



The Importance Of A Healthy Lifestyle In Achieving Physical Perfection

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ABSTRACT

A healthy lifestyle is the process of forming a person striving for maturity, able to overcome the most dangerous and harmful influences, factors affecting active work, strong physical and mental state. In order to conduct effective socio-political and spiritual and educational work among young people, trainings have been introduced in each educational institution aimed at increasing medical knowledge about a healthy lifestyle, personal hygiene, family spirituality, and the negative impact of harmful influences. Diseases from healthy childbirth. It plays an important role in shaping the principles of a healthy lifestyle in the minds of our youth.

This article scientifically examines the importance of healthy living in the development of society and the achievement of physical maturity.

KEYWORDS

Physical education, physical culture, sports, valeology, physical development, physical training, skills.

INTRODUCTION

In our society, large-scale work is carried out to create a healthy lifestyle, create modern conditions for regular physical culture and

mass sports of the population, especially the younger generation, strengthen confidence in the will, strength and capabilities of young

people through sports competitions, courage and patriotism, devotion to their homeland, development feelings of the people, as well as on the systematic organization of the selection of talented athletes among young people, as well as on the further development of physical culture and mass sports. It should be noted that there is no doubt that a healthy and long life has always been humanity's dream. In this regard, the main task of any society is to realize this dream of humanity, that is, to create conditions for the health and longevity of citizens.

MAIN PART

In different periods of the existence of human society, the problem of health was solved in different ways. With the development of social formations, health rose from the particular to the general, from the interests of narrow groups to the level of universal interests.

As the President of the Republic of Uzbekistan Shavkat Miromonovich Mirziyoyev noted: "It is known that the upbringing of the younger generation has always been important and relevant. But in the 21st century in which we live, this question really becomes a matter of life and death. "The more perfect the upbringing, the happier people will live," the sages say. For education to be perfect, there should be no gaps in this issue "[1, 504-505]. "The most important thing is that a national model has been created in our country, which ensures the education of a harmoniously developed generation. Today, about 60% of the population of our country are students. In our republic, conditions are created for them in sports and in all spheres. At the initiative of our President, the scale of work on training comprehensively mature personnel, educating

young people with intellectual potential and meeting world standards, which will determine our present and future life and embody all our noble deeds in the sphere of practical life. , immeasurably. Undoubtedly, this is also a factor aimed at educating a physically healthy generation with intellectual potential"[2].

During last three years, in our country, in order to improve the mechanisms of organization and management for the formation of a healthy lifestyle, prevention of non-communicable diseases and increase the physical activity of the population, the Decree of the President of the Republic of Uzbekistan PF-5590 of December 7, 2018 "On comprehensive measures to radically improve the health care system Republic of Uzbekistan".

According to the decree:

The Concept for the Prevention of Noncommunicable Diseases, Support of a Healthy Lifestyle and Increasing Physical Activity for 2019-2022, the Program of Measures for the Prevention of Noncommunicable Diseases, Support for a Healthy Lifestyle and Increasing Physical Activity for 2019-2022 were approved.

Today's demand has changed our views and opinions on the health sector as well. Every year it becomes clearer that human health depends on this. As a result, various movements began to appear on the path to a healthy and long life. Some go hungry for a week, ten days, while others like to swim in ice water. While some say physical education and sports are the foundation of longevity, others advocate the benefits of yoga and alternative therapies.

In our country, attention is paid to people's health. Health as an invaluable asset for everyone is becoming one of the important conditions for the socio-economic development of society. Indeed, according to the definition of the World Health Organization: health is not the absence of any defects, but physical, mental (mental) and social well-being. Health cannot be bought by any material goods and money. A person can live happily only when he is in good health. Therefore, health should be valued as the highest value.

A healthy lifestyle is the fulcrum of a person's life, and everyone can radically change their life by relying on it. The main factor that determines the way of life is the person himself. A healthy lifestyle is a way of life in which there are no harmful factors and habits that affect people's health, and a person must consciously avoid them. A healthy lifestyle is, first of all, a lifestyle that strengthens and maintains the health of every person for many years until old age. The main indicator that a person leads a healthy lifestyle is, first of all, the state of his physical development and general well-being, mood, success or failure in his personal life, study, work.

The components of a healthy lifestyle and the main factors ensuring its viability are:

- Correct and rational, high quality nutrition;
- Active lifestyle and morning exercises;
- Organization of the day and work schedule based on biological laws and rhythms;
- Culture of peace of mind and communication;
- Avoid bad habits;
- Observe the rules of personal and public hygiene;

- Avoid accidents and injuries;
- Have knowledge and skills about a healthy lifestyle.

