



A Healthy Lifestyle And Its Importance

R.N. Mominova

PhD, Associate Professor Of The Department Of Biology, Kokand State Pedagogical Institute, Uzbekistan

D. Ibragimova

Senior Lecturer Of The Department Of Defectology, Kokand State Pedagogical Institute, Uzbekistan

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ABSTRACT

This article provides for a healthy lifestyle among the population and young people, schoolchildren and students of colleges, institutions, improving medical culture and how to protect one's health. Also, conducted on new pedagogical technologies and innovative methods.

KEYWORDS

Health, Physical exercises, Diseases, WHO

INTRODUCTION

President of the Republic of Uzbekistan Sh. M. Mirziyoyev prevention of dysfunctional families in 2019-2022, life support and population support prevention of dysfunctional families in 2019-2022 approves a program of measures to support a healthy lifestyle and increase the level of physical activity of the population. (The concept and

program for supporting a healthy lifestyle and increasing the level of physical activity of the population were approved by President Sh. M. Mirziyoyev resolution 18.12. 2018). On measures to further improve the system of countering the spread of influenza and other acute respiratory infections in the Republic of Uzbekistan 18.05.2018.

THE MAIN PART

It is no secret that the only way to preserve and strengthen human health and longevity is a healthy lifestyle.

Maintaining a healthy lifestyle is a very important issue in today's difficult era, which requires the education of the future generation to be harmoniously developed both physically and spiritually.

Health as an invaluable wealth for every person is one of the most important conditions for the socio-economic development of society. According to the definition of the World Health Organization, "Health is not a disease, the absence of any defects, but physical, mental and social peace." Health can not be bought for some material goods and means. A person can live happily only if he has good health

A healthy lifestyle is a way of actively mastering the living conditions of a person, implying compliance with the daily routine, hardening the body on the basis of active movement, sports, rational nutrition, compliance with hygienic food rules, achieving a communicative and ecological culture, abstaining from bad habits.

"Strengthening the health of the population is one of the most important tasks, taking care of the health of the younger generation has also risen to the level of state policy. All this requires knowledge of the main factors affecting the health of the younger generation, the creation of methodological, psychological, pedagogical, medical and hygienic foundations for the formation of a healthy lifestyle among students"

To live a life that is associated with active movement. hardening, physical education and sports are important factors of a healthy lifestyle. Active movement, that is, hardening, occupies the main place in a healthy lifestyle of a person.

As physical activity slows down, energy consumption first decreases, and then the supply of blood, oxygen, and nutrients to the tissues deteriorates. There are changes in the structure of the fibers of the heart muscle, the state of the structure that controls the body, including the work of the hormonal and nervous systems, is disturbed. With hypodynamia, the muscles affect the state of the brain as a result of a decrease in signals entering the central nervous system, since muscle activity plays a primary role in maintaining the tone of the central nervous system , regulating metabolism and blood circulation.

"Physical activity is a general term used to describe basic muscle movements: sports, dancing, games, work, life activities, and strength exercises. These words exercise and physical activity are often used interchangeably to reduce repetition, make the transition more interesting.

The impact of a healthy lifestyle on health , unhealthy lifestyle, diabetes are among the main causes of diseases such as cancer , heart disease . A healthy lifestyle helps a person feel refreshed " "

As long as the message of the great Hakim Abu Ali Ibn Sina:" Physical education is a glorious way to maintain health " becomes the life motto of every person, a person never gets sick.

Physical education and sports allow you to educate the younger generation in a harmonious way, while at the same time effectively using your free time. The human body develops as a whole, harmoniously interacting with the external environment. This harmony is also related to the fact that the activity of all organs is controlled by the central nervous system. Regular, continuously performed physical activity has a good effect on human health: the metabolism improves, the body's tissues absorb nutrients better, and

the broken down substances leave the body faster.

In fact, energy is necessary for movement, and energy is obtained by processing food into fats and carbohydrates. Movement contributes to the improvement of the respiratory, vascular, digestive, and hematopoietic systems.

Especially useful are tempering workouts that begin in childhood and adolescence. Every person should accustom their body to a solid regime.

Physical activity, outdoor walks, and tempering activities such as sports are among the factors that ensure longevity and health.

Physical movement is considered an important part of our health and joy. Every person should engage in physical exercise, so that his body can perform active work. 3 basic educational parts of physical health :

1. Strength
2. Power
3. Elasticity

Physical movements are necessary to strengthen the natural and healthy system of the body .

In addition, in our relatively hot climate, it is desirable to harden the body even by non-traditional methods. In particular, tempering techniques, such as various foot baths, walking on salt and ski trails, and walking in the fresh air before and after sleep, increase the activity of the body's immune system.

Hygiene is the basis of a healthy lifestyle.

Body and oral care, hardening and physical training, the hygienic basics of the daily routine, and clothing hygiene are also the main criteria for personal hygiene.

Ibn Sina believed that when starting physical exercises, two conditions must be observed: first, the body must be clean, and secondly, the food eaten must be digested. It is not recommended to start doing physical exercises, especially intense ones, during a hungry stomach, as they "lose strength". Physical culture and hygiene recommendations will be very reasonable and appropriate for children, young men and people "older".

Lighting children's physical development from birth until adolescence and in adulthood, Ibn Sina described in detail the rules of care of the baby, feeding, bathing, sleep, sun exposure, air, water on the human body, convinces the benefits of exercise for the development of the senses (vision, hearing, satiety).

