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The Importance Of A Healthy Lifestyle In Maintaining The Health Of The Population

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ABSTRACT

The life and health of every person is the greatest social wealth of society. In this family, the school puts the issue of forming a healthy lifestyle in front of the places dealing with human education and development. Everyone's health is naturally determined by a healthy lifestyle.

Keywords:

intellectual, dynamics, hypodynamia, hyperdynamia, immune system, healthy lifestyle, cocktail productivity.

Today, the development of our society has entered not only a new century, but also a new millennium. It would not be wrong to say that the 21st century is the most intense and full of various coincidences and changes among the millennia that have passed in the history of mankind. During the last hundred years, the activities of people and their living conditions have not been as intense as in the 21st century. There is no doubt that the planned direction of these changes is aimed only at the happiness of people.

People's way of life, their acquisition of medical knowledge, their knowledge of sanitation and hygiene, and their ability to use and follow this knowledge in their daily life, fundamentally change their relationship to their bodies and health. Every person who has this knowledge organizes his daily ritual correctly.

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Health is a balanced unity of biological, mental, physical conditions and social activity of the

human body. Health is happiness for everyone. Health is a necessary condition for the development of productivity, the economic power of the country, and the well-being of the people. Conscious and responsible approach to healthy health, which is a public property, should be the lifestyle and moral norm of society and all its members. In our country, a wide range of well-directed measures are being implemented to raise a healthy and mature generation, to realize the creative and intellectual potential of young people, to bring them up as well-rounded individuals who fully meet the requirements of the 21st century. Measures are being taken to help young people decide on a healthy lifestyle, to protect them from the evils of drug addiction, alcoholism, and various deadly threats, as well as religious and extremist influences that are familiar to us.

The transition of the Republic of Uzbekistan to independent development, building an economic-democratic society, renewing the spirituality of society, promoting a healthy lifestyle in achieving high results in the spheres of state and social construction is an important issue, protecting not only the young generation, but the health of the entire nation.

A healthy lifestyle is a social phenomenon that ensures the achievement of a high level of health and life activity based on the acquisition of skills that serve human health and safety. An active lifestyle, exercise, physical education and sports are important factors of a healthy lifestyle. Every person should observe the dynamics of active movement, i.e. hypodynamia and hyperdynamia. A healthy lifestyle includes a person's cultural and physical development, mental productivity and creative activity. This is a method of actively improving human living conditions, following a daily routine, exercising the body based on active movement, playing sports, eating a full and high-quality diet, observing the rules of food hygiene, achieving communication and ecological culture, and receiving spiritual education based on general human and national values. , means to refrain from harmful habits.

It involves eliminating factors that have a negative impact on a person's life and health, strictly following a daily routine, regularly exercising, organizing active physical activity, and achieving regular sports, assimilating information about the essence and importance of proper nutrition rules and using them in practical activities. , to decide responsibility for personal health care, to protect the environment, to have the rules of ecological culture, to have the ability to prevent various injuries and accidents, to be aware of and follow the rules of personal hygiene, to have high moral qualities, strong and to achieve the formation of a strong will, as well as to follow the requirements of psychohygiene; the general philosophy of life - the ability to fight against the problems of life, the idea of national independence and the whole ideology organizing theoretical and practical ideas on the way to develop immunity against beliefs that are contrary to their age.

The modern concept of education of the new society is aimed at forming a human personality, i.e. young people who are able to achieve their goals freely and independently. This includes, on the one hand, comprehensive harmonious development of a person, and on the other hand, ensuring his mental, physical, and spiritual healthy growth throughout the entire

development process. Every young person should have knowledge about the concept of "health", health factors, protection of the organism in maintaining health, the science of valeology, its principles and methods. Every person's lifestyle is formed under the influence of events and various changes that happen every day. Changing relationships affect the mentality of students, and as a result, they are increasingly responsible for choosing mental, emotional and willful behaviors that are necessary for their destiny, family, and community. As a result of this, it is necessary to prevent nervous diseases that occur in some cases. For this, first of all, a person needs to organize a healthy life on a personal and social scale, and it is necessary to know the main directions of forming a healthy lifestyle and ways of implementation.

Living an active lifestyle, exercising, and doing physical education are important factors of a healthy lifestyle. Active movement, i.e. exercise, plays an important role in a healthy life of a person. Physical activity is a manifestation of the impact on human health, the close connection of the organism with the external environment. Because of this, people who act in horoscopes are energetic, mentally light, full of energy, in high spirits, and clear in speech. As a result of performing physical exercises, the body's defenses are well developed. Exercise training that begins in childhood and adolescence is especially beneficial. Physical education, walking in the fresh air, participating in sports are among the factors that ensure longevity and health. Every person should get used to regularly performing physical activities corresponding to their physical abilities. In addition, in our hot climate, it is more appropriate to train the body with non-traditional methods than traditional methods. That is, different types of exercise such as foot baths with salt and walking on stone paths, as well as walking in the open air before and after sleep, strengthen the body's immune system.

Conclusion: Thus, a healthy lifestyle is a guarantee of health, includes the cultural and physical development of a person, increasing productivity and creative activity, and its main components are the correct organization of the

daily routine, the correct implementation of the dynamics of active movement, that is, the prevention of hypo and hyperdynamism. getting, effective work, observing personal hygiene, being outdoors enough, giving up harmful habits, eating right at the appointed time and regularly engaging in physical education.

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