

# Longevity, lifestyles and eating

The importance of education

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Edited by  
Donatella Rita Petretto,  
Roberto Pili



Health is a goal to be addressed in each day of life and in each phase of life. Again, ageing well is a goal to be addressed early in life. According to World Health Organization, eating attitudes and behaviours, physical activity, healthy lifestyles, and psychological aspects of life are central pillars in the promotions of wellbeing, health and ageing well. In this book we aimed to approach the complex themes of health, health promotion, longevity, and ageing. The topics are discussed with a multidisciplinary approach, aiming to compare and share current knowledge in physiology, genetics, medicine, psychology and education.



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# INDEX

<b>Introduction</b>	<b>9</b>
Micaela Morelli, University of Cagliari, Italy	
<b>Longevity, healthy lifestyles and eating: the importance of education</b>	<b>11</b>
Donatella Rita Petretto, University of Cagliari, Italy on the behalf of the project's working group	
<b>Genetic basis of nutrition and longevity: the experience of Belarus</b>	<b>15</b>
Aliaksandr Kilchevsky, Institute of Genetics and Cytology, National Academy of Sciences, Republic of Belarus	
<b>Taste physiology and food choice</b>	<b>19</b>
Melania Melis and Iole Tomassini Barbarossa, University of Cagliari, Italy	
<b>Functional foods and health: probiotics in health promotion and prevention</b>	<b>25</b>
Sofia Consentino, University of Cagliari, Italy	
<b>Functional foods and health: phytochemical compounds in the prevention of degenerative diseases</b>	<b>33</b>
Monica Deiana, University of Cagliari, Italy	
<b>Biopsychosocial approach in the promotion of longevity</b>	<b>39</b>
Roberto Pili, Global Community on Longevity, Italy	

<b>On the results of the implementation of the international project “Longevity lifestyles and eating: the importance of education”, in the educational establishment “Belarusian State Medical University”</b>	<b>43</b>
Irina Moroz, Anatol Sikorski, Vadzim Sushynski, Natallia Maroz-Vadalazhskaya, Tatiana Pavlovich, Uladzimir Mazheika, Educational Establishment of the Belarusian State Medical University, Republic of Belarus	
<b>Pedagogical longevity: essence, conditions, personalities</b>	<b>51</b>
Irina Shastsitka, Belarusian Pedagogical State University named after “Maksim Tank”, Republic of Belarus	
<b>Psychological aspects of the formation of motivation for a healthy lifestyle and active longevity</b>	<b>59</b>
Julia Kolyago, Inna Petrashevich, Belarusian Pedagogical State University named after “Maksim Tank”, Republic of Belarus Luca Gaviano, Global Community on Longevity, Italy	
<b>Formation of students’ value attitude to health through the technology of psychophysical training</b>	<b>65</b>
Julia Kolyago, Inna Petrashevich, Belarusian Pedagogical State University named after “Maksim Tank”, Republic of Belarus Gian Pietro Carrogu, Global Community on Longevity, Italy	
<b>The Mediterranean Diet and the lifestyle evaluation</b>	<b>69</b>
Fernanda Velluzzi, University of Cagliari, Italy	
<b>Physical activity and health</b>	<b>75</b>
Andrea Loviselli, Fernanda Velluzzi, University of Cagliari, Italy	
<b>Center “Active Ageing”</b>	<b>81</b>
Nataliya Kizimova Vladimirovna, Bobruisk City Polyclinic 3, Bobruisk, Republic of Belarus	
<b>Ageing and Teulada’s neurocognition – Functioning, quality of life in oldest oldes in Teulada</b>	<b>83</b>
Luca Gaviano, Roberto Pili, Global Community on Longevity, Italy	

**The cooperation between generations and healthy lifestyles: the “Nutri-Action” model** 91

Gian Pietro Carrogu, Roberto Pili, Global Community on Longevity, Italy

**The experience of the authenticity of life as a condition of psychological health in the period of emerging adulthood** 101

Aliaksandr Dziaruhin, Belarusian Pedagogical State University named after “Maksim Tank”, Republic of Belarus

**The promotion of health and healthy lifestyles in all the phases of life and health psychology: conclusions and future research directions** 111

Donatella Rita Petretto, University of Cagliari, Italy  
Roberto Pili, Global Community on Longevity, Italy



## **Formation of students' value attitude to health through the technology of psychophysical training**

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An important component of a healthy lifestyle, in any age period, is the formed need for physical activity and full-fledged physical culture and health activities. Unfortunately, this task has not yet been solved sufficiently by either domestic or foreign pedagogical practice. The increase in the number of people with poor health eloquently indicates that the problem is unresolved. Physical education is mainly aimed at meeting the standards of physical and technical readiness, little account is taken of the interests and needs of students. Health and a healthy lifestyle have not yet become the main value of the population.

