



A Healthy Lifestyle (Stt) And Its Constituent Components

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ABSTRACT

A healthy lifestyle is reflected in the physical culture, the future of the younger generation of the president, his level of physical culture, his ownership, in other words, all performances concerning the children of the nation, the country, a number of his works, manuals, brochures

Keywords:

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To date, the current model of further improving the physical development and physical fitness of young people is not up to date, as repeatedly stated in the decisions and instructions of the President and the government. One of today's problems is to create a complex that meets the requirements of the time and to lay the foundation for a healthy lifestyle and physical culture of young people, to enrich their theoretical knowledge, practical skills and abilities. Accordingly, the existing model of physical maturity and physical perfection, which combines the most advanced national and universal knowledge in the field of physical culture education, as well as accumulated experience, traditions and values, serves as a basis for the process of educating a spiritually rich generation. This, in turn, is related to improving the content of a healthy lifestyle physical culture.

The physical culture of a healthy lifestyle includes the following as values inherited from them:

- The health of a member of society, the level of functional activity of parts of the body,

the health of the body, systematic training to help maintain it at the required level;

-physical fitness (maturity) - strength, speed, agility, endurance, level of flexibility;

-physical development - theoretical knowledge and practical skills related to weight, height, size of body parts and their proper maintenance;

- Theoretical knowledge and skills of physical maturity and physical fitness;

- The culture of physical activity, study, work, "active", "passive" rest in the agenda;

-Restoration of energy (power) used for mental and physical activity;

- to engage in one of the popular sports;

- The content and organization of health training;

- Targeted practice of one of the favorite forms of health training;

-exercise through water, sunlight, air;

-massage, personal, community hygiene factors, first aid, safety rules and the ability to use them, as well as other theoretical knowledge and practical skills.

A well-structured and strictly adhered to the agenda, the creation of optimal

conditions for the functioning of the organs and the restoration of their capacity, in the body, creates a certain rhythm of activity. As a result, it is possible to perform all different tasks efficiently. If this rhythm is coordinated with the biological rhythm of the day (you will read in later chapters), life, lifestyle becomes a holiday.

The fact that certain work is always done at the same time leads to the formation of a dynamic stereotype, a habit in the body. As this stereotype improves over the course of life, the mental tension, the exertion, gradually decreases. In turn, this protects the body from overwork, depletion of its reserves, aging, aging.

An agenda allows you to maintain a high level of work ability, make the most of every minute of your life, and plan and spend it meaningfully. Rapid change of stereotype has a negative impact on the body's ability.

We have written that we do not intend to recommend the same, single agenda to everyone because living and working conditions, living and individual characteristics are different for everyone, and this is not possible.

It is very difficult for those who have learned to live according to the phrase "Tepsa tebranmas" to start and do something. They do not imagine that the human body will dry up, become weak, or fail if it does not move like a raging river. An untrained, inactive body of water that has stopped flowing will break down like water, turning into dead water.

Exercise should be unique and appropriate for everyone. Not everyone has a "world" of their own. The conclusion from this is that a uniformly organized workout and the exercises in it have a healing, strengthening effect on one person, keep the second person in a ring of stagnation, and have a negative effect on the third person.

Depending on the goal and ability of the practitioner, it is recommended to perform exercises of moderate complexity and size. The best measurement criterion is the mood of the practitioner, it is based on this criterion that the effect of exercise can be controlled. Because of the good health of someone's body among

the exercisers, the rate of exercise can increase at a rapid pace during the workout. The latter, on the other hand, is unable to adapt quickly to exaggerated exercises because some part of the body is weak. Imagine a rusty old heating pipe in your house, such pipes burst when hot water is supplied with high pressure in winter.

The human body is so miraculous that it heals, strengthens, and develops its weak organs through gradual exercise. If the old pipe is not replaced with a new one, the house will not heat up. A weak member of the human body must not only regain its natural strength as a result of exercise, but also be able to do more work than it can handle. is judged.

In the physical culture of a healthy lifestyle, students find it important to make it a habit to engage in some sport on a regular basis during their school years. Because today they have a lot of passive (sitting) activity. In particular, the excess of the need for computers, computers, television, etc., is the core of the current lifestyle.

Ensuring regular mental and physical activity as well as regular exercise to promote good health raises the question of how to choose the right sport for oneself. Its solution depends on the suitability of the individual's physical abilities, physical capabilities, development, training in choosing a sport. For example, wrestling for short stature, arm, neck shorts, swimming, table tennis, football, gymnastics, boxing, tourism, chess and more. For middle-aged people, handball, wrestling, volleyball, tennis, badminton, national wrestling, athletics, basketball and other sports give good results. But that doesn't mean they can't engage in other sports. Because each person differs from each other by his curiosity, liking the activity of the movement, liking it.

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