



TITLE: HEALTHY HABITS AND LIFESTYLES: FROM YOUNG TO OLD AGES

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ABSTRACT (up to 300 words)

Lifestyles addresses to several expressed behaviours, usually by behaviours patterns, which characterizes how an individual or a group fit into society. However, human tasks and those behaviours in daily living, its denoted a reduction in mortality from infectious diseases and an increase in longevity. Although, the appearance of unexpected chronic-degenerative diseases that negatively affect the quality of life have been found when some behaviours, defined as “good” and “adequate” lifestyles are not considered. The lifestyles are a set of mediating structures and personal guidelines that reflect a significant number of activities, attitudes and social values closely related and that depend on economic and social conditions, education, age, mental and psychological issues and others. It is based on historical and cultural experiences and emerges from a set of decisions, over which the individual assumes control, thus, the lifestyle and healthy habits are revealed to be fundamental in the promotion and protection of health.

This abstract will lead to describe and present several investigations developed in which lifestyles could be considered adequate through our life period starting in young people, maintaining them during adulthood and in older ages.

BIOGRAPHY (up to 200 words)

Dr. Samuel Honório, is a full-time teacher in the Polytechnic Institute of Castelo Branco – Higher School of Education, Portugal. He is a member of the Sports and Well Being Department and in SHERU (Sport, Health and Exercise Research Unit). Serves as an Adjunct Professor, has a PhD in Sport Sciences and a Post-doctorate graduation in Physical Activity and Health, with several investigations in the field of Healthy Habits and Lifestyles. He also as a master’s degree in education sciences and a bachelor’s degree in teaching of Physical Activity. He is also an author and co-author of several books and articles in the field.

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