



# HEALTHY LIFESTYLE, ITS ESSENCE, CONTENT, STRUCTURE AND ACTIVATING CONDITIONS

**Roziyeva Mukhayo Erkinovna**

*Independent Researcher, Urgench State University, Uzbekistan*

## ABSTRACT

*This article discusses that healthy lifestyle is the choice of living conditions according to a person's health. It is a high hygienic culture of individual social groups and the whole society, procedures that create conditions for increasing the body's protective capacity and procedures against habits that harm the body are important.*

**KEY WORDS:** *Increasing immunity, training, physical activity, exercise, personal hygiene, alcohol, smoking, healthy lifestyle, increased heart rate, increased pressure, decreased appetite, indigestion, rational and correct response to events, activity.*

A healthy lifestyle is one of the main factors of our society. A healthy lifestyle is important not only for the young generation, but for everyone. This is the personal health of a person, it is the extension of the life of each person, the health of each person's generation. A healthy lifestyle also starts from childhood. If we guide all the young generation to a healthy way of life, if they grow up physically and mentally healthy, a healthy way of life will be established in our society, and our people, who will ensure the future of our independent country, will be healthier and stronger.

A healthy lifestyle is behavior and education aimed at maintaining, strengthening and improving the health of a certain population. A healthy lifestyle is not only a medical, but also a socio-economic category that depends on the development of production and production relations. "Standard of living" (or level of well-being) describes the size of material and spiritual needs, as well as their structure. This concept is used to assess the minimum and maximum level of material and spiritual needs of a particular individual, social class or society as a whole [1].

Pedagogical innovative principles of healthy lifestyle development among students serve to a certain extent in the implementation of tasks defined in the Law of the Republic of Uzbekistan LRU-406 "On State Policy Regarding Youth" adopted on September 14, 2016, Decisions of January 29, 2019 "On wide promotion of a healthy lifestyle in Uzbekistan and involving the population in physical education and mass sports", the concept of "Youth of Uzbekistan – 2030" and other regulatory and legal documents on the health of the country's population.

A healthy lifestyle is a person's choice of living conditions in accordance with health, that is, a high hygienic culture of individual social groups and society as a whole. Procedures that create conditions for increasing the body's protective capacity, procedures against habits that harm the body, and proper hygienic procedures play an important role. Increasing the body's protective capacity, proper use of various types of training and recreation, rational nutrition, proper physical activity, exercise, training, maintaining personal

hygiene, paying special attention to one's health, good environmental conditions, etc. In this case, it should be taken into account that children cannot create the necessary environment. Therefore, the creation of such conditions mainly depends on parents, organizers of educational activities, and teachers. That is, the child's future behavior depends on his environment from infancy.

A healthy life is not compatible with unhealthy habits. Alcohol and other intoxicating substances, as well as smoking, prevent the formation of a healthy lifestyle. Harmful habits are a risk factor for many diseases and have a negative impact on the health of children and young people. This is the main condition for the formation of a healthy lifestyle. It improves the functioning of important organs and organ systems, so it plays a major role in the formation of a healthy lifestyle. Correct organization of movement activities actively supports the growth and development of the body, increases the body's work capacity, and increases resistance to various diseases. And if you move less, changes will develop in the body. "Healthy lifestyle" is a philosophical concept that deeply expresses the scale of material and aesthetic diversity of the real life activities of society, social groups, and individuals, leading a person to a prosperous and prosperous life. A healthy lifestyle is a form of life activity conditioned by individual characteristics and socio-cultural factors. A healthy lifestyle is a state of harmony with all levels, that is, physical, mental, spiritual, as well as with the external environment, being" [1]. A healthy lifestyle is a concept of human life aimed at improving and maintaining health through proper nutrition, physical education, morals and giving up bad habits. We all face this concept. Nowadays, you can achieve good results by following its simple rules: improving your health and improving your appearance. So what does a healthy lifestyle include? First of all, it is to give up alcohol, tobacco and drugs. These factors have a negative effect on the human body. Everyone knows this, but unfortunately, not everyone knows about their consequences. Alcohol abuse is one of the urgent problems of our country. Wide sales and advertising of alcoholic products, social, economic and psychological tensions, lack of organization of free time and



rest are the reason why the population, including the young people, resort to drinking. "Risk factors" are associated with morbidity and mortality, so their study and assessment are relevant to both psychology and medicine [2]. However, based on the results of many studies, it should be noted that today the representatives of the medical field cannot solve the health problem on their own without turning to pedagogues and psychologists. The health problems of the employees of the medical field are increasing year by year [3].

