



Creating a healthy lifestyle in institutions

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ABSTRACT

In this article, the 7 most important principles of a healthy lifestyle, protection and promotion of the health of university students, the complexity of the transition period, the preservation of the purity of the environment and the preservation of mental and physiological qualities, optimal working capacity, social activity

Keywords:

Health, Health, Protection, Environment, Purity, Cleanliness, Psychology, Physiology, Quality, Life.

The most important issue today is to protect and strengthen the health of the population, especially women's health. The independent Republic of Uzbekistan considers this issue on a large scale from a social point of view, focusing on the organization of a healthy lifestyle. The complexity of the transition period, economic problems, maintaining the purity of the environment, epidemics, various events and incidents, demographic conflicts and others are leading to the deterioration of human health. A healthy person is, first of all, the preservation of his mental and physiological qualities, optimal ability to work, social activity. Enhancing a Healthy Lifestyle Program Higher education institutions should start by focusing on educating female students to take responsibility for their own health. Everyone lives in certain environmental conditions, among certain people, in certain economic conditions. The human body was created with the ability to adapt and compensate for evolution. Human beings are made up of the number and quality of a single gene, and the human biological system is made up of several million genes and proteins. The human biological system depends on the completeness of genes, genes are very sensitive

to toxic substances. Toxins can alter genes. As a result, the activity of the organism decreases, it becomes ill, the resistance loses its ability to perform. It is important to compensate for the energy expended by high school students in nutrition, to maintain a normal body weight, that is, to prevent obesity or weight loss. Rare and frequent intake of food during the day (five times a day) is beneficial and provides a reduction in blood sugar and cholesterol levels. It is necessary to drink tea in the breaks between meals. It is necessary to eat milk, yogurt, as well as cottage cheese, yogurt, cheese. Because they contain bone-strengthening minerals (women's bones are slightly softer than men's). The 7 most important rules of a healthy lifestyle are the most important factor for high school students. 1. Sport is one of the main conditions for a healthy life for the rest of our lives. He does not choose age, place, or even circumstances. It has many appearances, forms, methods. There are types of yoga, pilates, walking, jogging, horizontal bar pull-ups, jogging, dancing, rafting, bodybuilding, gymnastics, football and so on. If women exercise 30-60 minutes a day, not every day, it is enough to be healthy. 2. Incorporate more

natural products into your diet -fruits and vegetables, foods rich in vitamins and minerals. Fruits and vegetables, bread and cereals make up 65% of the diet, meat and dairy products 30%, 5 percent should be allocated to sweets and fats. Foods should be as fresh, seasonal as possible. Fast food, fizzy drinks, semi-finished products, chips and kirieshki, and many other foods with artificial flavors, colors and shapes should be avoided. 3. To pave the way for a healthy lifestyle by giving up tobacco and alcohol, which are the main enemies of our body, and various harmful habits (some women are well aware of them). Every non-smoked cigarette, every glass of vodka not drunk is an important step for a woman to lead a healthy life. 4. Strict adherence to the agenda. First of all - 8 hours of sleep. Second, get used to sleeping at one time of the day and waking up at a certain time. Sleep disorders can gradually damage a person's psyche, emotions, lose the ability to work, and then lead to the development of various chronic, serious diseases (this is especially severe in women). 5. Another important rule of a healthy lifestyle is the bright and positive mood of high school students. Enjoying life more, failing, not paying much attention to failures, to be able to find the strength to constantly move forward and not to hold grudges, resentments, bad suspicions towards people, to be forgiving, tolerant. 6. High school students should always keep the auditorium clean, wipe it every day, open the windows and provide fresh air. To be in a normal physical condition, you must know how to breathe deeply and correctly. Walking in nature, opening windows for a while, physical activity on campus or outdoors is one of the key factors in a healthy lifestyle. 7. Of course, washing hands before and after meals, brushing teeth before going to bed and after eating, clean clothes, and strict adherence to cleanliness and personal hygiene in general are among the basic conditions of a healthy lifestyle. The U.S.A. scientists have studied people's lifestyles and conducted research on them, concluding that in order for a person to live a long and healthy life, the following factors must be taken into account: • Living with confidence, having fun; • Sleep deprivation

during the day; • No smoking; • Feeding animals at home; • Being medically active; • Being rich; • Nerve protection • Clean consumption of fruits and vegetables; • Getting married. Summing up all that has been said, my suggestion to the high school student girls is that you now assume that you are in the middle of two processes. Illness on one side is a constant pain in the body, afflictions, disability, if life is shortened, on the other hand to see a healthy and happy long life in pleasure by following the healthy lifestyle we offer. In my opinion, every sane person chooses the latter. Also, the rules of a healthy lifestyle support each other, one is unlikely to happen without the other. Without leaving them for tomorrow, by taking action now, we will have taken our first steps towards a healthier and happier life. List Of Used .

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