

DOING GYMNASTICS IS A GUARANTEE OF HEALTH

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ABSTRACT

As our nation approaches the rivification threshold, practical initiatives are implemented in phases and allow for mass sports during the years of independence as well as active forms of organizing leisure time for the general public, particularly student youth. In accordance with Uzbekistan's national policy, physical education and sports development as well as the promotion of a healthy generation have taken on greater importance in an effort to achieve both physical and spiritual perfection. We will also be able to support a healthy lifestyle in society if we can increase young people's interest in the field of sports. The idea that participating in gymnastics sports is a guarantee of health is discussed in this article.

KEYWORDS: *sports, gymnastics, health, engagement, upbringing, younger generation, promotion.*

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