

HEALTHY LIFESTYLE GUARANTEED A HEALTHY FUTURE

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ABSTRACT

This article addresses the issue of healthy lifestyles. The importance of a healthy lifestyle in improving people's health and quality of life has been highlighted. Human life and health are the greatest social wealth. This puts the challenge of creating a healthy lifestyle in front of the family, school and other places of human development. As a result, they have more responsibility to choose the mental, emotional, and volitional behaviors that are necessary for their destiny, family, and community. It is necessary to prevent the resulting neurological diseases.

KEYWORDS: *Healthy Lifestyle, Sports, Physical Education, Proper Nutrition, Health*

INTRODUCTION

The process of profound changes, gradual reform and liberalization of all aspects of political and socio-economic life, democratic renewal and modernization of our society is developing rapidly in our country. At the same time, the huge tasks set and consistently implemented to build a strong civil society provide a solid foundation. In connection with the great milestone in our history, how has the quality of life, the image of our country changed, what achievements and results have we achieved, how to build an open democratic state and civil society based on a socially oriented market economy? there is a need to assess how we are evolving with horses. In short, the long-term strategic goals we have set for ourselves are to join the ranks of modern developed democracies, to ensure the sustainable growth of our economy, to improve the quality of life and to take a worthy place in the world community. - It is natural that we evaluate our actions objectively from today's point of view. [1]

Human health is, first of all, the development of his mental and physiological qualities, maintaining an acceptable level of work ability and social activity for the maximum life expectancy. According to many scientists, the functional capacity of the human body and its resistance to adverse environmental factors change throughout life, because health is an active process, it is age, gender, professional activity, living. depending on the environment (health relaxes or strengthens). Human life and health are the greatest social wealth. This puts the challenge of creating a healthy lifestyle in front of the family, school and other places of human development. The health of a nation is also naturally addressed through a healthy lifestyle. [2-6]

Health is a balanced unit of biological, mental, physical conditions and labor activity of the human body. Health is happiness for everyone. Its labor productivity is a necessary condition for the development of the country's economic power, the welfare of the people. A conscious and responsible approach to public health as a public good should be the norm of life and morality of society and all its members. To maintain and strengthen health, a person must first know the laws of normal functioning, growth, development and reproduction of all the tissues and organs of the body. It is also necessary to know and create the conditions necessary for the preservation and further development of these biological features, which, like all living things, are inherent in man. [7-10]

The transition of the Republic of Uzbekistan to independent development, building an economic and democratic society, renewing the morale of society, promoting a healthy lifestyle to achieve high results in state and social construction is now the health of the younger generation, the whole nation. Conservation is an important issue. Promoting a healthy lifestyle should be done in different ways. On the one hand, it aims to provide students and adults with certain medical and hygienic knowledge about healthy living, to awaken their understanding of how a healthy lifestyle affects the development of the organism, on the other hand, depends on the observance of hygienic rules in lim-education, the formation of skills to make the habit of taking care of oneself and those around one a daily habit. In this regard, a healthy lifestyle should be widely promoted in the media, in high schools and colleges, in conjunction with all educational institutions. [11-16]

A healthy lifestyle is a social phenomenon that promotes the pursuit of a high level of health and the pursuit of a healthy life based on the acquisition of skills that ensure the safety of the individual and his or her health. [17]

A healthy lifestyle is a way of actively mastering the conditions of human life, adhering to the routine, strengthening the body through active movement, playing sports, eating a full and quality diet, following the rules of hygienic nutrition, communication and to achieve ecological culture, to receive spiritual education on the basis of universal and national values, to be able to behave from harmful habits. [18-20]

Each person's lifestyle is shaped by the events and changes that take place on a daily basis. Changing relationships are affecting students' morale. As a result, they have more responsibility to choose the mental, emotional, and volitional behaviors that are necessary for their destiny, family, and community. It is necessary to prevent the resulting neurological diseases. This requires, first of all, the organization of a healthy lifestyle on a personal and social scale, and knowledge of the main directions and ways to implement a healthy lifestyle. Active lifestyle, exercise, physical activity and sports are important factors in a healthy lifestyle. Active exercise, that is, exercise, plays a key role in a healthy lifestyle. [21]

I.P. Pavlov describes the effect of physical activity on human health as a sign that the body is closely connected with the external environment. These connections and the activity of biological organs are controlled by the central nervous system. Exercise does not affect a particular muscle group, but affects the whole organism. In particular, regular physical activity is good for your health. Metabolism is improved, the body's tissues absorb nutrients better, and broken down substances are eliminated faster. The heart hardens and becomes more resilient. As a result, people who are physically active are alert, mentally relaxed, full of energy, in high

spirits, and have a clear mind. As a result of exercise, the body's defenses are well developed. Exercise, which begins in childhood and adolescence, is especially helpful. [22]

It is necessary to cultivate the habit of following a strict regimen in everyone. Exercise, walking in the fresh air, playing sports, longevity and health are all factors. Each person should be accustomed to performing physical activities on a regular basis that are consistent with a certain level of physical ability. [23]

In addition, in our hot climate, it is better to train the body in non-traditional ways. That is, various forms of exercise, such as foot baths, walking on salt and rocky paths, as well as walking in the open air before and after sleep, strengthen the immune system. [24-26]

The effects of active action on the body can be summarized as follows:

- activates cardiovascular function;
- breathing improves;
- bones become stronger, muscles become stronger, joint mobility increases;
- good digestion of food;
- the functioning of some bodies will be improved;
- strengthens the nervous system, which is of great importance in maintaining the balance of excitatory events in the central nervous system;
- has a positive effect on human psychology;
- promotes proper posture, etc.

A healthy lifestyle includes the following components.

Lifestyle factors include the following.

Proper organization of life, good living conditions (level of housing), level of education and culture of family members, personal behavior and harmful habits in the family (as well as alcohol consumption, smoking, drug use), drug overdose, hypodynamics, adynamism, loneliness, unemployment, and various stressful situations resulting from them are the main causes of the disease. It seems that we need to improve our quality of life in order to reduce and prevent diseases. [27-29]

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