

"Creating a Healthy Lifestyle"

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Abstract: *It is impossible to imagine a harmoniously developed generation without physical perfection, the main goal of which is to develop physically fit, courageous and resilient, determined and patriotic. This article discusses "Creating a healthy lifestyle"*

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Our President I.A. Karimov's announcement of 2000 as the Year of the Healthy Generation has intensified the focus on this education. "A country with healthy children will be strong, and a country with strong children will be healthy," he said. Continuing the opinion of the head of our state, first of all, everyone should take care of their health, every family should think about leaving a healthy offspring, a healthy offspring. If the child is healthy, intelligent, and has faith, he will only thank his parents. El-Yurt says he will never be left out. Physical fitness plays an important role in the education system, along with other disciplines. Physical education has a number of tasks. These include strengthening the body, strengthening and developing health, creating and arming new types of physical activity in children, developing physical activity qualities appropriate to the child's age, level of fitness, and fostering a conscious attitude to their own health. In solving these tasks, physical education cooperates with mental, aesthetic and labor education. Healthy and harmonious human growth depends on various factors and means. First of all, the offspring must be clean and healthy, so the President emphasizes that a healthy child is born from a healthy parent. In addition, the observance of sanitary and hygienic factors in the process of living requires the rational use of natural health factors, such as sun, air and water, and exercise. The great future of the independent state of Uzbekistan can be built only by spiritually mature and physically healthy people. That is why today our society pays great attention to the upbringing of a healthy generation, the formation of a high spiritual worldview in people, the development of harmoniously developed people through a high level of spiritual and educational work. The tasks of raising a harmoniously developed generation are defined in the works of President IA Karimov. The widespread movement of a healthy generation in our country, the radical reform of the education system in the national training program are important steps towards the education of mature people. The role of literature and art in this field is great. As noted in the "Explanatory Dictionary of the Uzbek language", the lexical meaning of the word "perfect" means mature, fluffy, mature, perfect, perfect. A harmoniously developed person is a person who combines a set of spiritual and moral qualities, who is able to express himself and his abilities in society in all respects, who is enlightened, who has perfect worldly knowledge, high talent and potential. He is a morally pure, physically healthy, free, creative person. Today, a well-rounded person is the person that our President dreamed of and expressed in the concept of "explosion effect". The concepts of "perfect man", "harmoniously developed generation" have a special meaning. What do we mean by "harmoniously developed generation" in the conditions of independent Uzbekistan today? What qualities should the

generation have that determine the future of our country, our national development? Today's perfect generation is physically healthy, mentally mature, spiritually beautiful, has a new way of thinking, a worldview, and, above all, is able to prevent internal and external threats. The expression of which he understands, which is firm in faith, which embodies sacred values, must be vigorous. In today's turbulent, extremely dangerous, contentious, conflict of interests, we can achieve our future by raising our intellectual potential to the level of world-renowned states based solely on knowledge and enlightenment. We include in our noble goals only those who are spiritually and physically healthy, who have a deep understanding of who they are, what a generation of great beings they are, who are no less than anyone else in the world; we can achieve this by educating the younger generation. In the works, speeches and articles of the President of the Republic of Uzbekistan IA Karimov, the goals and objectives of educating harmoniously developed people are described. "Have we declared that educating the perfect person is a priority of public policy? When we say a perfect person, we mean, first of all, educated, enlightened people who are able to think in a new, highly independent way, who set an example for others by their behavior (there is no future without historical memory, vol. 1998). Speaking at the awarding ceremony of the Order "For a Healthy Generation", the head of state said: After all, the achievement of any great goal, a new society, a prosperous marriage, the creation of a beautiful life worthy of the human race, first of all, depends on the perfect people who are members of this society, the future harmoniously developed generation. " (Dream of a harmoniously developed generation, T. 1999, p. 54). From the very beginning of the formation of our country as an independent state, special attention has been paid to the education of a harmoniously developed generation, which is the foundation of the development of our future Uzbekistan. In order to further deepen this process, the Law of the Republic of Uzbekistan "On Education" and the National Training Program were adopted. The Healthy Generation program has been adopted, as well as a number of network programs on training. Conclusion. My conclusion is that, first of all, the full implementation of these goals and objectives will further improve the socio-political environment in our country, and a new personality will emerge in society. They look at life in a completely different way.

The implementation of the national program will lead to the formation of an independent thinking person in society. The increase in the number of such people will create a factor-based system of life in society, said President Karimov. People refuse to live in crowds, everyone starts living with their own mind, their own work, their own conclusions. The most important thing is that such people cannot be influenced by any outside forces, corrupt ideas, empty slogans, calls. No amount of energy can satisfy such people with the goals of their chosen path.

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