

## HEALTHY LIFESTYLE AND ITS IMPORTANCE

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### ANNOTATION

This article explains about a healthy lifestyle and its components and the factors acting on the human body. As well as a warning against harmful factors hardening of the body, sports.

**Keywords:** routine, healthy diet, hygiene, active movement, prevention of accidents, exercise, health, healthy lifestyle..

In accordance with the decision of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev, the Concept of prevention of non-communicable diseases, support of the population's healthy lifestyle and increasing the level of physical activity was developed in 2019-2022.

The only way to preserve and strengthen human health and live a long life is a healthy lifestyle. Maintaining a healthy lifestyle is considered a very important issue in today's complicated times, and it requires raising the future generation to be both physically and mentally perfect. Important changes are taking place in the field of medicine, as in all fields. Measures are being taken to prevent infectious diseases, influenza, covid-19 and upper respiratory tract infections among the population.

A number of regulatory legal documents aimed at the development of the medical sector and its radical reform have been adopted, including 4 decrees, 24 decisions and 9 orders of the President of the Republic of Uzbekistan, 37 decisions and 32 orders of the Cabinet of Ministers of the Republic of Uzbekistan.

Health as an invaluable asset for every person is one of the important conditions for social and economic development of society. In fact, according to the definition of the World Health Organization, "Health is not a disease, the absence of any defects, but physical, mental (spiritual) and social peace."

The concept of healthy life represents the physical health of people as well as their mental and spiritual health.

A healthy lifestyle is active work, a strong physical and mental state, able to overcome extremely dangerous and harmful factors, to maturity.

is the process of formation of an aspiring personality.

A healthy lifestyle is a way of actively mastering human living conditions, following a daily routine, exercising the body based on active movement, doing sports, eating wisely, observing hygienic rules of eating, achieving communication and ecological culture, it is necessary to refrain from harmful habits. (Figure 1)



Figure 1 Components of STT.

Live life related to active movement. exercise, physical education and sports are important factors of a healthy lifestyle. Active movement, that is, exercise, plays a key role in the healthy living of a person.

The effect of active movement on the body can be expressed as follows: the cardiovascular function is activated; breathing improves; bones become stronger, muscles become stronger, mobility of joints increases; good digestion of food is ensured; the functioning of the digestive organs improves; the nervous system is strengthened. And these are of great importance in maintaining the balance of excitation phenomena in the central nervous system; has a positive effect on human psychology; helps to form the correct stature.

Hygiene is the basis of a healthy lifestyle, i.e. skin and mouth care, exercise and physical education are considered the main criteria of personal hygiene.

Ecology Man always interacts with the external environment that surrounds him. Water, air, plants, wildlife, food, habitat, noise, vibration, radiation, various drugs, biological preventives, modern air liners, various harmful chemicals used against agricultural pests substances etc. is the environment that surrounds a person. These factors directly affect a person's physical and mental health. In addition, social problems can affect people's health. The effect of mutagenic (oncogenic, teratogenic) factors, which are increasing in the biosphere due to environmental pollution, causes an increase in hereditary diseases. As a result of man's thoughtless overuse of natural resources, the appearance of our planet is gradually changing, forests are disappearing, plant and animal species are decreasing, and minerals are running out. As a result of the increasing pollution of water bodies, soil and atmospheric air, as a result of various economic activities and the increase of waste materials in industrial enterprises, providing the population with ecologically clean water and food has become an urgent problem.

Prevention of accidents. If we consider the causes of death and disability among people today, we can see that this problem has not lost its relevance even now, injuries and accidents pose a serious threat to people's health. It is not difficult to understand. According to the scientific conclusions of the World Health Organization, road traffic accidents are one of the most dangerous diseases of our time, higher than AIDS, diarrhea and tuberculosis in terms of the risk of death.

Avoiding harmful habits. It is understood that some individuals regularly consume alcohol in excess of the norm to the extent that it harms the well-being of society.

The toxic effect of alcohol causes metabolic disorders and damage to the nervous system. A person who drinks a lot has blurred vision and sometimes his ears become heavy. The effect of alcohol on the stomach is that chronic alcoholic gastritis appears as a result of disruption of all functions. Drink has a particularly harmful effect on the liver, that is, if you drink it, you will suffer from cirrhosis of the liver, as well as alcoholism, pancreatitis, diabetes, angina and myocardial infarction. People who drink regularly become old and disabled.

