

IMPLEMENTATION OF A HEALTHY LIFESTYLE

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Annotation: This article analyzes the main aspects of implementing a healthy lifestyle. Proper nutrition, physical activity, mental stability, giving up bad habits and observing hygiene are important for living a healthy life. The article provides recommendations for each area and explains their impact on human health and quality of life. It is emphasized that by implementing a healthy lifestyle in everyday life, it is possible to prevent diseases, improve the quality of life and achieve general well-being.

Keywords: healthy lifestyle, proper nutrition, physical activity, mental health, stress, bad habits, hygiene, prevention, health care, quality of life.

A healthy lifestyle is a hygienic behavior based on scientifically based medical and hygienic standards, aimed at preserving and strengthening health, ensuring a high level of working capacity, and active longevity, that is, a lifestyle aimed at preserving and strengthening people's health.

Adherence to a healthy lifestyle applies to all people without exception: both healthy and those with certain health problems.

A person himself can strengthen his health by adhering to a healthy lifestyle, but as the body grows and ages, the necessary efforts increase. Unfortunately, health, as an important vital need for achieving one or another goal, is perceived by a person only when old age becomes a near reality.

The value of any action is determined by the importance of the goal, the possibility of achieving it, and the process. Human behavior or lifestyle depends on biological and social needs that must be satisfied (for example, satisfying hunger and thirst, completing work tasks, relaxing, starting a family, raising children, etc.).

The emergence of the COVID-19 coronavirus pandemic in the world has shown that the health, physical health, and healthy lifestyle of the population in Uzbekistan, along with other countries in the world, are weak.

COVID-19 coronavirus infection has primarily negatively affected the health of our citizens suffering from cardiovascular and respiratory diseases, as well as obesity (overweight). As a result, today's pandemic has caused many of our citizens to die prematurely.

Today's era demands that we all draw serious conclusions from this and abandon harmful habits, regularly engage in mass sports, adhere to the principles of proper nutrition, in particular, not consume excessive amounts of salt, sugar, and fat-containing foods, sweets, and bakery products. In short, we need to make a healthy lifestyle our daily life.

In order to ensure the formation of a strong immune system against disease in every citizen through regular physical education and mass sports and the formation of life skills for a healthy lifestyle, to abandon harmful habits, adhere to the principles of proper nutrition, systematically

and effectively organize recovery and rehabilitation work and mass physical activity events, and to create appropriate infrastructure and other necessary conditions in this regard:

1. The following shall be determined as the main directions for the widespread implementation of a healthy lifestyle and the further development of mass sports:

Creating conditions for physical education and mass sports in every family, neighborhood and district (city), in preschool, general secondary, secondary specialized, professional and higher educational institutions and other organizations;

Regularly holding sports competitions between families, classes, labor teams and regions to develop mass sports;

creating conditions that ensure the satisfaction of the needs of various groups of the population for healthy nutrition, reducing the consumption of foods and sweets, bakery products, and pastries high in salt, sugar, and fat, and reducing the incidence of disease, overweight (obesity), and premature death by abandoning harmful habits, in particular, the consumption of alcohol and tobacco products;

Widely promote a healthy eating culture among the population, including abandoning the habit of eating irregularly and before bedtime;

Promote compliance with sanitary and hygienic rules as an integral part of a healthy lifestyle at the level of families, neighborhoods, preschool and general education institutions;

Form a modern material and technical base for physical education and sports in preschool, general education, secondary specialized, professional and higher educational institutions, enterprises, organizations and all other types of institutions.

2. In developing mass sports among the population in the republic and promoting a healthy lifestyle, walking, running, mini-football, cycling, badminton, streetball, "Workout" (neighborhood and street fitness) should be identified as priority types of sports.

3. It is determined that:

104 billion soums will be allocated from the State Budget annually from 2021 until the programs are fully implemented to implement programs for the popularization and development of walking, running, mini-football, cycling, badminton, streetball and "Workout" sports;

10 billion soums will be allocated from the State Budget annually from 2021 until the programs are fully implemented to finance programs aimed at attracting people with physical disabilities and disabilities to physical education and sports.

Purpose of the Decree of the President of the Republic of Uzbekistan No. PF-6099 dated October 30, 2020.

- To ensure the formation of a strong immune system against disease in every citizen through regular physical education and mass sports and the formation of life skills for a healthy lifestyle, giving up harmful habits, adhering to the principles of proper nutrition, systematically and effectively organizing recovery and rehabilitation work and mass physical activity events, creating appropriate infrastructure and other necessary conditions in this regard

Works carried out:

- The "Healthy Lifestyle" platform (www.1hls.uz) was created to promote daily walking and running.
- The total length of pedestrian and bicycle paths should be 3-5 kilometers and be interconnected;
- Modern, energy-efficient (equipped with motion sensors) lighting systems and fully equipped with reflective road signs indicating the beginning, interval and end of the paths.

In order to develop a healthy lifestyle and mass sports, an employee working in labor collectives should be assigned the additional role of "Sports Promoter" and a 20 percent bonus to his basic salary should be established; on selected days after working hours (at least once a week), the manager and all employees should be engaged in physical education and sports (running, streetball, football, badminton, volleyball, basketball, table tennis, swimming, etc.); every Saturday after 2:00 p.m., mass sports competitions in running, streetball, football, badminton, volleyball, basketball, table tennis, swimming, and other sports should be organized among employees and their family members. In this regard, special attention should be paid to holding competitions in a festive spirit, in the form of a "show", and to properly encouraging winners and prize-winners;

According to the World Health Organization, non-communicable diseases cause 70% of premature deaths. Therefore, health promotion, including a healthy lifestyle, is of paramount importance. WHO considers it important to develop primary health care services aimed at people. In addition to providing medical care, these services are primarily aimed at forming a healthy lifestyle and preventing non-communicable diseases.

The most important aspects of a healthy lifestyle are:

- quitting tobacco products;
- quitting alcohol and other drugs;
- eating a balanced diet;
- physical activity, avoiding sedentary work.

Unhealthy lifestyles and risk factors for non-communicable diseases include: poor diet, sedentary lifestyle (low physical activity), smoking, alcohol consumption, excessive caffeine consumption (coffee, tea, energy drinks), and sleep disorders.

Studies show that a healthy lifestyle can significantly increase life expectancy. According to a study conducted in Germany, following a healthy lifestyle can extend life expectancy after the age of 40 by 13-17 years. A study conducted in the United States shows that life expectancy after the age of 50 increases by 12-14 years.

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