**Questions for testing in the discipline “Healthy Lifestyle”**

1. The concept of health. Risk factors for non-communicable diseases.
2. The problem of obesity as a risk factor for the development of diseases.
3. Physical inactivity is a disease of civilization.
4. Main components of food. Principles of rational nutrition.
5. Anthropometry: measurement of height, weight, abdominal circumference, blood pressure, pulse, calculation and assessment of BMI.
6. Types of tobacco products. Composition of tobacco products and emitted substances.
7. Pathological effects of tobacco and tobacco smoke.
8. Identification of nicotine addiction. Fagerström test.
9. Methods for quitting smoking. Motivating patients to quit smoking.
10. Effects of high doses of alcohol on the central nervous system.
11. Stages of alcoholism. Alcohol abuse detection.
12. The effect of alcohol on the reproductive system.
13. The influence of stress on the cardiovascular and immune systems of the body.
14. Anxiety and depressive disorders. Non-drug correction methods.
15. Methods of hardening the body. Indications, contraindications.
16. Development of individual family planning activities.
17. Prevention of sexually transmitted diseases.
18. Medical prevention - basic concepts, definitions.
19. Types of disease prevention.
20. Forms and methods of preventive work.