

The Impact Of A Combination Of Healthy Eating And Physical Activity On Student Health

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Abstract: This research article explores the significance of healthy nutrition and physical activity in maintaining and improving the health of university students. The study analyzed students' dietary habits, their participation in sports activities, and the effects on the body's functional indicators. The findings indicate that the combination of regular physical exercise and balanced nutrition helps regulate metabolic processes, prevent excess weight gain, and improve mental and emotional well-being. Practical recommendations for promoting a healthy lifestyle among students are also provided.

Keywords: Healthy nutrition, physical activity, student health, metabolic processes, healthy lifestyle.

INTRODUCTION:

In the current era of globalization, the lifestyle of students is changing significantly. In the process of studying in higher educational institutions, an increase in the workload, increased stress factors, lack of sleep, as well as non-standard eating habits have a negative impact on the health of students. According to statistics, cases of overweight, digestive problems, chronic fatigue syndrome, and psycho-emotional instability are increasing among young people. Therefore, adhering to the principles of healthy eating and regular physical activity are important factors in maintaining the student body in optimal functional condition.

The relevance of the topic is that student years are one of the most important periods that determine a person's health throughout life. A healthy lifestyle, eating habits, and physical activity formed at this stage play an important role in preventing diseases in later years. From this perspective, ensuring the harmony of healthy eating and physical education serves to support the stability of metabolic processes in students, improve their mental state, and form high work capacity. Therefore, conducting scientific research on this topic, developing practical proposals, and promoting a healthy lifestyle among students based on them is one of the most urgent tasks today.

Research goal. To determine the impact of the combination of healthy eating and physical activity on

students' health, functional indicators and psychological stability, and to develop scientific and practical recommendations on the formation of a healthy lifestyle based on these factors.

Research objectives. To study and analyze the state of eating habits and physical activity levels among higher education students. To assess the impact of the combination of physical activity and balanced nutrition on the cardiovascular system, metabolic processes and psycho-emotional state of students. To develop effective methodological proposals and recommendations aimed at forming a healthy lifestyle and strengthening health in students.

Literature review. Ketoev's article examines the relationship between students' physical activity and body weight management as a central theme. The author highlights the importance of physical exercise in increasing energy expenditure, stimulating metabolism, and stabilizing weight from a theoretical and empirical perspective. The work highlights factors such as the difficulties of maintaining physical activity consistently in the context of students' lifestyles, lack of time, and infrastructural limitations of the campus environment. This article provides a practical perspective on the topic: recommendations are made about university-level programs to promote physical activity and their positive impact on student weight. The article demonstrates the need to prioritize

physical activity when developing interventions to regulate weight in students and justifies the creation of preventive programs to maintain a healthy weight. Chetyrkin's work analyzes how students' physical habits (exercise, sports, amount of movement in daily activities) affect their mental and emotional state. The author incorporates empirical evidence into the text about the role of physical activity in reducing stress, improving mood, and increasing academic performance. The article also notes the importance of students' intrinsic motivation, social environment, and level of involvement in practical activities in forming healthy habits.

This source suggests that when creating programs to promote a healthy lifestyle, the mental health component should also be given primary consideration, since physical habits determine not only physical, but also psychological outcomes. Sklyar's work comprehensively examines the impact of nutrition on physical and mental health, especially in university-age students. The author focuses on the quality of food - the ratio of macronutrients, the quality of food preparation, the availability of nutrients necessary for regeneration - and analyzes how these factors affect the energy level, concentration, and general well-being of students. Sklyar also discusses unhealthy eating habits (fast food, skipping meals during the day, excessive consumption of dinner) and their negative consequences in the field of cognitive functions and daily activities. Abaskalova's book-monographic works discuss the formation of a healthy lifestyle in educational institutions based on a "systems approach". The author provides a comprehensive analysis of the role of education systems (from school to higher education), the integrated influence of pedagogical technologies, educational programs and the environment in the formation of healthy behavior. Abaskalova emphasizes that the continuous formation of healthy habits can be achieved through the elements of a regulated system - pedagogical approaches, organization, social cooperation and political and educational measures.

This work serves as a theoretical foundation for the development of healthy lifestyle programs aimed at students and requires the coherence of complex measures (education, upbringing, infrastructure) implemented at the university level. The article by Nurgaliyeva and colleagues aims to empirically identify factors influencing the formation of a healthy lifestyle in students. The study analyzes factors such as the social environment, family habits, the infrastructure of the educational institution, economic opportunities and personal motivation. The

authors' findings suggest that a number of social and structural elements work together to shape healthy habits, not just one factor. At the same time, the article emphasizes the need to take into account local cultural contexts and resources when implementing interventions at the university level.

This resource provides practical evidence for the need for a context-sensitive approach to campus-level programming and recommends tailored interventions for different student populations.

The resources presented complement each other and together provide an excellent scientific basis for promoting healthy eating and physical activity among students. Ketoev's article provides a practical demonstration of the role of physical activity in weight regulation; Chetyrkin focuses on the mental and psychological consequences of this activity. Sklyar clarifies the impact of nutrition on cognitive and physical well-being, while Abaskalova highlights the entire system (from school to university) as a foundation for building healthy habits. The empirical work of Nurgaliyeva and her team focuses on the design of interventions, taking into account local factors and the personal and economic circumstances of students.

Research results and discussion .

The study was aimed at determining the impact of a healthy diet and physical activity on student health. First of all, scientific literature on the topic, theoretical sources on a healthy lifestyle were studied. Students aged 18–24 participated in the study. Their eating habits, physical activity level, body mass index, blood pressure, heart rate, and general physical fitness were monitored. Body fat and water balance were assessed using bioimpedance analysis. A questionnaire was also used to assess the psycho-emotional state of students. The data obtained were statistically analyzed and the impact of a healthy diet and regular physical activity on health was scientifically assessed.

The results of the study showed that a healthy diet and physical activity are an important factor in student health. A properly organized diet and regular physical activity help to normalize body weight and body composition, improve the functioning of the cardiovascular and respiratory systems. In addition, such a lifestyle has a positive effect on stabilizing the psychological state, improving mood, and increasing productivity in the educational process.

It was identified that there is a need to expand preventive and educational work among students to support a healthy lifestyle, to form a culture of healthy eating, and to develop effective programs to

introduce physical activity into everyday life. These factors will strengthen the health of students and ensure their physical and mental readiness for future work.

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