Ibn Sina attached great importance to the hardening of the body and the use of the natural forces of nature - air, water and sun in combination with physical exercise. Ibn Sina believed that the hardening of the human body occurs with a large amount of fresh air, accompanying air baths with free movements, walks, games, and physical exercises. He believed that the hardening of the body of young people and the elderly can be carried out as wiping the body with water, bathing in a bath.

Ecology. A person is constantly in a relationship with the external environment that surrounds him. Water, air, plant, animal life, food, habitat, noise, vibration, radiation radiation, various medicines, biological preventive drugs, modern airliners, agriculture, various harmful chemicals used against pests, etc., are the human environment. These factors have a direct impact on a person's physical and mental health. Alternative social problems can also affect people's health. The impact of mutagenic (oncogenic, teratogenic) factors, which increase in the biosphere due to environmental pollution, provokes the growth of hereditary diseases transmitted from generation to generation.

As a result of the reckless excessive use of natural resources by humans, the face of our planet is gradually changing, forests are disappearing, the diversity of flora and fauna is decreasing, and minerals are being depleted. Due to the increasing pollution of water, soil and air, and the increased amount of waste generated by various types of business activities and industrial waste, provision of clean water, food has become an important issue. As you know, in recent years, this environmental situation has been taken into account in countries around the world, including Uzbekistan, where a lot of work is being done in international cooperation. An increasing number of toxic factors in the atmospheric air not only harms human health, but also negatively affects the life of all living creatures and plants, causing outbreaks of diseases among people.

Pollution of the environment, the imbalance in it, as well as such environmental changes cause great harm to human health. There is no doubt that an increasing number of carcinogenic, mutagenic, allergenic substances in nature and, accordingly, outbreaks of diseases pose an environmental danger.

Considering the causes of death and disability among modern people, it is not difficult to understand that this problem has not lost its relevance and at present, injuries and accidents pose a serious threat to human health. According to the scientific findings of the World Health Organization, road traffic accidents themselves exceed the most dangerous diseases of our time, such as AIDS, diarrhea and tuberculosis, which is one of the most problematic issues.

In order to minimize the risk and negative consequences of progress, a person should always exercise caution, learn safe methods of using existing techniques and mechanisms, as well as means of subsistence. It is also an important aspect of our lifestyle.

Avoid bad habits.

As a result of the negative impact of alcohol on all organs of the body, the activity of internal organs is disrupted, the central and peripheral nervous system is disrupted, mental disorders, neuritis and other diseases occur.

The toxic effect of alcohol leads to metabolic disorders and damage to the nervous system.

Smoking tobacco is one of the most harmful habits that can seriously undermine a person's health. Nicotine increases blood pressure, providing a temporary stimulating effect on the central and peripheral nervous system. It narrows small blood vessels, accelerates breathing, and increases the juiciness of the digestive system. .

The daily routine is a continuous process that operates from the moment of a person's birth, including various types of human activities-work, recreation, nutrition, sports, etc. At a certain time, in order, the execution is sequential. A properly organized daily routine is a comprehensive improvement of the body:

- Proper development;
- Strengthening the will;
- Labor productivity is significantly higher, and the ability to work well is maintained for a long time;
- Plays an important role in the prevention of diseases.

One of the factors of a healthy lifestyle is considered to be proper nutrition, which plays an important role in maintaining human health.

For today, it has been scientifically proven that poor nutrition is the main cause of diseases such as the stomach and intestines, heart and blood vessels, endocrine glands and joints, metabolic disorders, and cancer.

Rational nutrition, which consists in maintaining a healthy diet, expands the

capabilities of the body as a whole, improves its vital activity, and ensures the full functioning of the body.

Important substances for the body include minerals, vitamins, carbohydrates, fats, and proteins. Explain to students the importance of proper nutrition for the preservation of human health; the chemical composition of basic food products and on the basis of the assimilation of information about the caloric content of food products, students should have the skills to determine the daily diet necessary for their body; be able to provide methodological assistance to parents in establishing a daily diet in accordance with the age and state of health of students.

In the literature of special medical-biological and socio-pedagogical content, it is noted that smoking, the use of alcoholic beverages, as well as "the fight against drug addiction have no special specifics", are an important component of moral education.

When forming students' internal immunity against the assimilation of bad habits, it is necessary and important "to give them information about bad habits and their impact on human health, but the main thing is to educate teenagers in an active social position, collective orientation, determination to do something interesting, to form bright life prospects and ideals."

Teachers should be able to assess the visibility of cannabis use in students. To do this, they are required to pay attention to the following circumstances:

As soon as a student notices that he is using drugs, the teacher should send him to the doctor to make sure that he is being examined. The doctor determines the measures for sending the student to a drug treatment clinic. Despite the fact that he used a narcotic drug for the first time, he should be taken under a

special list and control, where preventive measures are planned.

CONCLUSION

One of the important manifestations of the acquisition of healthy lifestyle skills is the acquisition of skills to prevent various injuries and injuries. It is important to remember that maintaining your own health, abstaining from various bad habits based on a commitment to a healthy lifestyle, is the key to sanity. A healthy lifestyle, its components: daily hygiene; environmental hygiene; psychological hygiene; sexual hygiene; active activity; the formation of knowledge about how to avoid bad habits is of paramount importance.

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