

HEALTHY LIFESTYLE LEARNT IN THE CHILDHOOD

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Abstract:

The pace of life is nowadays very fast and dynamic: we hurry from one obligation to the other, working hours often extend over the whole day, and ICT surrounding us everywhere and making our lives easier limits in fact our freedom and movement. All factors mentioned above lead into numerous health problems, so it is important to promote healthy lifestyle and thus protect or improve our health.

Our society believes that a school should pass to its pupils quality knowledge and include topical issues and current events in the education process. For example, there is a frequent use of the term health promotion. It includes promotion activities aimed at strengthening, protecting and maintaining physical as well as mental health of an individual (Bajt, M. in Jeriček Klanšček, H., 2017).

We believe that preventive activities and awareness raising should be started already in the childhood. In this regard fifth-year pupils conducted a research on the lifestyle related factors of the pupils. The data collected in the research was used to create guidelines for a healthy lifestyle that were introduced in the school and home environment. Small changes (for example more frequent drinking of water, a minute for health, relaxation techniques learning etc.) improve well-being of pupils. It was found out that they fulfil daily tasks more easily and successfully, as well as they also learn the risks of an unhealthy lifestyle.

Keywords: health promotion, healthy lifestyle, awareness raising, children, quality knowledge