

**A Sociological Model of Health Lifestyles**

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**Aim.** Formulation of a sociological model of health lifestyles to serve as a guide for future research.

**Method.** Review of contributions of Weber (early century), Bourdieu (mid-century), and Giddens (late century) to lifestyle theory and assessment of relevant empirical studies.

**Results.** Elements (socioeconomic, sociobiological, sociocultural, and sociopsychological) comprise dimensions (life chances, life conditions, life forms, and life sense) that influence choices (conduct) through a health habitus that results in patterns (lifestyles). Correspondence analysis is discussed as a method to explore the tendency of lifestyle practices to cluster in particular patterns and test the model.

**Conclusion.** A sociological model which can be verified empirically is suggested as an initial step in developing a health lifestyle theory.

**Key words:** health; life style; sociological model