



**LIFESTYLE**

# WHAT IS HEALTH?

**1.The state of being free from illness or injury.**

**2.A person's mental or physical condition.**

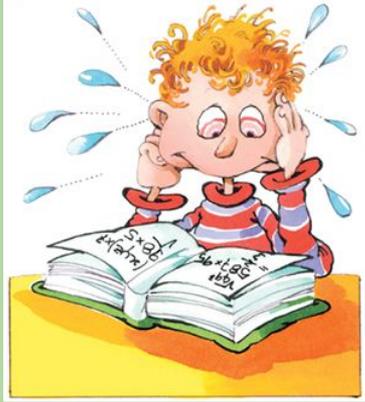
**3.Health is the level of functional and metabolic efficiency of a living organism.**



	ITALY	GERMANY	POLAND	LITHUANIA
DEFINITION HEALTH AND RELATIONSHIP LIFESTYLE/HEALTH	Health is the well-being of body and mind.	Health is the physical and emotional well-being	Health is being ok with your body.	Health is physical well-being, when you are well and feel good.
MAIN DAILY ACTIVITIES AND RANKING  BED TIME - HOURS OF SLEEP	activities we usually do influences our health. The main ones are: chatting with friends, watching TV, doing a sport training (football and volleyball), studying. Italian students usually go to bed at 11:00 pm and they sleep for 7 or 8 hours.	Activities in Germany are mostly studying, sport or other hobbies, surf on the internet or spend time with friends and/or with our family.  Mostly we are sleeping from 21:30/ 22:00 to 6:00/ 6:30 (8 and a half hours)	We play computer games the most, but we also go out with our friends often and sometimes we play sports like football, volleyball and basketball  It's personal to be honest. One can sleep for 6 hours and work like a machine, and other can sleep for 10 and it's still not enough.	Main activities: Studying, eating, sleeping, communicating with friends, playing with computer, watching TV, just relaxing after hard day.  The most of the students sleep for 8 hours a day, sometimes less, if they have too much work to do.

<p>STRESS FEELING (YES/NO)</p> <p>HOW OFTEN?</p> <p>MAIN REASONS</p>	<p>We are very stressed: work and school are very demanding.</p>	<p>We are sometimes stressed from school mostly when we write tests</p>	<p>We' re stressed everyday, when we' re examined by teachers.</p>	<p>Students often feel stressed, because they feel pressure a lot, school work is hard.</p>
<p>OTHER FACTORS WHICH CAN INFLUENCE LIFESTYLE/HEALTH</p>	<p>Substance abuse, unhealthy food, social network, smoke and alcohol.</p>	<p>The social pressure and other things</p>	<p>Life conditions, Country in which u are born, family.</p>	<p>Diet, smoking or alcohol, social activities.</p>
<p>GENERAL EVALUATION OF STUDENTS' LIFESTYLE AND REASON</p>	<p>Some people are pleased with themselves but other people have different problems, for exemple: eating disorder.</p>	<p>The mosts are happy with it but it is different from person to person</p>	<p>It really depends on person.</p>	<p>It depends on student himself, how he deals with it. It can get better or worse.</p>
<p>POSSIBLE IMPROVEMENTS</p>	<p>Maintaing target weight, avoiding drugs, alcohol.</p>		<p>Stop playing video games</p>	<p>Care more about yourself and your well-being.</p>

# MAIN DAILY ACTIVITIES



Study

Social  
Network



Friendship

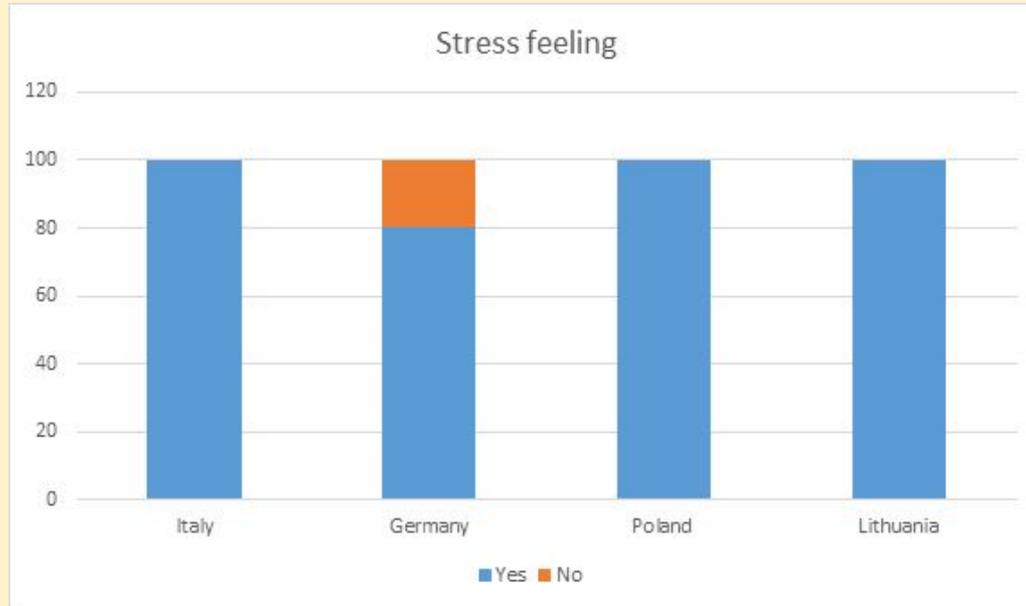


Relax



Sport

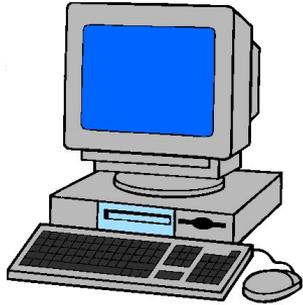
# STRESS FEELING



# OTHER FACTORS WHICH CAN INFLUENCE LIFESTYLE/HEALTH



Negative



Positive



# GENERAL EVALUATION OF STUDENTS' LIFESTYLE



# POSSIBLE IMPROVEMENTS

Target weight



NO drugs

No alcohol

Stop playing video games