
The Importance of Physical Exercises in Maintaining a Healthy Lifestyle

Dehkanova Mahmuda Artikovna

Senior Lecturer of the State Conservatory of Uzbekistan, Department of Uzbek Language and Social Sciences, Physical Education and Sports

Abstract: When he said a healthy lifestyle, he understood that maintaining the health that is given to a person from nature is a matter of care and dignity for a person's own organism. The Sultan of science of Medicine has identified in his five-volume book "Medical Law" a series of omillarni that affect health.

Key words: healthy lifestyle, exercise, teacher trainee, practical training, courage, agility, pedagogy, psychology.

Health as an invaluable asset to every person is one of the important conditions for the socio-economic development of society. According to the definition of the World Health Organization, health is a state of complete physical well - being, not only in the absence of diseases or physical defects. When talking about a healthy lifestyle, a person understands a complex of activities related to maintaining, strengthening the health of himself and others around him and the Prevention of diseases.

Abdulla Avlani believes that in order to have a healthy mind, good morals and knowledge, it is necessary to engage in bodybuilding: "the health and strength of the body is the most necessary thing for a person. Because to teach, teach, learn and teach, a person must have a strong, ill-free body. People who do not have a healthy body are allowed to have shortcomings in their actions, work. Physical education is also an aid to thought education. The soul with the body is the opposite of the right of the two chapons. If the body is not decorated with freshness, if it is not kept from evil, it is better to put the top of the ChopOn and wash the lining and rub it with a scrub, which every time throws into the dirt on it. For the training of thought, one must work and have a healthy body." The great pedagogue Abdulla Avlani in his work "Turkish Gulistan or morality" stated the following in this regard: "our members, our clothes, our tools are clean and clean as Nazofat (hygiene) be told seize. Purity makes your mind and perception broad and sharp. It causes attention and fame among the people. With purity, we will be with the dignity of our soul, suffering from various diseases. Being clean is the most necessary thing for our health, happiness.

Also, this concept is an active effort aimed at improving and protecting human health. It includes rational nutrition, physical activity, productive work and rest, compliance with the rules of personal hygiene, abstinence from harmful habits and hakozos.[1]

When he said a healthy lifestyle, he understood that maintaining the health that is given to a person from nature is a matter of care and dignity for a person's own organism. The Sultan of science of Medicine has identified in his five-volume book "Medical Law" a sequence of omillarni that affects health, emphasizing that a healthy lifestyle consists of seven factors. [2]

The scientist devoted his entire second chapter of the third part of the work "the law of medical science", consisting of 17 chapters, to the issues of the use of physical exercises in the struggle for human health. In the first lines of this section, it is noted that physical exertion and subsequent

nutrition regimen, as well as the sleep regime, are the most important conditions in maintaining health. The scientist says that while physical exercises are considered to be the most important means of maintaining a person's health, physical exercise is a voluntary movement that goes beyond breathing to being continuous and deep, a person who is normalized with physical exercises and at the right time, does not need any treatment.[3]

For the first time among the scientists of Central Asia, a famous scientist who built a single system that praised physical exercises and classifies them in a specific way. The scientist emphasizes that physical exercises are different. Such an exercise is said to be a moderate exercise, between small and large, very strong and slow, slow or slow, the fastest of which consists of several sharp and fast movements, chunky. The importance of the methodological instructions of the scientist on the printouts of the application of physical exercises is also remarkable. "The body should be clean when starting the exercise" and "it is better that the person who is engaged in the exercise is darker than the hungry, and it is better that he is warm wet than he is cold in Gav," says Abu Ali Ibn Sina. Ibn Sina also has many more valuable instructions on physical exercise hygiene, bathing and scrubbing (massage). Scrubbing is considered an important means by which he loses fatigue. All specialists in the field of physical education and sports health care must constantly analyze advanced pedagogical experience, use them creatively, constantly increase the level of pedagogical and psychological knowledge and professional training.

Let's remember! Even in the best conditions of life, a dream can achieve expectations only a healthy person!

Let's not forget! A healthy lifestyle ensures the future of the nation.

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