The large-scale reforms carried out in our country primarily depend on the education of young people in everything. The introduction of new methods and programs into the education system is the key to development in this area. In particular, the implementation of the concept of cooperation between the family and the makhalla (makhalla – local government organization) in our country serves as a model for reforming the upbringing of a new generation based on new approaches. The significance and urgency of the problem today lies in the fact that the expansion of new opportunities for cooperation between the family and the makhalla plays an important role in the social and political activity of young people, especially students, their becoming full-fledged professionals, their healthy lifestyle.

Today, attention is drawn to sports at the level of state policy, as one of the important factors of a healthy lifestyle. This is due to the fact that sport has become one of the factors of a healthy lifestyle and sustainable development, as well as a means of ensuring peace and harmony between peoples. It is no coincidence that at a time when sport has become one of the most important means of introducing the country to the world and increasing its popularity, our country pays more attention to children's sports than ever before. Sport is an important factor in preparing young people to become worthy successors in the future. In this regard, a lot of exemplary work is being carried out in our country. The youth of our country is making great strides in sports.

Today we face an urgent task - to create a unique way of life based on economic, social and political principles. It is clear that an important factor determining sustainable development in all respects is a healthy lifestyle, a healthy lifestyle, as well as expanding the ranks of young people who regularly go in for sports.

Human health largely depends on himself. It's not a secret for any of us that the essence of health promotion through a healthy lifestyle is that a person must lead his life wisely, lead a healthy lifestyle and follow the requirements of a culture of life in order to prevent any disease. At the same time, one of the important tasks not only of the medical staff, but also of the teaching staff is to carry out various preventive work in order to increase the medical literacy of students and the population. Building on these ideas, we as educators are committed to improving the health literacy of every student in the classroom and in the classroom. Each student has different living conditions, lifestyle and living standards. Depending on these circumstances, they live and work differently. A number of diseases can result from various side effects during exercise. Based on this relationship, it is important to carry out regular preventive work between them.

In the field of medicine, there are three main types of preventive work. Primary prevention: a set of medical and non-medical complex measures aimed at preventing diseases common to the entire population, social group, region, age, occupation, similar population groups. Secondary prevention is a complex of medical, social, psychological and other measures aimed at preventing the complication of diseases, the transition to a

chronic state, and a decrease in labor activity. Tertiary prevention: rehabilitation includes comprehensive medical, psychological, pedagogical, social measures aimed at restoring social and professional status, preventing disability and early death.

One of the most effective ways of organizing primary prevention among students from the above types of prevention. Currently, three quarters of deaths in Europe and North America are due to cardiovascular disease, tumors, respiratory disease and cirrhosis of the liver. Considering the trend of population aging, it is possible to predict an increase in the share of these diseases in the structure of mortality in the future. Habitat and lifestyle, risk factors play an important role in the formation of this group of diseases.

According to supporters of a healthy lifestyle, people have the following conditions for good health, active work, longevity and a happy and prosperous life:

The first condition: Rational nutrition, that is, the correct organization of food. It is the organization of the foods we consume on a daily basis based on the physiological, biological needs of the human body. Proper nutrition should be organized in such a way that it does not put pressure on the human body with its physical, chemical and biological properties, but is quickly and easily absorbed and supplies the body with the necessary nutrients. Preferably four meals a day. In the norm of youth, malnutrition retards growth and physical development, and leads to illness. During exams, it is recommended to increase the diet of foods rich in protein and vitamins that increase the body's resistance to emotional states.

The second condition: Physical activity, life in motion. When a person is more engaged in daily life through exercise, sports, bodybuilding, the physiological and biological processes in his body are accelerated, and as a result, the mood rises, the activity increases. Obviously, this is health promoting. Changes occur in the fiber structure of the heart muscle, disrupting the structure that controls the body, including the functioning of the hormonal and nervous systems. As a result of less exercise, too long sitting, muscles become weak and weak early, the human body bends, and the process of physiological aging is accelerated.

CONCLUSION

In conclusion, we can say that the main components of a healthy lifestyle are effective work, personal hygiene, strict adherence to hygiene requirements, rejection of bad habits, proper nutrition at the appointed time, physical and mental fitness, regular physical activity. A healthy lifestyle is one of the key measures to prevent disease. A healthy lifestyle allows you to satisfy a certain number of mental and physical requirements.

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