Smoking is one of the most harmful habits that seriously damage human health. In those who have been chronic for a long time, cases of rapid aging are observed. Nicotine is especially harmful for pregnant women, because the child is born weak and sick. Smoking by nursing women also has a dangerous effect on the health of the child.

Nicotine aggravates atherosclerosis, hypertension, gastritis, gastroenterocolitis, myocardiodystrophy and some endocrine diseases. Without quitting smoking, it is difficult to recover from diseases such as ulcer disease, thrombophlebitis, obliterating endoarthritis, Raynaud's disease, angina pectoris, myocardial infarction.

Drug addiction (Greek: narke - numbness, mania - madness, anger, exhilaration), drug addiction is a disease caused by the abuse of narcotics and substances with narcotic effects.

Following a routine is the basis of a healthy lifestyle.

Daily routine is a continuous process that takes place from the day a person comes into the world, and it is a person's activities of various contents - work, rest, eating, playing sports, etc. A properly organized daily routine is comprehensive for the body:

- proper development;
- strengthening of the will;
- labor productivity is very high, and the ability to work is well preserved for a long time;
- plays an important role in disease prevention.

Smart nutrition preserves and strengthens health, increases the body's resistance to the harmful effects of the external environment, provides high mental and physical work capacity and active longevity.

Body conditioning is a set of activities aimed at increasing the body's resistance to the effects of unfavorable climatic conditions (low and high air temperature, low atmospheric pressure, etc. Child's lack of proper nutrition slows down growth and physical development), and it "improves metabolic processes", has a good effect on the activity of the nervous system and endocrine glands, besides, it controls all physiological processes. As a result of changes in the activity of the central nervous system, in the course of training, tissue and cell adaptation is observed to a certain extent. As a result, the activity and physical-chemical composition of cell



enzymes changes. As a result of repeated exposure to cold or heat, the general resistance of the body increases. Exercise has a direct and indirect effect [4]

Direct effect: resistance of the organism as a result of exposure to ultraviolet radiation during cooling treatment, meteorological factors or sunlight; increases; as a result of exercise, the body's resistance to various influences and infectious disease spreaders increases; training factors increase physical work capacity, reduce diseases, strengthen health.

So, body conditioning is carried out in the following ways:

- exercise using an air bath;
- exercise using a sun bath;
- exercise using water treatments;
- regular exercise and sports;
- constant physical work.

Correctly and effectively organized physical training takes a leading place in training the body. The main healthy and educational tasks of physical education include:

- improving health, making physical education work more widespread and strengthening the body's resistance to harmful factors of the environment;
- formation of basic movement skills, making them strong, fast, dexterous and trained;
- formation of the skills of constant engagement with physical and training exercises;
- Getting to know the rules of physical exercise and sports hygiene to prevent injuries.

It should be remembered that STT should follow the following. These include avoiding loads affecting the nervous system; not to eat a lot; not to allow inefficiency in our lifestyle; to abstain from harmful habits (not to drink alcohol, not to smoke; to eat properly, to eat fatty fried foods; to avoid sweets abstinence; being active and exercising; eating lots of fruits and vegetables

One of the important aspects of having healthy lifestyle skills is to have different types of injury and injury prevention skills, using videos and multimedia tools also gives good results. Another important form of pedagogical activity aimed at forming healthy lifestyle skills in students is harmful habits in students (smoking tobacco products, alcohol and narcotics consumption, engaging in promiscuous sexual life). implementation of pedagogic-prophylactic work against the acquisition of It is noted in the literature of special medical-biological and social-pedagogical content that smoking, alcohol consumption, as well as "the fight against drug addiction" is considered an important component of moral education.

In the formation of internal immunity in students against acquiring harmful habits, "it is necessary and important to give them information about harmful habits and their impact on human health, but the most important thing is to develop an active social perspective, collective orientation in adolescents. it is necessary to educate, find some interesting employment

So, if we create knowledge and skills about protection from various infectious and non-infectious diseases based on following a healthy lifestyle and training the body, then we will be able to protect our health in the future and have a medical culture. We will contribute to the formation of specialists with advanced professional education.

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