

HEALTHY LIFESTYLE AND ITS IMPORTANCE

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ABSTRACT

And this article gives an explanation about a healthy lifestyle and its components and the factors acting on the human body. As well as warning against harmful factors, hardening the body, playing sports.

Keywords: Health, healthy lifestyle, daily regime, balanced diet, personal hygiene, active movement, prevention of accidents, hardening of the body.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

According to the decision of the President of the Republic of Uzbekistan Sh. Mirziyoyev, the Concept for the prevention of noncommunicable diseases, support for a healthy lifestyle and increase physical activity of the population in 2019-2022. And noncommunicable diseases in 2019-2022. A program of measures to prevent, maintain a healthy lifestyle and increase physical activity of the population was approved.

It is no secret that the only way to live and maintain your health is to live a healthy life. Maintaining a healthy lifestyle is a critical issue in today's difficult times and requires the formation of a future generation, both physical and spiritual.

As in all areas, important changes are taking place in the medical field. Measures are being taken to prevent infectious diseases, influenza and upper respiratory infections among the population.

There are 104 normative legal acts, including 4 Decrees, 24 Resolutions and 9 Orders of the President of the Republic of Uzbekistan, 37 Resolutions and 32 Orders of the Cabinet of Ministers of the Republic of Uzbekistan.

Health as an invaluable asset for all is one of the important conditions for the socio-economic development of society. Indeed, according to the World Health Organization, "health is not a disease, but physical, mental and social well-being." Health cannot be bought at all costs or wealth. A man can live happily only when he is healthy

The concept of a healthy life reflects not only the physical health of people, but also spiritual and spiritual well-being.

A healthy lifestyle is an active work, a strong physical and mental state, maturity, able to overcome extremely dangerous and harmful factors. This is the process of forming an ambitious person

A healthy lifestyle is a way to actively develop a person's living conditions, such as maintaining a routine, training the body based on active movements, playing sports, proper nutrition,

maintaining a hygienic diet, communication and ecological culture; you must refrain from bad habits.



Live a life of activity. Exercise, physical education and sports are important factors in a healthy lifestyle. Active movement, or strengthening, plays an important role in a healthy lifestyle.

As physical activity slows down, energy consumption first decreases, and then the supply of tissues with blood, oxygen and nutrients deteriorates. Changes in the structure of cardiac muscle fibers can lead to a violation of the structure of the body, including the hormonal and nervous systems.

In hypodynamics, muscles suffer from loss of signals leading to the central nervous system, since the central nervous system maintains tone, and muscle activity regulates blood circulation and metabolism. Hypodynamia. Hypokinesia (Greek hypo-low, low and dynamic) is the result of inadequate muscle function, decreased contractile strength, which is usually caused by constant sitting, low mobility and, as a rule, a decrease in muscle mass. Man continues to suffer with slow motion. Hypodynamia is also present when a person is sick for a long time.

Everyone strives to be healthy, strong and energetic, to maintain youth, good manners and business acumen. One of the key factors in achieving this is physical activity.

The effect of activity on the body can be summarized as follows: cardiovascular function is activated; improves breathing; bones are strengthened, muscles are strong, joints are enlarged; good assimilation of food; improvement of the activity of the separation organs; The nervous system is strengthened. They are important for maintaining the balance of the central nervous system; positively affects human psychology; to help shape your body.

The foundation of a healthy lifestyle is hygiene, skin care and oral care. physical education and sport. Proper management of daily routines and hygiene are also key criteria for personal hygiene.

Ecology. Man always interacts with his environment. Water, air, plants, wildlife, food, habitat, noise, vibration, radiation, various medicines, biological prophylactic drugs, modern airliners, various harmful chemicals used for agricultural pests, and others - this is the human environment. These factors directly affect the physical and mental health of a person. Social problems can also affect people's health. The impact of mutagenic (oncogenic, teratogenic) factors in the biosphere due to environmental pollution can lead to an increase in hereditary diseases. As a result of the unnecessary use of natural resources, the appearance of the planet changes, forests lose, plants and animals are depleted, and mineral resources are depleted. Providing the population with clean water and food has become an urgent problem due to increasing pollution of water bodies, soil and atmospheric air, an increase in emissions and wastes resulting from various types of economic activity. It is well known that in recent years such an environmental situation has been noted in many countries of the world, including Uzbekistan, and a lot of work has been done in the field of international cooperation. Increased exposure to air pollutants is not only harmful to human health, but also affects the lives of all living animals and plants and contributes to the spread of disease among people. These environmental changes also cause serious damage to human health. There is no doubt that the increasing number of carcinogenic, mutagenic, allergenic substances in nature and related diseases also increase environmental risks.

Accident prevention. As for the causes of death and disability among people today, the problem is still relevant: injuries and accidents seriously threaten people's health. It's not hard to understand. According to the World Health Organization, traffic accidents are extremely problematic for people at risk of dying from AIDS, diarrhea, and tuberculosis.

Prevention of addiction. It is understood that some people regularly consume excessive amounts of alcohol to the detriment of society.

Alcohol can affect all members of the body, disrupt the functioning of the central and peripheral nervous system, cause mental illness, neuritis and other disorders. Drinking (even if by accident) is a change in mentality that can lead to suicide or other accidents.

