

PROLOGUE

Motto:

“Exercise is a sequence of movements that converts fats, carbohydrates and proteins into health, independence and self-confidence”(from Prof. Rehor e-mail correspondence)

The new number of the scientific journal “ActaSalus Vitae” is oriented on problematic of physical activities in the stress and tension management. Stress is a natural part of life and occurs whenever there are significant changes in our live, whether positive or negative. Stress situations, which are “challenge” and “positive”, play very important role in personal and group development and present a high value for life in human society. But when stress occurs in amounts that individuals cannot cope, start complications in mental and physical health. Present manuscripts accent that stress factor may be also a lack of exercise, e.g. hypo-kinesis. In the research analyses oriented on school children were found out increasing of inability to concentrate, irritation, aggression, because resistance of children to stress (especially to stress from lack of movement) is lower, then in adults. Just here is the relation with the used motto of Prof. Rehor, which motivated me so much in this foreword. Any adequate regular physical activity strengthens the skeletal and muscular system, improves the function of the cardiovascular system and strengthens the lungs. Positively influences human feelings that causes increased production of endorphins. Physical fitness (which can only develop physical activity) supports the healthy development of the organism, develops positive personality, enhances the performance of physical and mental activities, facilitates the release of tension and helps to mental balance.

On the other hand, in the background of stress problematic in young people, after the hypo-kinesis are classified neurotic disorders of sleep (late sleep, restless sleep, nightmares). Modes of analysis in non-sportsmen participants identified in 72 % disorders of the circadian rhythms (late sleep, interrupted sleep, lack of sleep). The principal manifestations were depression, hatefulness and anger, apathy, weakness and long-lasting headache. Researches in the wellness area stress the positive orientation in the individual active life style, development in beliefs about the sense of human health promotion.

Let me wish to all participating in the new issue of “Acta Salus Vitae” either authors, readers, editors, reviewers: Happy New Year full of Happiness, Good Health, Prosperity and Wellness development!

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