There is an urgent need for the formation of students' needs for a healthy lifestyle, education in their conscious, value-based attitude to health, because human health is an important indicator of personal success. An effective solution to this problem involves working in two directions-the formation of a value attitude to health (in theoretical terms); the definition of the content, means and methods of physical education, focused on the priority of physical and mental health (practical plan).

A teacher of a higher educational institution can and should contribute to the solution of the specified tasks within the framework of training sessions by organizing educational activities accordingly. The purpose of our reflections is to describe a variant of modeling educational activities that contribute to the formation of students' value attitude to health through the technology of psychophysical training.

First, in our opinion, it is necessary to define the concept and essence of the process of forming a value relationship.

So, according to the scientist B.I. Dodonov, it is necessary that the subject "planned" a certain value in his mind, directed his activity to mas-

tering it (Додонов, 1979, p. 131). Value-oriented activity, in contrast to the usual, involves the participation of the student as a full-fledged subject of the pedagogical process, since it is accompanied by a strenuous mental work of his consciousness:

- initially, in accordance with the requirements of the value, the subject decides what to do this activity;
- then there is a search for a solution – what should be done to realize this value;
- at the next stage, the subject is looking for a solution to the development of value: how to perform this activity? (Буторин, 2008, p. 7).

In case of violation of the sequence of these actions in the process of mastering the value, there will be a mechanical acceptance of other people's stereotypes of thinking or behavior; the activity will lose its creative, conscious character.

K.A. Abulkhanova-Slavskaya notes that the main mechanism in this process is to solve specific repetitive tasks, during which a person learns to evaluate their own capabilities in relation to the tasks and themselves according to their real achievements (Абульханова-Славская, 1980, p.185).

The content side of the value relation is the comprehending relation of the subject to the object embodied in it, reflecting the real, vital and practical relation of this object to the subject. In other words, we are talking about the worldview of the subject, since the worldview of the subject is nothing but a system of values.

The teacher is obliged to promote a healthy lifestyle in the process of forming a culture of healthy and safe lifestyle among students. This means that the educational process requires the introduction of effective technologies for the formation of a healthy lifestyle.

A striking example of health-forming technology is the technology of psychophysical training, the author of which is the doctor of medical Sciences N.N. Nezhkina (Нежкина, 2010).

The health-forming potential of the technology is realized due to the fact that, in addition to the practical section, the training program contains relevant theoretical material that explains the importance of various types of exercises in the prevention and improvement of the body's condition in the most common health disorders. A mandatory part of

the implementation of the technology is the section of self-diagnosis which involves the awareness of students' individual ideas about their health and the desire to achieve them. In other words-to form a value attitude to their health.

Developed specifically for physical training, the technology of psychophysical training, however, can be implemented in the course of educational activities. Elements of psychophysical training technology that can be implemented in lectures and practical classes as a physical culture minute:

- dynamic aerobic exercises that provide training of the heart muscle, increasing the body's tone," working off "stress, i.e." burning "adrenaline and a number of other effects;
- statical exercises that form a muscle corset and train the ability to arbitrarily regulate muscle tone, allowing you to develop flexibility, the ability to focus, wait, slow down, be sustained, consistent and persistent in achieving the goal, as well as other important psychological qualities;
- relaxation exercises, during which the assimilation of the formulas of the desired level of health: "I believe in myself and my strength", "All difficulties will be overcome", "I will succeed". Such installations are able to release the body from stress, to stop the negative emotional state.

By implementing the elements of psychophysical training technology, you can achieve the goal of forming students' value attitude to their health, which involves:

- having a conscious interest in your health;
- the need to get knowledge about ways to improve your health and mood;
- improve self-organization skills in the field of health,
- provide a reasonable output of accumulated hypersthenic emotions, emotions of joy, calmness, peace, etc.

Thus, the value attitude of students to health is manifested in their way of life and style. To implement the axiological approach to the formation of a value attitude to health in the course of educational activities, it is necessary to focus the attention of students on the need for daily and constant work in this direction (Леван, 2021).

The leading factor in any type of activity of students should be a con-

scious need for a value attitude to their health and the consolidation of such a conscious need. This need is stimulated by a sense of pleasure from activity, performance, a sense of health and the ability to manage their physical and emotional state. The main tools of the teacher in achieving this goal are health-saving pedagogical technologies.

The strategic goal of the teacher's activity is to form an understanding of the value of spiritual and moral health, increase responsibility for their health and education of the ability and need to take care of their own health and the health of others.

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