



<https://ozdrowiezbaj.pl/aktualnosci/jak-zachecic-dziecko-do-sportu/>

What do I consider to be the greatest threat to mankind, and why?

According to the guidelines of the World Health Organization, a child aged 5-17 needs a minimum of 60 minutes of exercise per day. In addition, five times a week they should exercise for half an hour with a more intense effort, after which there will be a feeling of fatigue. For younger children, WHO recommends 15 minutes of such exercise three times a week.

Studies show that we can reduce the risk of developing civilization diseases such as cancer, type 2 diabetes, heart diseases and back pain. The risk of back pain can be minimised by reducing the time spent sitting. Many studies show that sitting is damaging for us, and physical activity has many social and economic benefits and can contribute to the goals of balanced development.



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Scientists say that as a human species we unfortunately have a tendency to laziness. However, for our better well-being and health, we should fight it.

An excess of duties and an increasingly faster pace of life leads to stress. Constant work, lack of time for yourself and the ability to respond to stress is dangerous to health. As overworked people, we become more and more nervous, and in the end, we lose control over our emotions. This can lead to the development of dangerous diseases, such as depression, anxiety or neurosis.

LACK OF EXERCISE IS WORSE FOR HEALTH THAN SMOKING CIGARETTES.

According to the results of research carried out by scientists from Cleveland, lack of exercise is worse for health than smoking, because of the dependence between the length of life and physical activity. The Cleveland researchers' experiment involved 122,000 people and aimed to correlate movement and life expectancy. The results are surprising, namely it turns out that people who do not practice physical activity have a much worse prognosis than patients with diabetes, overpressure or even people who smoke cigarettes. Interestingly, the research began in 1991. Over the following years, they collected data on the life mode of the subjects, their form of work (physical, sitting) and the

death indicator. The result was published in the journal "Jama Network Open", which clearly showed that a lack of physical activity shortens life, and the length of life depends on aerobic efficiency.

Lack of exercise has a similar impact on the length of our lives as disease or addiction. However, experts emphasise that not only how much we move, but also how much and how we eat, is the key to health. To maintain good condition and health, WHO recommends at least 150 minutes of moderate intensity physical activity or 75 minutes of intense physical activity per week, or a combination of both.

We do not have to leave the house to exercise.

The recommended level of physical activity can also be achieved at home, without special equipment and with limited space. Virtual classes are becoming more and more fashionable and you can use social media such as Instagram or Facebook to exercise at home. A large number of personal trainers make exercise sets available on YouTube. To be physically active, it is enough to want to break our laziness.

Daily physical activity has a number of benefits for our health. It improves fitness, lowers blood pressure and helps maintain cholesterol at the right level. It also helps to improve well-being and, reduce stress and release more energy. Together with a varied and well-balanced diet, it allows you to prevent obesity, which is very dangerous for our health.

Do not sit at home, go for a walk.

The impact of walking on health is very often underestimated, and according to experts, just 30 minutes of walking a day improves the functioning of the circulatory system, strengthens bones, helps in reducing body fat, and increases muscle strength and endurance. These are, of course, few of the advantages that result from regular walks. They also reduce the risk of developing type 2 diabetes, heart disease or osteoporosis. The biggest advantage of this type of activity is that walking does not require any specialised equipment or a gym pass. All you need is time and willingness.



<https://nianio.com.pl/zabawy-z-dzieckiem-na-swiezym-powietrzu/>

Run

Running is one of the most commonly practiced sports. You'd probably love to start running yourself, but you see a lot of obstacles. Getting up early, lack of time, and of course bad weather conditions. If you're done making excuses, get organised and get down to business. Finding 30 minutes a few days a week is really not that much. When it comes to the weather, you have no power over it. However, running in the rain can be really fun. All you need to do is prepare well.



