**Book Review**

**Muller, A. & Bacsne Baba, E. (2018): The Relation between Living a Healthy Lifestyle and Doing Sports. Letavertes: Letavertes Sc.**

Reviewed by Zsuzsa Nagy & Zsolt Kristof

This book describes the logical conception of health and main elements of the healthy lifestyle throughout a holistic-perception. From the main elements of healthy lifestyle the authors do highlight healthy nutrition, stress management, addictions, environmental aspects, physical activities, and sports. The book has a whole chapter about the Positive effects of sports and physical activities both regarding health and prevention. The study also includes a test for health condition and level that eases the Health Check for those who decide to change to a healthier lifestyle.

As the average age-rate increases, the health, health promotion and the number of years spent in health become more and more important by the years. The sedentary lifestyle means, that the importance of popularizing the sport and the healthy lifestyle has increased a lot recently, as it plays a huge role in creating a health-centred, preventive milieu.

Sport is the perfect tool for improving both the personality and the whole human body itself, and also is a great way of creating a team-spirit, or increasing national spirit. Sport also undoubtedly does have a huge role in strengthening family relations or social skills. It is well known that sport is a great way to increase the productivity of a worker that in long term is going to lead to an environmental improvement.

In sport the most beautiful is the noble combat, the carefree fun and relaxation spent with friends and family, all of these in the name of health. I personally do play football since decades. Team sports strengthen solidarity and team spirit. The greatest miracle of ball-sports is the ball itself, with its spectacular colours and fabrics. It improves the coordination and conditional capability while symbolizing a colourful, changing word. The ball rolls over ages and borders, to symbolize that it is a recreational activity available for everyone. In sports, the game is outrageously exceptional as the game itself is an essential of the human. As Friedrich Schiller has written in his letter about the

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esthetical education: “Men only plays when he is men in the perfect and full meaning of the word itself and is only a full people when he plays.”

It is never too late to change your lifestyle, neither does start a new sports activity. I can only recommend it to everyone. This study can help both practically and theoretically those, who would like to get fit and become and remain healthy, or also increasing their work capacity. I also do recommend this book for those who would like to change their lifestyle, which is really difficult, but when you do have the willpower, nothing is impossible, and this book will be your greatest support!

I also do recommend this book for the sports experts of the future, who are going to take an important part in the health education of different age groups. The book includes the experiments of the primer-studies of the authors, and both relevant national and international studies, that are able to support or prove each chapter.

The book starts with the review, in which professor Geza Nagy phrases, that this book mainly gives a helping hand for people working or learning in the field of sport and recreation, health promotion, but he also recommends the book for people motivated for lifestyle changing.

In the section entitled Introducational thoughts, the authors do highlight the positive effects of sport and physical activities. The writers also support their thesis with health-environmental scientific researches, both theoretically and statistically which shows, how could have a nation improve its savings throughout increasing the sport and physical activities. The mentioned fact means that the savings would increase throughout the more productive workers, as the GDP would grow. With this researches, the subject is supported, as it is parallel with both the actualities and the facts about the Hungarians living an inactive lifestyle recently. Although the statistic keeps change for the better, still only a few people choose activity and athletic lifestyle. The books main message can be easily grouped into three main chapters, that is “Health”, “Lifestyle”, and at last but not least “The aspects of sport and physical activities, training in keeping our health condition”.

The chapter titles “Health” is phrasing the theoretic perspective regarding the subject, and also the historical aspects of the terminology itself. In this section, the authors describe both the determination of the exterior and interior elements of health. Our health is determined by the following elements: our lifestyle, our biological facility, the health care system, economic aspects, our relationships with both our friends and family and the authors also do list workspace here. The writers also phrase the elements of lifestyle namely work, food, sport, relaxation and amusement. The health is interpreted in a holistic and treated in a complex way, and the aim is to create a perfect atmosphere both for body and mind.
In the chapter entitled ‘Lifestyle’, the authors highlight, that our lifestyle is also the gage of our life-quality. The authors also describe such studies, that not only write about health, but also deals with the minimum elements of the life-quality itself, such as: health, society, family, learning, educating, work, friends, relationships, household, marriage, nationality, neighbourhood, personality, living standard or wealth.