The toxic effects of alcohol can lead to metabolic and nervous system disorders. Many drinkers have a blinding eye, and sometimes a deaf ear. The effects of alcohol on eating disorders can cause chronic alcoholic gastritis as a result of all functional disorders. Alcohol is especially harmful to the liver, such as cirrhosis, as well as alcohol, pancreatitis, diabetes, angina pectoris, and myocardial infarction. Those who drink alcohol often age and become disabled.

Smoking is one of the most bad habits that can seriously affect your health. People who suffer from long periods of time are more prone to aging. Nicotine is especially harmful to pregnant women because the baby is born weak and sick. Breastfeeding also affects children's health.

Nicotine can aggravate atherosclerosis, hypertension, gastritis, gastroenterocolitis, myocardial dystrophy and some endocrine disorders. Without quitting smoking, it is difficult to cure an ulcer, thrombophlebitis, obliterating endoarthritis, Rheino, angina pectoris, myocardial infarction.

Addiction (Greek addiction is stagnation, mania is insanity, anger, vigor), addiction is a disease caused by the abuse of drugs and drugs.

Keeping an agenda is the foundation for a healthy lifestyle.

An agenda is an ongoing process that has been in effect since the person's birthday.

A properly organized agenda:

- proper development;
- strengthening the will;
- high labor productivity and better performance;
- plays an important role in disease prevention.

Thus, a balanced diet, balanced diet and exercise are necessary to protect the body from various diseases, therefore it is recommended to present the following physiological and hygienic recommendations to parents in school activities, in educational activities. Aisha. Compliance with work schedules, including school and homework, will also help: maintain fun in the fresh air; Adequate and timely nutrition; good hygiene sleep; timely transfer of mental stress to physical activity; change activities in accordance with hygiene requirements.

Healthy nutrition protects and strengthens health, increases the body's resistance to the harmful effects of the environment, contributes to high mental and physical activity, as well as active longevity.

How many times a day, how long and how long the distribution and consumption of food and products is carried out. It is recommended to eat 4 times a day:

The body needs minerals, vitamins, carbohydrates, fats and proteins.

When choosing a diet, first of all, consider your health.

If you have any medical condition or chronic illness, consult your doctor. The appearance of the food should be beautiful, its color, aroma and appearance should be appetizing.

If eating causes discomfort in the body, you may need to consult a doctor if you experience nausea, pain, or other symptoms.

Inadequate nutrition can interfere with the normal functioning of the body and lead to illness. The insufficient nutritional status of the body reduces its protective properties, contributes to the development of diseases, as well as rapid fatigue and loss of performance.

Strengthening the body is a set of measures aimed at increasing the body's resistance to adverse climatic conditions (low and high temperatures, low atmospheric pressure, etc. An increase in malnutrition delays physical development). It has a positive effect on the functioning of the nervous system and endocrine glands, as well as on the control of all physiological processes. As a result of changes in the functioning of the central nervous system, some adaptation takes place in the tissues and cells during the hardening process. As a result, the activity and physicochemical composition of cell enzymes change. Frequent exposure to cold or heat increases the body's overall resistance. Stress has direct and indirect effects.

Indirect effects: the body's resistance to cooling, meteorological factors or exposure to ultraviolet radiation under the influence of sunlight; increases; increases the body's resistance to hardening effects and the spread of infectious diseases; Physical activity factors increase physical activity, reduce morbidity and improve well-being.

This means that the hardening of the body is achieved:

- air bathing;
- sunbathing;
- curing using water procedures;
- regular exercise;
- regular exercise.

The correct and effective organization of physical education plays an important role in the training of the body. The main medical and educational tasks of physical education are:

- improving well-being, increasing physical activity and enhancing the body's resistance to environmental factors;
- develop basic movement skills, develop strong, dexterous, dexterous and hardworking skills;
- development of physical and physical education skills;
- familiarize yourself with the rules of exercise and sports hygiene.

It is important to remember that STT must adhere to: Avoid stresses that affect the nervous system; don't eat too much; avoid inertia in our lifestyle, refrain from addictive habits (do not drink alcohol, smoke; eat right, eat fatty foods; avoid sweets; Self-control; active exercises and physical preparation. Consumption of a lot of fruits and vegetables.

One of the most important aspects of a healthy lifestyle is the ability to avoid various injuries and injuries, and the use of video clips and multimedia tools can also help. Another important aspect of pedagogical activity that helps students develop a healthy lifestyle is bad habits (smoking, alcohol and drug abuse, subversive sexual behavior) among students. Implementation of pedagogical and preventive work against assimilation. The literature on specific medical, biological, and socio-pedagogical content indicates that smoking, alcohol consumption and "the fight against drug addiction are not specific," but they are an important component of moral education.

It is important and important to provide students with information about bad habits and their impact on human health, but, most importantly, about the active social attitude of adolescents, team orientation and self-esteem. it requires training, some interesting activities

This means that if we give our students the knowledge and skills to protect themselves from various infectious and non-infectious diseases based on a healthy lifestyle and physical education, they will be able to maintain their health and medical culture in the future. We will facilitate the training of specialists with a strong professional education.

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