<http://www.doradca-sportowy.pl/pl/doradca/bieganie/280/bieganie-w-deszczu/>

The lack of movement among adults and children is undoubtedly a great problem for civilization on a global scale. It is a great threat to civilization. Let's remember that children are excellent scientists and if we adults do not encourage them to play sports, the problem will be deepened, especially in times of rapid development of technology, where we can watch on TV screens, tablets or phones. I think that the problem will increase in the future so let's not sit at home, let's go for a walk. Maybe a good alternative to introduce movement in our busy life would be to get a dog that, regardless of the situation or the weather, will demand to leave the house.

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<https://kobietapo30.pl/podejmij-decyzje-zmien-swoje-zycie/>

Make decisions

I consider decision-making to be one of the greatest skills we need to succeed in our chosen field.

A decision is nothing more than making specific choices. Every day we are faced with specific decisions, such as the choosing what clothes to wear and what to eat.

In business, decision-making is a procedural and technological management process with multiple economic and psychosociological conditions.

Decisions can be considered in two senses: broad and narrow.

In a broad sense, it is a complex process consisting of the registration and evaluation of information, the identification of a problem and the application of an average criterion for selection, determination and issuance of decisions.

In a narrow sense - decision-making is only one of the stages of the decision-making process and means a conscious act of will of the decision-maker making a non-random choice of one, from a set of possible variants of solving the decision-making problem.

Decision-making is related to the process of choosing the right course of action. It also requires choosing the best option from many possible solutions. In life, we are faced with many kinds of problems that face the task of making a single choice.

Different types of situations in which decisions need to be made require different strategies and approaches to the decision-making process. These decision-making processes are tied to sequences of thinking and taking action, which a person must undertake. As with other effective strategies, intelligent decision-making comes in a feedback form. A decision-making strategy requires determining the methods that a person uses in the process of making a decision.

We need time to make a decision.

Making decisions day by day is becoming more and more difficult. The modern world attacks us with a multitude of options to choose from. We have more and more products, offers and services available on the market. In addition, there is time pressure and specific requirements of customers, contractors or employees. In all this multitude of issues and choices, how does someone make an effective business decision that they will not regret? What should an entrepreneur do for whom the wrong decision can result in disastrous consequences? Making a mistake is extremely easy.



<https://mtc.pl/podejmowanie-decyzji/>

Making the right decisions is undoubtedly the skill I will need to succeed in my chosen field. Bad choices and bad decisions are undoubtedly felt in our lives for a long time, and sometimes the effects of bad decisions affect us for the rest of our lives. This is why decision-making is undoubtedly a skill which we should always think about very well. Happiness, anger, disgust, sadness, surprise, fear, contempt – these are basic emotions, which in the common understanding can be given an outlet at home or in the circle of friends, but not in the company. Business doesn't like emotions.

Negotiation.

Another important skill immediately after making a decision is negotiation.



<https://ibd.pl/wiedza-dla-biznesu/negocjacje-w-biznesie-definicja-rodzaje-strategie-zasady-etapy/>

Negotiations are a sequence of mutual moves by which parties seek to achieve the most favourable solution possible to a partial conflict of interest, and they must be aware of the partial unity of interests. A situation in which the benefit is obtained only by one party can be called a quasi-negotiation, manipulation or persuasion aimed at extortion. Negotiations in business are subject to the same rules.

The aspiration of every person entering into negotiations should be to achieve a state of affairs that would not be possible without talks and mutual concessions. In other words, negotiations are a process in which two parties partly diverge and partly converge on their interests to reach an agreement.

We also negotiate in our daily lives. These are also, and perhaps above all, situations that each of us, functioning in the family, professional environment and society, have to deal with every day.

It is also not necessary to associate negotiations with settling serious disputes and easing quarrels. If we want to push through our vision or idea, we will need negotiations – the use of reasons and arguments.



<https://pfr.pl/aktualnosci/webinarium-paih-abc-eksportu-negocjacje-w-biznesie.html>

Negotiations are needed in conflicts.

