

DOI: 10.18522/1997-2377-2024-138-5-138-141

UDC: 33

## Active outdoor recreation as a system-forming factor in the formation of a healthy lifestyle of the population

**O. Zhukovets, G. Shapoval**

*In the article, the authors consider domestic tourism as part of the implementation of the national tourism project in Russia in 2025–2030. The authors pay special attention to outdoor recreation and its varieties. The authors conclude that outdoor activities within the framework of domestic tourism is a system-forming factor in the formation of a healthy lifestyle of the population.*

**Keywords:** domestic tourism, healthy lifestyle, physical activity, patriotic education, active recreation

### References

1. Вигель Н.Л., Шаповал Г.Н. Биоэтика. Киров: Межрегиональный центр инновационных технологий в образовании, 2019. 55 с.
2. Ageeva N.A., Wiegel N.L., Shapoval G.N. Semantic algorithms of bioethics // Bioethics. 2019. No. 2(24). P. 6–11.
3. Ageeva N.A., Shapoval G.N., Vlasova V.N. [et al.]. High level of legal awareness formation in medical students. Way from competencies to competence // Espacios. 2019. Vol. 40. No. 9. P. 11.
4. Kuleshin M., Nemashkalov P., Plyako O. Historical consciousness in the process of forming ethnic stereotypes of material culture // Научный альманах стран Причерноморья. 2020. № 1(21). С. 29–35. – URL: <http://science-almanac.ru>
5. Kushnir I.B., Ivushkina E.B., Morozova N.I., Samodelov A.N. The resource constraints of the tourism industry growth in Russia // Growth Poles of the Global Economy: Emergence, Changes and Future Perspectives. Сер. «Lecture Notes in Networks and Systems» Plekhanov Russian University of Economics. Luxembourg, 2020. С. 109–120.

**Государственный морской университет имени адмирала Ф.Ф. Ушакова, г. Новороссийск, Россия**  
**Ростовский государственный медицинский университет,**  
**г. Ростов-на-Дону, Россия**

**September, 23 2024**

---