

## ISSUES TO PROMOTE A HEALTHY LIFESTYLE IN SOCIETY

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### ANNOTATION

This article discusses in detail the role of exercise in a healthy lifestyle, ie the role of exercise, medical knowledge, knowledge of sanitation and hygiene, and the application and adherence to this knowledge in everyday life.

**Keywords:** Healthy life, sports, medical education, personality, national values, spiritual education, young generation, culture, moral quality, physical education

### INTRODUCTION

In our country, the promotion of physical culture and sports, the promotion of a healthy lifestyle among the population is identified as one of the important areas of social policy, and consistent decrees and resolutions are being developed in this regard. Awakening of love for physical education and sports in everyone begins with the family. Because the role of physical culture and sports in strengthening the health of the population, educating the younger generation in a healthy and harmonious way, it is possible to decide a healthy lifestyle in society. Physical education, sports and a healthy lifestyle play an important role in the prevention of various diseases, harmful habits among young people and the formation of high culture and patriotic feelings. "A person who exercises regularly rarely needs treatment," wrote Abu Ali ibn Sina.

### MATERIALS AND METHODS

Human society today has entered a new millennium. It is no exaggeration to say that the XXI century has been the most violent and full of various coincidences and changes over the past millennia. In none of the last centuries has human activity and living conditions been as severe as in the XXI century, and the changes in living conditions have been directly linked to scientific and technological progress. There is no doubt that the planned direction of these changes is only for the happiness of the people.

People's lifestyle, their knowledge of medicine, their knowledge of sanitation and hygiene, and their ability to apply and adhere to this knowledge in daily life will radically change their attitude towards their bodies and health. Everyone who has this knowledge is able to organize their daily routine correctly. The life and health of every human being is the greatest social wealth of a society.

The family, kindergarten, school are constantly working on the formation of a healthy lifestyle as social institutions that deal with human upbringing, maturity. Everyone's health is naturally addressed through a healthy lifestyle. Therefore, it is important to know that all the factors in the environment can affect the body on the basis of a healthy lifestyle, and to effectively use these factors in terms of their health benefits.

Health is a balanced unit of biological, mental, physical condition and labor activity of the human body. Health is happiness for everyone. Public health is, of course, a necessary condition for the development of labor productivity, economic power of the country, the welfare of the people. A conscious and responsible approach to public health, which is a public property, should be the way of life and ethics of society and all its members. In our country, a wide range of targeted measures have been identified to create conditions and opportunities for the upbringing of a healthy and harmoniously developed generation, the realization of the creative and intellectual potential of young people, the development of young people as fully developed individuals who fully meet the requirements of the XXI century. Specific tasks are being carried out to ensure a healthy lifestyle, to protect them from drug abuse, alcoholism and various destructive threats, as well as from religious and extremist influences that are alien to us.

Promoting a healthy lifestyle in the economic development, spiritual renewal of civil society in Uzbekistan, achieving high results in the state and social spheres is aimed not only at protecting the health of the younger generation, but also the whole nation.

A healthy lifestyle is a social phenomenon that enables a person to pursue life activities based on the acquisition of skills that serve human health and safety, as well as to achieve a high level of health. Exercise-related lifestyle, exercise, physical activity and sports are important factors in a healthy lifestyle. A healthy lifestyle includes a person's cultural, physical development, labor productivity, and creative activity.

It is a way of actively mastering the conditions of human life, adhering to the agenda, hardening the body through active movement, sports, complete and quality nutrition, adherence to hygienic rules of nutrition, communication and ecological culture, spiritual education based on universal and national values, means to refrain from harmful habits.

In this regard, it is necessary to eliminate the factors that negatively affect the life and health of the person, to strictly adhere to the agenda, to exercise regularly, to organize active physical activity and to engage in regular sports. At the same time, it is important to carefully study the information about the essence and importance of proper nutrition rules and use them in practice, to decide on the responsibility for personal health. In addition, protecting the environment, having the rules of ecological culture, the ability to prevent various injuries and accidents, being aware of and following the rules of personal hygiene are also considered to be high moral qualities and aimed at building a strong will. It is also important to follow the requirements of psychohygiene, to cope with the general philosophical problems of life, to organize theoretical and practical ideas to build immunity against beliefs that contradict the idea of national independence and ideological principles.

The modern educational concept of the new society is aimed at the formation of the human personality, that is, well-rounded, mature, young people who are free and able to achieve their goals on their own. This includes, on the one hand, the harmonious development of the individual in all respects, on the other hand, ensuring his mental, physical, spiritually healthy growth throughout the development process. The younger generation should have knowledge of the concept of "health", health factors, protection of the organism in health care, the basics of valeology, its principles and methods. As each person's lifestyle is shaped by day-to-day events and changes, changing relationships affect the psyche of society, resulting in the choice

of mental, emotional, and volitional behaviors that are necessary for their own destiny, family, and community. responsibility is also increasing. As a result, it is necessary to prevent neurological diseases that occur in some cases. This requires, first of all, the organization of a healthy lifestyle on an individual and social scale, and increasing the knowledge of the main directions and ways to implement a healthy lifestyle.

Living a sedentary lifestyle, exercising, and engaging in physical activity are important factors in a healthy lifestyle. Active movement, ie exercise, plays a key role in a person's healthy lifestyle. Physical activity is a manifestation of the impact on human health, the body's close connection with the external environment. For this reason, people who are physically active and follow the rules of a healthy lifestyle will always be alert, mentally light, full of energy, in a high mood. As a result of exercise, the body's defenses are well developed. Exercise, which begins in childhood and adolescence, is especially helpful. Exercising, walking in the fresh air, participating in sports are among the factors that ensure longevity and health. The means of toning the body are sunlight, colder and cleaner water, as well as regular exercise with fresh air physical training. Every person should be accustomed to performing physical activities on a regular basis to a certain extent in accordance with their physical ability. In addition, in our hot climate, it is advisable to harden the body by non-traditional methods rather than traditional methods. That is, various foot baths, such as walking on salt and rocky paths, as well as walking outdoors before and after sleep, increase the body's resistance to adverse effects of the external environment, ie strengthen the immune system.

The earlier a person starts exercising, the higher the effect. It is also recommended to gradually increase the strength of the impact of the exercise, to conduct a complex exercise together, ie continuously.

## CONCLUSION

Thus, a healthy lifestyle is a guarantee of health, the main components of which are ways to increase cultural, physical development, labor productivity and creative activity - the correct organization of the daily plan, the correct dynamics of active movement, ie effective work, personal hygiene, being adequate in the open air, giving up harmful habits, eating right at a set time, and engaging in regular physical activity.

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