

TERMIZ BRANCH OF TASHKENT MEDICAL ACADEMY FORMING A HEALTHY LIFESTYLE AMONG STUDENTS

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ANNOTATION

This article scientifically substantiates and draws conclusions about a healthy lifestyle among students of the Termez branch of the Tashkent Medical Academy.

Keywords: occupational functions, certain categories of people, diet, nervous system, harmful habits.

INTRODUCTION

Pursuant to the Decree of the President of the Republic of Uzbekistan dated October 30, 2020 No. PF-6099 "On measures for the widespread introduction of a healthy lifestyle and further development of mass sports" The Healthy Lifestyle Platform was established to promote daily walking and running, and the Healthy Lifestyle Platform was established in addition to the Cabinet of Ministers Resolution No. 253 of April 28, 2021. The regulations on the procedure were adopted.

According to the charter, in order to promote a healthy lifestyle among the population, the provision of funds to citizens who have taken a thousand steps has been introduced and is now being carried out on a regular basis. In particular, the Termez branch of the Tashkent Medical Academy organizes sports games by the head of the institute and professors in order to promote a healthy lifestyle among students. Prize-winning students are encouraged.

In addition to promoting healthy lifestyles, disease prevention, and healthy eating in student housing, we focused our research on improving physical development and preventing acquired disabilities.

THE PURPOSE OF THE STUDY

Scientific substantiation of a healthy lifestyle among students of the Termez branch of the Tashkent Medical Academy.

THE RESULTS OBTAINED AND THEIR ANALYSIS

In the formation of a healthy lifestyle among students, first of all, it is necessary to strengthen their health, change their lifestyle, increase their hygienic knowledge, fight against bad habits, form a healthy diet, deal with the disadvantages of hypodynamics and life situations. A healthy lifestyle is a typical way of life. A healthy lifestyle strengthens and improves the body, improves its social and professional functions.

The content of a healthy lifestyle includes work and rest, sleep hygiene, food hygiene, exercise, self-esteem, interpersonal skills, and more.

Rhythmic work and rest at a strict schedule ensures a high level of work ability. It takes into account living conditions and the work of certain categories of people. When a certain order is maintained in the human body, a certain biological rhythm works, and conditioned reflexes are repeated in sequence to form a dynamic stereotype. For example, if students engage in mental and physical activity at a set time each day, their ability to work will be higher and their academic performance will improve. The rhythms of the body are not independent, but it is associated with changes in the external environment, the change of day and night, the change of the moon and the seasons. Well-known scientists Claude Bernard, Walter, and Kennon developed the theory of the uniform preservation of the internal environment. IM Sechenov, IP Pavlov and others have repeatedly stated that changes in the state of the organism depend on the rhythmic changes in environmental phenomena. Popular scientific theories and current research have shown that nocturnal metabolic processes, cardiovascular function, respiratory system, body temperature decrease, and the brain receives less information, and daytime motor activity and nervous system functions increase. The diligence and mental ability of the students will increase from 0900 to 1100 hours. After 1300 hours, the working capacity decreases, and after 1600-1700 hours, the working capacity decreases again. Functional capacity in students decreases after 2130 hours.

Increased daily workload of students in their studies and personal lives is one of the causes of chronic stress, which weakens the protective functions of students and leads to various diseases. They need to be in a certain pattern in order to study and do their personal work in a normal way, and they need to take a break if they work hard after school. Illnesses occur in students due to disruption of work, rest, and diet. For example: pancreatitis, chronic cholecystitis, obesity, weight loss, rheumatism, diarrhea, peptic ulcer, gallstones, flatulence, hepatitis and other diseases.

The following should be taken into account when maintaining a high level of work capacity and proper organization of a healthy lifestyle:

- perform various activities on time;
- effective replacement of work and rest;
- systematic rational nutrition;
- give up bad habits;
- observance of personal hygiene rules;
- 1-1.5 hours of sports every day;
- 2-3 hours of fresh air every day;
- observance of hygienic rules when using information technology tools;
- Strict adherence to sleep hygiene.

These rules will help students stay healthy, increase their interest in life, and maintain their ability to work for many years to come.

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 looks, shapes and methods. There are types of yoga, pilates, walking, jogging, horizontal bar pull-ups, jogging, dancing, rafting, bodybuilding,

gymnastics, football and so on. Choose what you want, just be physically active. If you exercise 30-60 minutes a day, not every day, it will be enough to stay healthy.

Include more natural foods in your diet - fruits and vegetables, foods rich in vitamins and minerals. Fruits and vegetables, bread and cereals should make up 65 percent of the diet, meat and dairy products 30 percent, and sweets and fats 5 percent. Foods should be as fresh and seasonal as possible. Plants should be given more space in spring and summer and more protein and fat in winter. Fast food, fizzy drinks, semi-finished products, chips and kirieshki, and many other foods with artificial flavors, colors and shapes should not be consumed.

It is important not to mix different foods when eating. Fruits should be consumed half an hour before meals, tea and drinks 1-2 hours after. After 7pm, only a few apples are allowed to be eaten.

Of course, washing your hands before and after meals, brushing your teeth before going to bed and after eating, clean clothes, and generally adhering to cleanliness are the main conditions for a healthy lifestyle.

CONCLUSION

A healthy lifestyle is a guarantee of prevention of any diseases and health, strength. It is the key to the development of various aspects of man, to success. A person who follows the rules of a healthy lifestyle, the family, the work community, in general, will have a place in society, learn to overcome various complex situations, not to lose themselves in the face of life's challenges.

Remember that! The rules of a healthy lifestyle support each other, and it is impossible for one to happen without the other. Without leaving them for tomorrow, by taking action now, we can take our first steps towards a healthier and happier life.

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