULTIES TOWARDS A HEALTHY LIFESTYLE

**Key words:** *health, motivation, healthy lifestyle, family doctor (general practitioner), awareness, harmful habits.*

In modern European society, there is a growing interest in maintaining a healthy lifestyle. It is neither fashionable nor prestigious to be ill. Financially, illness is not profitable. A need for a healthy lifestyle arises for certain groups of the population.

Healthy lifestyle includes the regular implementation of a number of rules determining the preservation and strengthening of human health, the prevention and elimination of bad habits, increasing longevity, maintaining high performance, optimizing the physical, psycho-emotional and functional state [2].

But in the pursuit of health, patients do not always have a clear idea of what the healthy lifestyle is like.

People often believe that maintaining a healthy lifestyle comes down to the completely obvious quitting of smoking and drinking alcohol.

Recently, there has been a growing understanding of the effects of alcohol on the health of people around the world, and there has been a significant increase in the demand for information about alcohol consumption and the damage or harm it causes [3].

Tobacco use is the cause of death and diseases, which is the most preventable. Of all the WHO regions, the highest rates of adult smokers (28 per cent) and one of the highest prevalence

rates of tobacco use by adolescents remain in the European Region [4].

The desire to be healthy, good-looking and happy sometimes leads to the fact that some people, without thinking about the consequences, rush to extremes. Some people go on extreme unbalanced fashion diets, the amazing effect of which they learn from glossy magazines. Others are engaged in physical exercises without taking into account a background pathology and observation of specialists. Still others begin a total body cleansing and are addicted to herbs, dietary supplements and available pharmaceutical products (for example, taking a solution of hydrogen peroxide per os).

It may result in different injuries, allergic reactions, anemia, vitamin deficiency and other diseases, as well as the exacerbation of chronic diseases.

There may be nervous breakdowns and frustrations due to the lack of expected results. And the uncontrolled intake of pharmacological drugs leads to severe consequences. You cannot name this lifestyle healthy.

A similar situation is typical for other European countries. For example, in Belarus, the state makes considerable efforts to promote healthy lifestyle, but the results are very modest [1].

How can the situation be improved? Who will help the patient to choose the best path to recovery?

In my opinion, if a patient is already motivated to lead a healthy lifestyle, it is necessary for him to contact a family doctor. Considering the patient's state of health, the doctor will help to work out an individual rehabilitation plan, determine the optimal physical activity. If it is necessary, he will exclude certain types of foods from the patient's diet.

In order for the desire for a healthy lifestyle not to be short-lived, the mentality of both the patient himself and the

people around him who are able to support morally, should be changed. The best way is to join a healthy lifestyle.

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