**Protocol of the Meeting between MOU "Secondary School No. 43 named after A.S. Pushkin with Advanced Study of the German Language" in Yaroslavl, Russia, and Yubei District, Chongqing, China**

**Theme: "Healthy Lifestyle: A Holistic Approach to Well-being"**

**Participants:**

* **Badretdinova Oksana**, English language teacher – Introductory speech.
* **Tabunova Tatiana** – Welcome words.

**Ren Maosheng- Welcome words.**

**Students of Grades 7-8:**

1. **Piven Tihon**– "What is a Healthy Lifestyle? Physical, Mental, and Emotional Well-being."
2. **Оkladnikova Aleksandra**– "The Role of Nutrition in Maintaining Health: Balanced Diet and Its Impact on Learning."
3. **Dolganova Viktoriia** – "Physical Activity and Its Importance for Health: From Daily Exercises to Sports."
4. **Andronov Gleb** – "Physical Education at School: Activities and Benefits for Students: School Sports Club Achievements and Participation in Competitions."
5. **Roshin Semen** – "Psychological Health: Stress Management and Emotional Resilience."
6. **Anohin Maksim** –"Ecological and Local History Expeditions: 'We are the Children of the Volga.'"
7. **Pronyakin Timur** – "The Importance of Sleep and Rest for a Healthy Lifestyle."
8. **Ivanova Veronika** – "School Initiatives and Programs Promoting a Healthy Lifestyle."
9. **Cherevachenko Egor** – concluding "The Importance of a Healthy Lifestyle for Longevity and Success."

**Demonstrations and Practical Activities:**

1. **Simple Fun Exercise Routine** – Led by **Dolganova Victoria** (video demonstration and live participation).
2. **Basic Knot Tying for Hiking** – Demonstration by members of the "Odyssey" Tourist Club.
3. **Healthy Cooking Demonstration** – Presentation of balanced meals by **Okladnikova Alexandra**.

**Chinese Students of Grades 1-6:**

**1. Tu Yuanhao, Wang Yiduo & Ran Yuchen-"Balanced Diet”**

**2. Tao Chenxu&Zhang Junjia -“adequate sleep”**

**3. Tang Yuchen & Tan Yumo-“regular exercise”**

**4. Chen Kexin, Liu Jinshi & Ping Xirui-“good hygiene habits”**

**5. Li Junting, Qiushihan, Hekeyan &Tan Yujin-“Reduce screen time”**

**Conclusion:**

* **Moderator** – Summary of the key points discussed and the importance of a balanced approach to health.
* **General Photo Session** – Participants hold posters with slogans and drawings on the theme of a healthy lifestyle.

**Key Points Discussed:**

1. **What is a Healthy Lifestyle?**
   * A healthy lifestyle involves maintaining physical, mental, and emotional well-being.
   * It includes proper nutrition, regular physical activity, adequate sleep, stress management, and avoiding harmful habits.
2. **Physical Health:**
   * Regular physical activity (e.g., sports, walking, cycling) is essential for maintaining health.
   * Proper nutrition, including a balanced intake of proteins, fats, and carbohydrates, is crucial.
   * Sleep is a vital component of health, with at least 8 hours recommended per day.
3. **Psychological Health:**
   * Emotional resilience and stress management are key to psychological well-being.
   * Brain training exercises can improve cognitive function and emotional stability.
4. **School Initiatives:**
   * Physical education classes and sports clubs play a significant role in promoting health among students.
   * Participation in outdoor activities, such as hiking and expeditions, fosters teamwork and a connection with nature.
5. **Active Recreation:**
   * Activities like cycling, skiing, and water tourism are excellent ways to combine physical activity with relaxation.
   * School programs, such as the "Odyssey" Tourist Club, encourage students to engage in outdoor adventures and develop survival skills.
6. **Nutrition and Learning:**
   * A healthy diet positively impacts academic performance and overall well-being.
   * School canteens provide balanced meals to support students' health and learning.
7. **Community and Environmental Engagement:**
   * Participation in ecological expeditions, such as "We are the Children of the Volga," promotes environmental awareness and a sense of responsibility towards nature.

**Conclusion:**  
A healthy lifestyle is a multifaceted concept that requires a balanced approach to physical, mental, and emotional health. By integrating proper nutrition, regular physical activity, stress management, and active recreation into daily life, individuals can achieve overall well-being and lead fulfilling lives. Schools play a crucial role in promoting these values through educational programs, sports activities, and community engagement initiatives.

**Final Note:**  
The meeting concluded with a shared commitment to promoting a healthy lifestyle among students and fostering international cooperation in health and well-being initiatives.

Табунова Т.А. :

Уважаемый г-н Жэнь Маошэн, коллеги, студенты, я рад приветствовать вас на сегодняшней встрече. Тема нашего телемоста – Обеспечение здорового образа жизни. Здоровый образ жизни — это многогранная концепция, которая требует сбалансированного подхода к физическому, психическому и эмоциональному здоровью. Интегрируя правильное питание, регулярную физическую активность, управление стрессом и активный отдых в повседневную жизнь, люди могут достичь общего благополучия и вести полноценную жизнь. Школы играют решающую роль в продвижении этих ценностей посредством образовательных программ, спортивных мероприятий и инициатив по вовлечению общественности. Желаю всем нам продуктивной работы сегодня и здоровья.

Dear Mr. Ren Maosheng, colleagues, students, I am glad to welcome you to the meeting today. The theme of our teleconference is Ensuring Healthy Living.

A healthy lifestyle is a multifaceted concept that requires a balanced approach to physical, mental, and emotional health. By integrating proper nutrition, regular physical activity, stress management, and active recreation into daily life, individuals can achieve overall well-being and lead fulfilling lives. Schools play a important role in promoting these values through educational programs, sports activities, and community engagement initiatives. I wish us all productive work and health.