Conflicts are a common phenomenon and an inseparable element of the functioning of individuals and communities in every enterprise. Negotiations are a key element of internal communication in an enterprise at the time of such conflict, which is a potential crisis factor for the company. At the same time, it is a complex and complicated process of interpersonal communication, in which parties with partially divergent interests and strive to reach a satisfactory agreement.

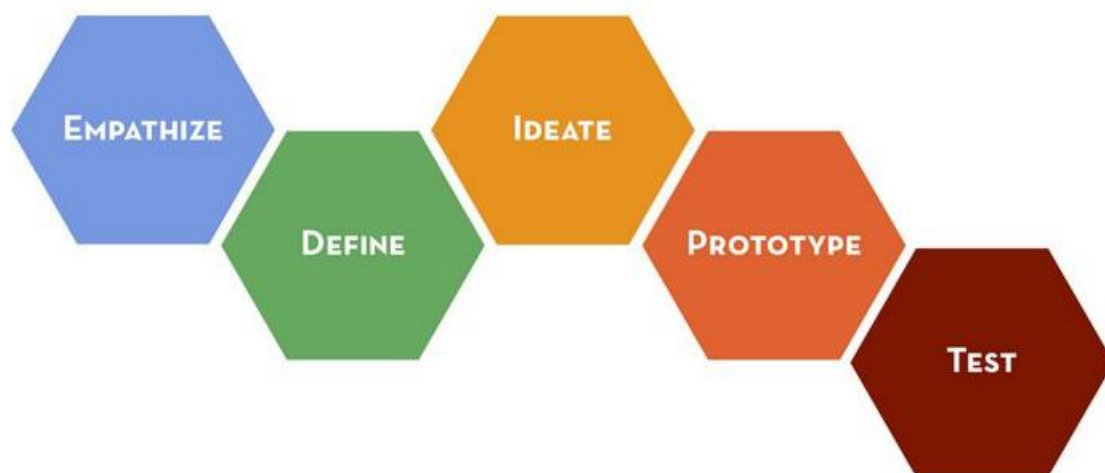
For me, negotiations are necessary to avoid conflicts. Therefore, without doubt, they are very important features that we need so that, together with good decisions, they prevent conflicts in the environment in which we operate.

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Advantages and disadvantages of design thinking.



<https://ichi.pro/pl/czy-myslenie-projektowe-to-naprawde-bs-6454107124722>

Design Thinking is a method tracing back to the 50s of the last century. However, this method has reached its greatest popularity in recent decades, proving itself in business projects and social innovations. We can also observe a trend to adapt Design Thinking in other areas, i.e. education or culture. Design thinking is the simplest method of solving problems or services that will respond to real problems and needs of the user.

Types of design thinking.

Currently, there are several models of project thinking. In one of the popular methods, we have to go through the following stages:

Empathising - that is, entering the user's situation and looking at the problem from their perspective.

Defining a problem – conceptualising the problem of a given person or target group.

Generating ideas - a storm of possibilities that allows you to draw as many possibilities as possible to solve the problem.

Prototyping - building prototypes and verifying them by potential users.

Testing - getting feedback, solving the problem.

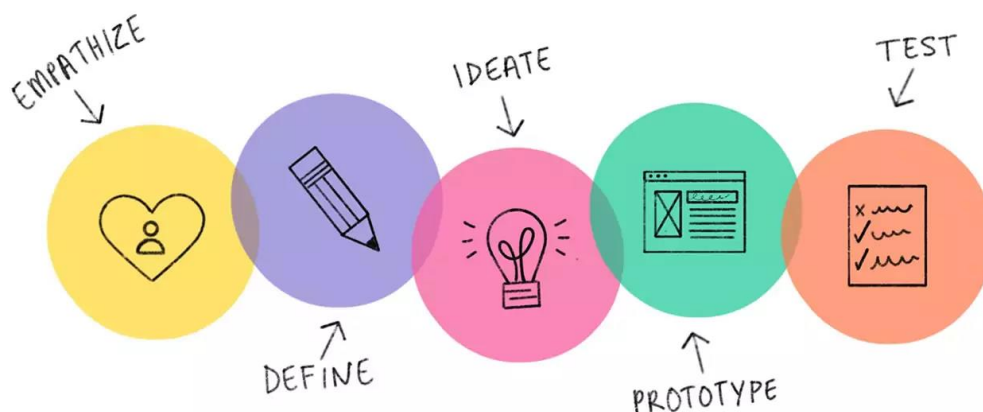
The most important thing in this method is to focus on the desires, problems and needs of the user. This is the principle without which the whole process becomes unusable. It is also important in this method to quickly introduce ideas and solutions into life with the help of prototypes, which allows

