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**LIFESTYLE OF STUDENTS**  
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**Relevance.** The problem of students' lifestyle is relevant and very important because regular and balanced diet, physical activity, duration of sleep should be part of their daily lives. Besides bad habits and stress are also the most common problems affecting people today. Pressures and emotional problems, mental and physical effects vary from person to person and can cause physical and emotional disorders.

**Objective:** to study students' lifestyle and give the key to follow a healthy lifestyle.

**Materials and methods.** Internet websites, questionnaires, scientific articles and literature, documentary films and videos devoted to this problem have been studied.

**Results and their discussion.** There were interviewed 200 people at the age of 18. 66% of students try to keep healthy lifestyle, but not always successfully; 18,3% - don't keep healthy lifestyle; 15,7 % - keep it. 66,7% of students believe that healthy lifestyle is popular among young people; 33,3% - disagree with this opinion. 60,8% of students attend gym or do sports at home; 32,9% - don't enjoy sports. 60% of students don't do morning exercises; 40% - do morning exercises very rarely. 64,5% - try to eat healthy food, but not always successfully; 25% - don't eat healthy food; 10,5% - always eat healthy food. 40% of students don't drink water; 60% - try to drink 1-1,5 l of water a day. 65,8% of students are against smoking; 21,7% - smoke sometimes; 12,5% - smoke regularly. 49,3% of students sometimes drink alcohol; 36,2% - are against alcohol; 14,5% - drink alcohol regularly. 68% of students don't get enough sleep; 32% - get enough sleep. 28,1% of students – always eat junk food; 55,6% - eat junk food sometimes; 16,3% - don't eat junk food. 64,7% of students attend PE regularly; 35,3% - don't attend PE. 63% of students don't like their body and physical training; 37% - like their body. 55,6% of students don't organize their day correctly; 44,4% - always organize their day.

**Conclusions.** The studies have shown that many students don't follow a healthy lifestyle and don't organize their day in a correct way. They don't like their body but they don't go in for sports to improve their shape. Besides, we are what we eat. To look and feel better one has to eat adequate amount of the proper foods, because nutrients build our body and allow it to function well. A lot of foods that students like to eat don't have much nutritional value. These foods refer to as «junk food». Sleep has a huge impact on the entire body and mind, but the students of our university suffer from the lack of it as they are overloaded with tasks and medical materials and do their homework at nights. It means that they don't know how to organize their time and can't avoid the development of some disorders and pathologies. The studies have shown that some students don't want to overcome bad habits. The most important thing we can do is to learn to follow a healthy lifestyle.