

VORONEZH N.N. BURDENKOSTATE MEDICAL UNIVERSITY

**GLOBALIZATION ENGLISH THROUGH
MEDICINE: PRE PERFORMANCE ROUTINE
AND YOGA ACTIVITIES**

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Voronezh - 2020

RIGHT HABITS TO MAINTAIN A HEALTHY LIFESTYLE

HEALTHY LIFESTYLE

The infographic features a central illustration of a man in a red tank top and blue shorts standing on a red scale. Surrounding him are eight habit illustrations:

- Daily physical activity:** A man running with a calendar icon showing the number 14.
- Eating more fruits and vegetables:** A man holding a spoon and fork over a bowl of fresh produce.
- Drinking more water:** A man drinking from a water bottle, with four water bottles shown above him.
- Relax and make time for yourself:** A man in a white shirt and tie sitting in a meditative pose.
- Do the things you enjoy:** A man wearing headphones and holding a smartphone.
- Getting 8 hours of sleep:** A man sleeping in bed, with a clock icon showing 8 hours.
- Thinking positively:** A man with his arms outstretched, holding a small angel and a devil.

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STRENGTH AND CARDIO EXERCISES



SPIRITUAL (MORAL) STATE OF THE BODY



PRE-PERFORMANCE ROUTINE(PPR)

PPRs include covert (mental or psychological) and overt (physical or behavioral) elements – procedures to promote optimal mental and physical states of readiness.

PRE-PERFORMANCE ROUTINE(PPR)

readying

imaging

focusing

executing

evaluating

THE EMPIRICAL RESEARCH HAS DEMONSTRATED

positive impact on performance
maximizing attentional control
regulate anxiety
promote self-control and
resilience

YOGA



Yoga is another type of activity that helps a person maintain his spiritual activity.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

SUBTLE BREATH- PRANA



**Prana
(Vata)**



**Tejas
(Pitta)**



**Ojas
(Kapha)**

*Creative
Enthusiastic
Adaptable
Inspired*

*Confident
Motivated
Fulfilled
Radiant*

*Relaxed
Content
Stable
Joyful*

BALANCED ↑ ↓ **UNBALANCED**

*Weak
Anxious
Ungrounded
Disorganised
Overwhelmed
Dull and heavy*

*Hypersensitive
Passive
Tense
Stressed
Over-critical
Irritable*

*Fearful
Weak
Hyperactive
Heavy
Unmotivated
Lethargic*

PREVENTION OF INJURIES

alters muscle tone

potential reduction of
musculoskeletal injuries

stress reduction

REMOVING STRESS

Distress(emotionally draining) -

Harmful or unpleasant stress

Eustress – Useful Stress

Thanks for attention!