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# EFFECTIVE PROPHYLACTIC MEDICAL EXAMINATION AND ADEQUATE PHYSICAL ACTIVITY AS COMPONENTS OF THE ANTI-AGING PROGRAM AT THE ENTERPRISE OF THE BELGOROD REGION

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## Summary

The article presents the results of a study to assess the effectiveness of clinical examination carried out at an enterprise in the Belgorod region, and the results of a survey of employees of this enterprise on the question of whether they have chronic non-infectious diseases and the frequency of physical education. The obtained data will be used for the development and implementation of an anti-aging program at the enterprise of the Belgorod region, which in turn will be one of the measures to prevent aging. According to the results of the study, it can be concluded that the effectiveness of the ongoing medical examination among employees of the enterprise in the Belgorod region can be concluded.

It should also be noted that the majority of respondents note that they have chronic non-communicable diseases. As for the frequency of physical education, the main component of the respondents do physical exercises on average once a week, but the share of employees who answered that they do not do it at all is quite large. In the future, we will develop a corporate anti-aging program for an enterprise in the Belgorod region.

**Key words:** clinical examination, chronic non-communicable diseases, physical activity, anti-aging programs, prevention of aging

[References to the article |](#)

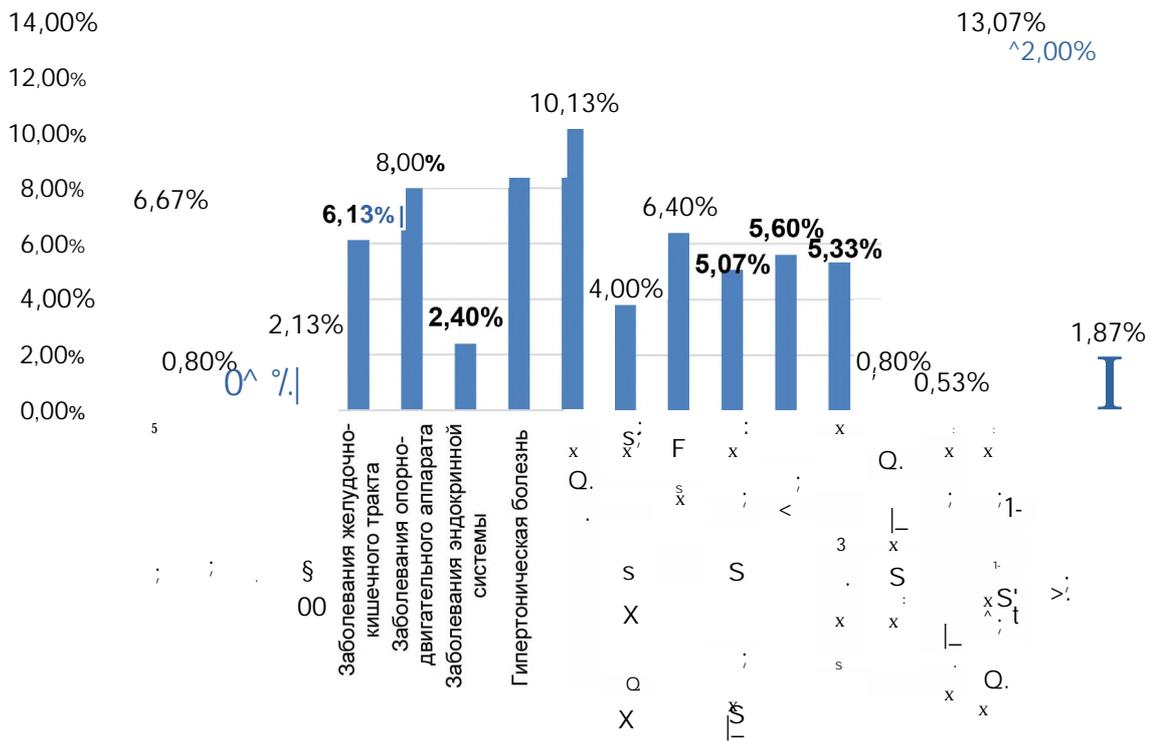
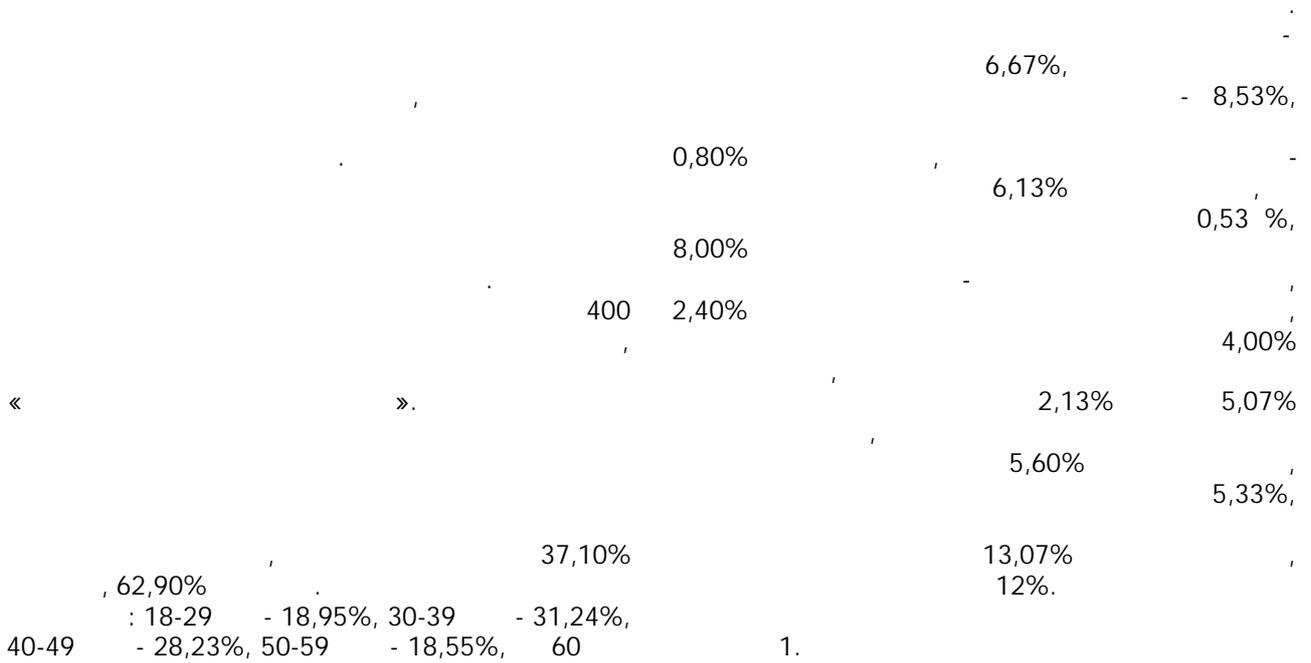
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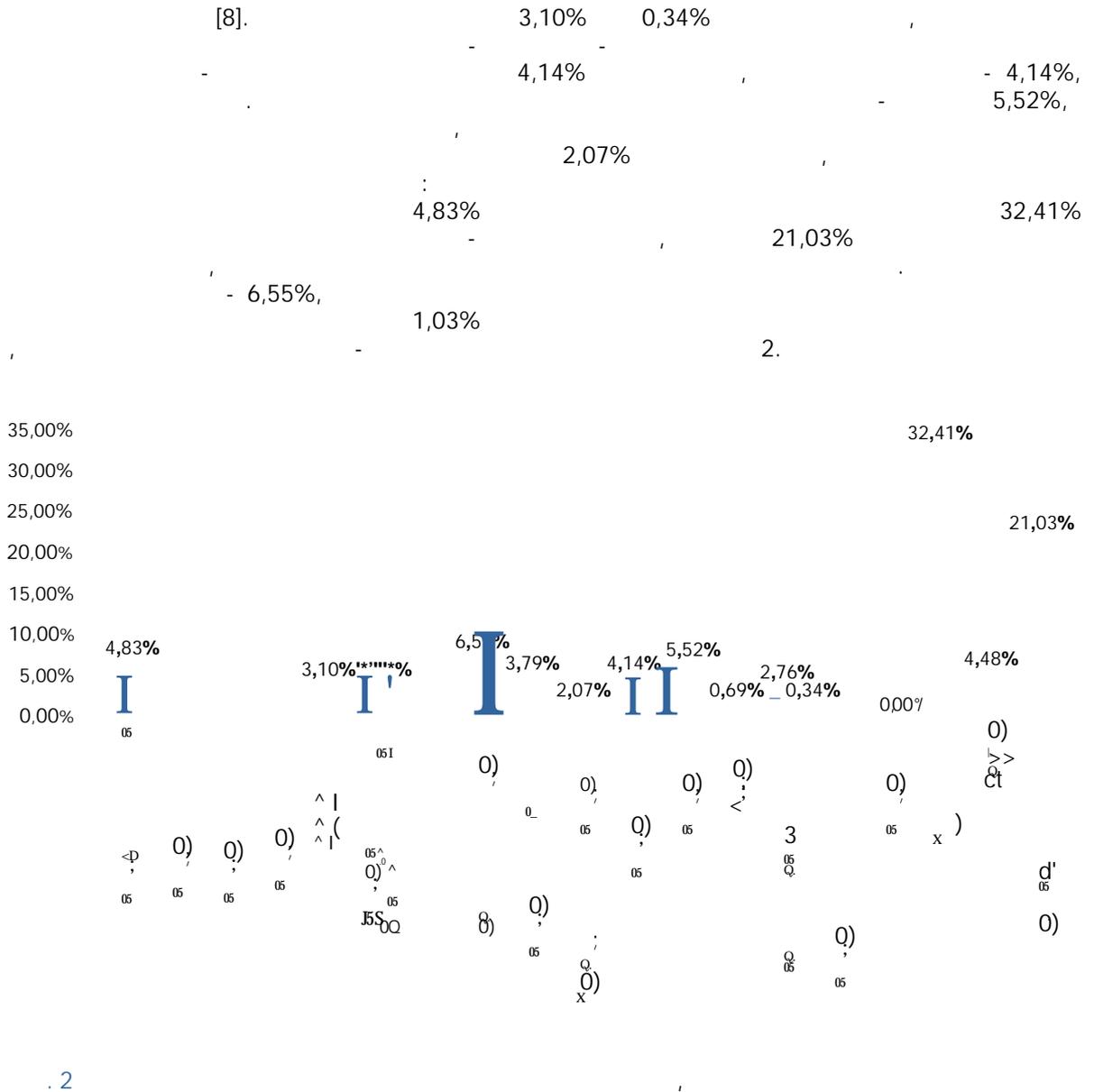
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2019  
73,7  
- 68,6  
0,8  
78,5  
60  
40%  
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(2014),  
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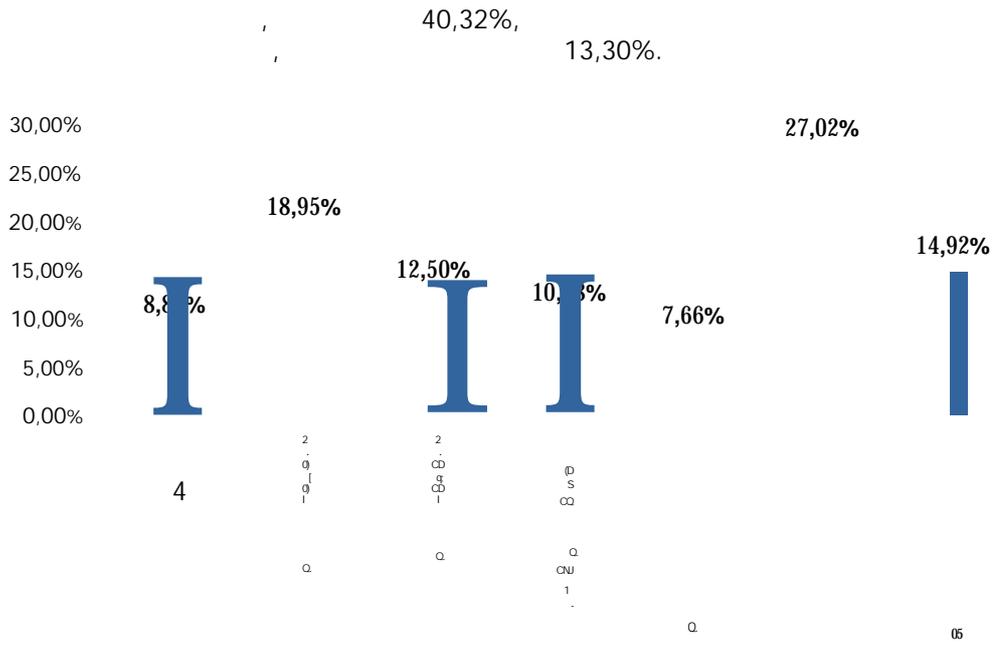
IL-1a, IL-6, IL-8,



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8,87%  
 - 18,95%, 12,50%  
 10,08% - 1-2  
 7,66%, 27,02%  
 - 14,92%.

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