

BASIC METHODS OF HEALTHY LIFESTYLE

Ikromov Isomiddin
Teacher of the Department of Sports Activity
Ferghana State University

ANNOTATION :

This article highlights the important aspects of health promotion and the formation of a healthy lifestyle. Currently, one of the main directions of the ideology of Uzbekistan is that a person's face, body, actions and behavior, as well as the work he does, should be similar to his perfection. Our country, which has produced so many noble breeds in the world, is determined to bring up children who will rise to the level of greatness in the future, to introduce education that can raise all citizens to the level of true perfection.

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The processes of deep changes, consistent reform and liberalization of all aspects of political and socio-economic life, democratic renewal and modernization of our society are developing rapidly in our country. In this regard, the huge tasks defined and consistently implemented in the way of the formation of a strong civil society create a solid foundation.

In connection with the great milestone entering our history, there is a need to evaluate the quality of our life, how the image of our country is changing, what achievements and results we have achieved, and how rapidly we are developing towards the establishment of an open democratic state and civil society based on a socially oriented market economy. In short, it is natural for us to objectively assess our long-term strategic goals, that is, joining the ranks of modern developed democratic states, ensuring the stable growth of our economy, improving the quality of life, and taking a worthy place in the world community.

Human health is, first of all, the development of his mental and physiological qualities, maintaining an optimal level of work ability and social activity during the maximum duration of life. According to many scientists, the functional capabilities of the human body and its stability to unpleasant factors from the external environment change throughout life, because maintaining health is a dynamic process that improves (health is weakened or strengthened) depending on age, gender, professional activity, and living environment. goes

Today, in many countries of the world, people are engaged in running in order to strengthen their health. Running for health has been tested today, and folk wisdom has created and defined the basics of its use. It is not by chance that "If you want to be strong - run, if you want to be beautiful - run, if you want to be smart - run" on the wall of the Forum in Hellas (Greece) about 3000 years ago. This is proven by scientific research.

Knowing how to live and work is great enlightenment. Life honors those who do quality, productive, thorough work. The proverb "If you work hard, you will get pleasure" defines the demandingness of everyone's life. Today's market economy lives by fixed rules, which requires theoretical knowledge such as hard work and business, proper rest, knowing how to have a quick and good rest.

The main goal of the reforms being carried out in Uzbekistan is to create a healthy and well-educated generation in our country with high spiritual and moral qualities. Now these works are continued by the President of the Republic of Uzbekistan Sh.M. Mirziyoev, and great attention is being paid to the educational process. In particular, in 2017-2021, the Decree "On Strategy of Actions" on the five priority areas of development of the Republic of Uzbekistan was adopted and is being actively implemented [1]. People don't have a strong idea of fitness training. The

lack of understanding of "muscle and mental well-being" that occurs during training, the content of such training is related to the issues of volume and intensity of physical load, it is necessary to find a solution to the problems.

During the years of independence, as a result of the reforms carried out in the field of improving the life of the society and expanding the production processes, a fundamental change was achieved in the management of production, protection of the health of employees and their relationship to work. However, this process is not implemented effectively in all labor teams. That is why today the following are defined as the main tasks of labor teams:

- to help increase the efficiency of labor activity by promoting a healthy lifestyle;
- protection from various occupational diseases caused by hypodynamia (inactivity) through physical education and healthy lifestyle;
- formation of skills on the need to make sports and physical education a part of the daily work process.

made them have a stature that makes them enviable. This state is considered as a symbol of people's health, strength, mental and spiritual maturity, they have become the art products of painters and sculptors and are shown as the level of perfection of the human body, and the sculptures created with incomparable taste in art museums of many countries of the world continue to delight the audience.

"There are processes that are considered important for the comprehensive development of sports training and for popularizing the important aspects of training. The main focus on sport and its popularization is being formed on the basis of humanity's responsibility to society. At the same time, special importance is attached to physical culture and "Peace of mind", which is one of its important stages. The fact that the main task of young athletes begins with paying attention to peace of mind is a vivid expression of this" [2, 371].

A healthy lifestyle is the cornerstone of a person's life, relying on it, everyone can make a radical change in their life. The main factor determining the way of life is the person himself. A healthy lifestyle is a way of life that does not contain harmful factors and habits that affect people's health, and a person should consciously avoid them. A healthy lifestyle is primarily a way of life that strengthens and ensures the health of everyone until old age. The main indicator of a person's healthy lifestyle is first of all the state of his physical development and related general feeling of self, mood, successes or failures in his personal life, studies, work.

The following are the components of a healthy lifestyle and the main factors that ensure its vitality:

- Correct and rational, quality food;
- Movement of life and early physical education;
- Organization of day and work mode based on biological laws and rhythms;
- Peace of mind and social culture;
- Get rid of harmful habits;
- Compliance with the rules of personal and public hygiene;

Avoidance of accidents and injuries;

- Gaining knowledge and skills about a healthy lifestyle.

The large-scale reforms being implemented in our country depend first of all on educating young people to be mature in all aspects. The fact that new methods and programs are being implemented in the educational system serves as a guarantee of developments in this field. In particular, in our country - the implementation of the concept of family -neighborhood cooperation serves as a model of new- generation education reforms based on new approaches. The importance and relevance of the issue today is that the socio-political activity of young people, especially students, becoming a perfect human being, becoming mature personnel in all aspects, expanding new opportunities for family and neighborhood cooperation in their healthy

lifestyle and growing up is of urgent importance.

Walking is the simplest and most useful way to give health to the body. Walking as much as possible is useful at any age, but it is better to get used to walking a lot from a young age.

Walking puts loads on many muscles of the human body, because lifting one leg and shifting the body's center of gravity causes the whole body to shake. The more such long-lasting tremors, the greater the body's resistance to movement. The basis for longevity is created through the increased standard volume of mental and physical work. By studying the secret of longevity of long-lived people, it was proved that they were in the open air more than others and were in constant motion. Walking to work and school is the cornerstone of everyone's health and physical development.

In short, the main components of a healthy lifestyle are effective work, personal hygiene, strict adherence to hygiene requirements, giving up harmful habits, proper nutrition at the appointed time, physical and mental training, regular physical education. A healthy lifestyle is one of the main measures in the prevention of diseases. A healthy lifestyle allows a certain amount of mental and physical requirements to be fulfilled satisfactorily.

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