for timely verification of the purpose of the concept. An important principle of Design Thinking is also interactivity, a principle that at any time allows you to return to the previous step and check whether the solution really responds to the real needs of the user.

Design thinking is a team game, and the organisation of the team's work is sometimes difficult. Organising the work of a dozen or so people, we have to harmonise four elements with each other: date, time, place and duration of the meeting. On the one hand, project thinking helps to achieve results faster, but on the other hand, the collaborative nature of work and making decisions may take more time than in the case of individual work. Decisions may also be made inaccurately. The risk of Design Thinking is that people who have values, opinions or ideas different from the majority of the team, may go unnoticed, ignored and not taken into account in team work.

DESIGN THINKING DISADVANTAGES:

- Requires longer involvement on the part of the user.
- Duration of the project is longer.
- Can neglect negative cases.
- Systemic constraints should be taken into account



<https://www.devteam.space/blog/how-to-use-the-design-thinking-process-to-develop-a-product/>

THINKING DESIGN ADVANTAGES

"COGITO ERGO SUM" Descartes

The great advantage of design thinking is versatility. It can be used by both large corporations and small organisations. It uses analysis and dedications, without giving up creative approach and intuition. It is also an optimistic thought, because it assumes that all limitations can be overcome.

AN EXAMPLE OF THE USE OF DESIGN THOUGHT IN MY FAMILY.

Sandwich for breakfast, lunch and dinner? Is it possible to live like this for a long time? Well, I assure you that you can. After a longer observation of my youngest son and after long conversations, after "entering" his world and the child's situations, by looking at the world from the child's perspective, I and my household members found that I had a huge problem to solve. My son was afraid to eat. He was afraid to try new dishes, his fears were that he would suffocate, and even die. The situation looked really serious.

Defining the problem – we ask ourselves what exactly is the problem and why?

Generating ideas – together with the members of my family with the help of a family doctor and a school psychologist, we came to the conclusion that we are dealing with food neophobia. Food neophobia is defined as the fear or reluctance to try new or unknown foods, but also those that look unknown, due to being given in a form that was previously foreign to the child.

The great success of the work of several people was the naming of the problem. The next step was to propose as many ideas as possible to solve the problem.

Prototyping – after a long and hard work, we reached the stage where we had to breathe into life ideas that until now were some kind of abstractions. You must use all the possibilities, anything that will allow you to literally touch the idea, evaluate its quality and put it into practice. In our case, these were rewards for my son, for each probe of a new dish. The prizes were about a dream toy or spending time in the way he dreamed of.

Testing – the last and extremely important step is to test the developed solution in the environment in which it will be implemented in life. This stage allows you to correct all the shortcomings of the model, but it should be remembered that empathy is the foundation of the entire design thinking process. Testing on my son's problem is still taking place today. It has been going on for several weeks and is a huge challenge in such a situation, but together with the created group we will be able to achieve the desired goal. We have often returned to the previous stages of design thinking, because a problem of this type is not easy to solve, but I believe that design thinking does help us in the existing situation.



<https://ncez.pzh.gov.pl/dzieci-i-mlodziez/neofobia-zywniowa-zaburzenie-czy-etap-w-rozwoju-dziecka/>

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Link to blog: <https://magdajanas1978.wordpress.com/>