Alcoholic life is one of the most important factors leading to early death as the antipode of a healthy lifestyle. Alcoholism is a huge social evil that "destroys" a person from the inside and causes great harm to society. "National disaster", "collective suicide of the nation", "the road leading to the catastrophe of humanity" - this is how scientists and society of many countries assess alcohol abuse. Is alcoholism a disease or an immorality? The beginning of systemic intoxication is a lack of courage, lack of culture and will, and the period of mental dependence on alcohol begins as a disease. One of the most common harmful habits is smoking. There is no organ or system in the human body that is not adversely affected by cigarette smoke and its components. A smoker's central nervous system is under constant stress due to the stimulating effects of nicotine. But at the same time, less blood flows to it (due to the spasm of cerebral vessels) and the amount of oxygen needed to maintain the active functioning of the brain decreases. But the oxygen given to the brain is used with difficulty by the brain cells, so the mental capacity of the smoker decreases, the memory weakens and the will power is affected. In addition, he feels very restless, has problems sleeping and has frequent headaches. Addiction is the manifestation of drug addiction when it is used to achieve an intoxicating effect.

Features of addiction compared to alcoholism and smoking:

- young people are more often affected, so the medical and social consequences, --especially reduced life expectancy;
- addiction develops much faster;
- the risk of diseases such as HIV infection, viral hepatitis B and C increases dramatically;
- the degradation of the person develops in a short time;
- health effects are more serious and irreversible;
- withdrawal symptoms are more severe.

Components of a healthy lifestyle:

**Sports, Physical Activity.** Morning exercise is mandatory exercise. It helps the body wake up from sleep, improves metabolism and strengthens the immune system. A person can adequately respond to external physical and mental stimuli. As a result, we feel less stressed, love and think better.

Sports exercises have a positive effect on the body. The state of health is very good, regular sports training provides muscle tone, increases endurance and mobility, and also helps to increase immunity and harmonious functioning of the musculoskeletal system and cardiovascular system.

Thanks to sports, your figure is not at risk of extra pounds and obesity. Doing discipline-sports makes a person disciplined, increases responsibility and contributes to an active life position.

**Proper Nutrition.** Balanced nutrition strengthens the immune system, normalizes metabolism, improves memory and appearance. It should be based on healthy food. Many people start eating right to get results, but unfortunately, they do not make this process a lifestyle. This is a common mistake. If you do not eat well in life, then all your results can quickly evaporate.

**Hardening.** Hardness strengthens the nervous system, normalizes blood pressure, metabolism, has a good effect on the heart and blood vessels. Its main preventive value is that it does not cure the disease, but prevents its occurrence. In addition, it is suitable for any healthy person, regardless of age and level of physical development.

**Healthy Sleep.** Healthy sleep is one of the best ways to maintain health, strengthen the immune system and prevent many diseases. People who sleep 7-8 hours are certainly doing the right thing, but not everyone gets enough sleep. Lack of sleep causes a lot of stress in the whole body, the consequences of which can be serious. This is increased heart rate, increased pressure, decreased appetite, upset stomach, loss of ability to respond rationally and correctly to events.

A healthy lifestyle is primarily an active health activity aimed at maintaining and strengthening health. A person's lifestyle is not formed by itself, but a healthy lifestyle is purposefully formed throughout life.

The main condition for the formation of a healthy lifestyle is the correct organization of movement activities that actively support the growth and development of the body, increase the body's work capacity, and increase resistance to various diseases. Yes, everyone's health is in their own hands. The solid foundation of a child's health depends on his nutrition, and the foundation of health laid in childhood affects the quality of a person's entire later life. Proper nutrition and a healthy lifestyle are mandatory conditions for ensuring a high resistance of the child's body to diseases.

A child's daily diet should fully satisfy the growing organism's need for necessary nutrients and energy and fully restore the energy spent during the day. In this regard, it is very important for schoolchildren to know about basic healthy eating habits. Each stage of the child's age differs from the previous one in the rate of growth and maturation of physiological systems, the quality of changes in the tissues and organs of the growing organism. Therefore, nutrition at each stage of a child's age is characterized by special requirements, taking into account these requirements, it is possible to contribute to the normal development of the child's mind and body, and to increase his life potential.

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