



A HEALTHY LIFESTYLE IS THE BASIS OF HEALTH

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Article:

In this article, the role of healthy lifestyle in society is incomparable. There are priority tasks such as forming a healthy way of life, raising a highly moral and well-rounded person who has an independent mind and lives with a purpose.

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As we know, many physiological processes are carried out in the human body during constant movement or regular sports. The most important thing is that it forms healthy views and strengthens the will of our youth and representatives of the younger generation, a person who regularly engages in sports does not get involved in harmful trends. Because it is very important to set the agenda correctly in spending free time meaningfully. Our lives are changing, our consciousness, our worldview is changing, our attitude towards ourselves, our health, our future is changing, and in this process, among many other positive factors, sports first of all has a great impact.

Purpose: to scientifically substantiate the place of physical education in raising a mature generation, to provide medical and hygienic knowledge related to marriage in the upbringing of a mature generation, to create special theoretical knowledge and practical skills for a healthy lifestyle in young people, to educate young people about a healthy lifestyle and its main parts today is one of our important tasks. Implementation of large-scale, well-directed measures to raise a healthy and well-rounded generation in our country, to realize the creative and intellectual potential of young people, to bring up the young men and women of our country as well-rounded, well-rounded individuals who fully respond to the students of the 21st century. 2010 was declared as the "Year of the Perfect Generation" in the Republic of Uzbekistan. In this program, young people are encouraged to adopt a healthy lifestyle and prevent them from drinking alcohol. the task of implementing comprehensive measures to protect against the evils of drug addiction and the attacks of "mass culture" has been set. On the basis of the "Healthy Lifestyle Development" project, educational courses were created for young students to consciously follow a healthy lifestyle and apply it in their life activities. In order to create these educational courses, the qualities that should be formed in young students were developed. Below are presented the basic set of "Building a healthy lifestyle", a special course and qualities that form a healthy lifestyle. Increasing attention to a healthy lifestyle among the population, regular physical training and sports will significantly reduce the



incidence of cardiovascular diseases in many countries. A set of physical exercises developed by the American scientist Kenneth Cooper, i.e., aerobics in health programs, is successfully used in many countries and serves as an effective tool in the prevention of heart diseases. There are various ways of promoting a healthy lifestyle. This is, on the one hand, aimed at providing students with certain medical and hygienic knowledge about healthy living, awakening their imaginations of how a healthy lifestyle affects the development of the organism, and on the other hand, following hygienic rules in education and making the health and living of oneself and others a daily habit related to the formation of skills.

The tasks of forming a healthy lifestyle are to eliminate factors that have a negative impact on a person's life and health; achieve mastery of theoretical knowledge and practical instructions;

- compliance with the agenda;
- regular active physical activity and sports;
- pay attention to the essence and importance of proper nutrition;
- determining responsibility for personal health care;
- environmental protection, elimination of ecological problems and compliance with the rules of ecological culture;
- prevention of negative habits;
- to ensure that there is no incentive to smoke, use drugs and alcohol;
- achieving high moral qualities, strong and strong will, as well as complying with psychohygiene requirements;

Lifestyle itself means mastering the living conditions necessary for human existence. Active lifestyle, physical training and sports are important factors of a healthy lifestyle. Active movement, i.e. exercise, plays an important role in a healthy life of a person. The effect of active movement on the organism can be expressed as follows:

- activates the cardiovascular system;
- improves the respiratory system;
- strengthens the bone system, increases the strength of the muscles, and increases the mobility of the joints;
- good digestion of food is ensured;
- improvement of activity of subtractive organs;
- the nervous system is strengthened, it attaches great importance to the balance of excitation processes in the central nervous system;
- has a positive effect on human psychology;
- helps to form the basic movement system correctly.

The role of a healthy lifestyle in society is immeasurable. That is why the educational system of our country faces the priority tasks of providing the young generation with modern knowledge and solid education, as well as forming a healthy lifestyle in them, raising them to become well-rounded people with high morals who have an independent mind and live with purpose. In short, in our country, large-scale work on the formation and promotion of a healthy lifestyle, preventing various diseases, strengthening the health of girls, and raising a healthy generation is being actively carried out in all directions. This is the result of the constant efforts

of the head of state to improve and strengthen the level of health among the population of our country. Because the future of a healthy, mature generation is great!

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