They describe the various health-models and wellness conceptions that also means holistic health-perception. The thesis is proven by both national and international studies.

The authors list and include the main elements regarding Cooper. This motivates and directs the reader on elements and main aspects of what people must keep when changing their lifestyle and keeping their health in a perfect condition.

The chapter also describes certain lifestyle elements. First of all, it describes the healthy nutrition subject. The subsections importance is supported by statistical data proving that obesity is a worldwide known problem that affects an increasing number of adults and children in both welfare societies, and poor countries. This section also describes the preventive functions of healthy nutrition, proven and supported by researches and studies. It also phrases facts about the BMI index and the practical aspects of it regarding the nutritional value of the products. The authors review the nutritional compositions and elements, and also the groups and importance of these in health promotion. They also do share the recommendations of so-called “CleverPlate” regarding nutrition which also acts like a practical directive for everyday life.

The upcoming lifestyle elements are entitled Stress, including the exact description of the phrase itself, the stress factors, the symptoms of it, and its effects on men’s health.

The greatest achievement of the section is that it lists and briefly describes the best stress relief methods and decreasing the stress level (massage, sport, stretching, yoga, autogenic training, meditation, Qi gong, and bath therapy).

The lifestyle elements include the addiction or the lack of addiction. In this subsection the authors define the exact concept of all addictive chemicals and products such as drugs, alcohol etc. and also describe the negative side-effects of the addictions. They group the immunizing and the risk factors regarding the addictive products, according to family background, qualification, both from the aspects of the peers and society. They also notify us, that the daily activities such as sports and well-structured spare time means a highly immunizing-factor regarding the drug-usage.

Another subsection describes the importance and the effect of the environmental background on or health and lifestyle. From the environmental aspects they highlight the quality of air; and air pollution, as this element has the greatest effect on our health. The authors define that the respiratory diseases (such as asthma, COPD diseases), that are very common nowadays, could be easily cured with high climate, and clear,
unpolluted air. The authors also do support their thesis with their on researches in this field. They also do phrase the assumptions to follow to decrease the effects of air pollution.

Regarding the outer environment the authors do phrase and define instructions according to for example interior that helps health promotion easily.

The authors emphasise physical activities and sports as important lifestyle elements in different subsections throughout the book. They also support their thesis on the positive side-effects of these, and their role regarding health promotion with both national and international research.

The active, athletic lifestyle has a great role in the prevention of obesity (obesitas). The sport has an indisputable positive effect regarding cardiovascular diseases, heart attacks, type 2 diabetes, osteoporosis, cancers, stress-caused diseases. The writers also prove that sport activities do improve the brain functions. This before mentioned positive effect means that students are able to learn more easily, and the elder age-group is going to experiment the increase of the cognitive-functions.

The books main chapter spades the description and importation of the sport and physical activities, and the role of those in health promotion. In this before mentioned chapter the authors supports the exact numbers and percentages they do mention, regarding how do physical activities and sports increase the results of preventing people from diseases and illness, with secunder researches. They define the positive effects of psychical activities that we can experience on or bodies, and also review the recommendations of the WHO organization as daily sport activities for different age groups that also is an instruction that do helps in lifestyle changing.

Then the authors give review of sports and regular action and sport programs, also analysing the positive role and side effects of these in health promotion. People, who would just like to start a more active lifestyle can also choose from this variety. These programs include sports and activities such as hiking, nordic-walking, horse riding, fishing, but the authors also recommends team sports, such as soccer, handball, volleyball, or martial arts, and last but not least such modern activities appear in the book as aerobic, callanetics and functional training.

This book offers you the answer for the everyday challenges of the modern life, as it motivates for doing sports regularly, what is a necessary but not at all sufficient assumption of compensating the sedentary lifestyle.