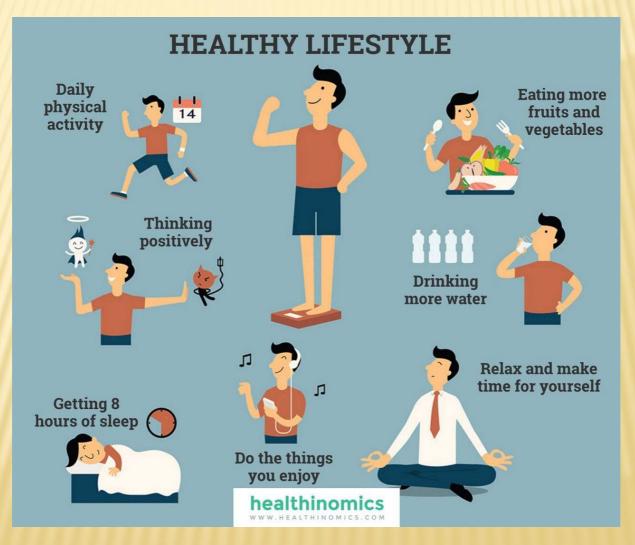
VORONEZH N.N. BURDENKOSTATE MEDICAL UNIVERSITY

GLOBALIZATION ENGLISH THROUGH MEDICINE: PRE PERFORMANCE ROUTINE AND YOGA ACTIVITIES

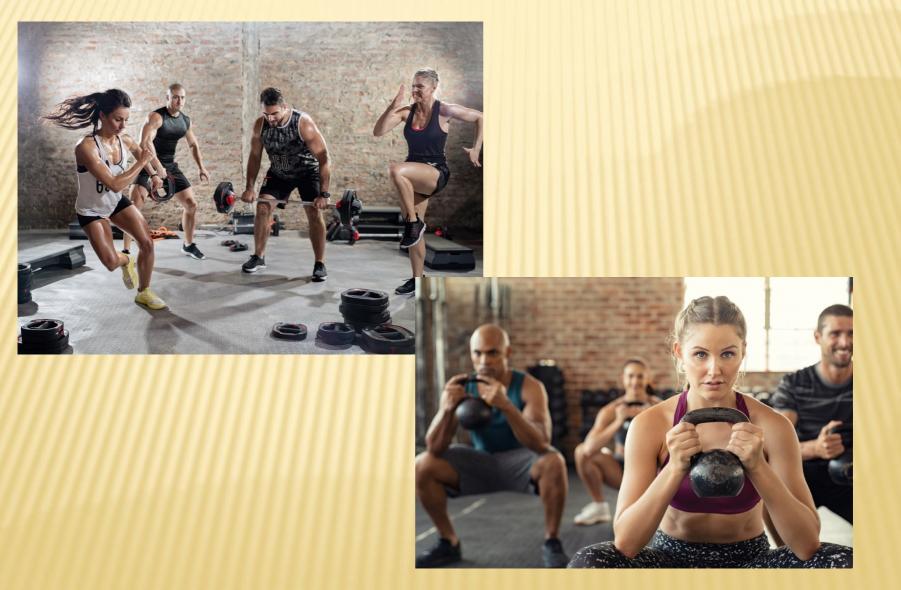
Dorokhov A.E. Simonova M.K. Medvedeva A.V.

Voronezh - 2020

RIGHT HABITS TO MAINTAIN A HEALTHY LIFESTYLE



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

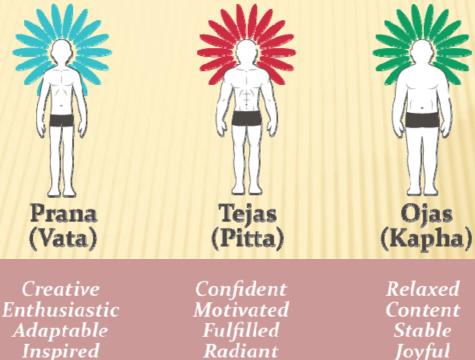




Yoga is another type of activity that helps a person maintain his spiritual activity.

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

SUBTLE BREATH- PRANA





Ojas

JUNBALANCED **BALANCED**

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!