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**TOPICAL PROBLEMS OF BSMU STUDENTS' LIFESTYLE
AND WAYS OF DEALING WITH THEM**

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The Bible reads: “Medice, cura te ipsum” - “Doctor, treat yourself first”. No doubt that in order to provide qualified medical help, a doctor must first of all be healthy and experience no malaise.

The students of our university like no other understand the value of a healthy way of life and its long-term influence on health state. Balanced nutrition, moderate physical exercise and stress management not only prevent illnesses but slow down the aging process in the organism and stop the development of diseases caused by genetics. But to achieve the state closest to the concept of absolute health, a person must follow a great amount of rules and restrictions considering the day regime, energy value of nutritive products, time spent on physical exercise and so one. That sounds great only in theory, sparing the fact that all that great labor focused on health sustenance usually needs a lot of material and inward resources.

My report is an attempt to suggest the ways to solve the problem of unhealthy lifestyle among medical students at a minimal cost. Firstly, I will determine the most common lifestyle problems disturbing the students, analyze them and suggest possible models of improvement. Second, I will point out such a notion as «lifestyle medicine» and the way it can “treat” the one’s health state.