

Forming a Healthy Lifestyle

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ABSTRACT

This article provides information on the role of physical education in the formation of a healthy lifestyle among the population. It is known that physical education is based on the biological factors of the upbringing of young people, their biological nature arising from their circumstances. The content of physical education is expressed in the concepts of physical maturation, diagnostics of physical condition, culture of physical education, sports work, physical education.

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Health is an urgent problem in the world, and everyone uses its means during their life as much as possible, but everyone should be able to apply practical measures for self-health, for this, theoretical knowledge, practical must have the skills. Physical education, hygiene and massage have a special place in health. A healthy lifestyle is a set of measures aimed at maintaining health and improving it. It focuses on all-round development, maintaining and strengthening health, prolonging creative work ability, raising work ability to a high level, and opening positive qualities in every person. According to the opinion of most scientists who have examined a healthy lifestyle, the level of health determines the health of each person. First of all, everyone should know about a healthy lifestyle and have a positive attitude towards it. If everyone follows the above rule, we should take all possible measures for the health of the born child.

For example, it is well known to us from the teachings of the great scholar Ibn Sina that the sufficient supply of breast milk for six months of a newborn baby will keep him away from various infectious diseases, the child will be healthy, and the mother will be healthy. . Paying attention to the mother's food and nutrition in households with a baby is of practical importance for the health of the mother and the child. A special place is reserved for this in Ibn Sina's "Laws of Medicine". A healthy lifestyle should be included in the daily routine of every person, which includes the following: productive work, properly organized work and rest, elimination of harmful habits, movement patterns that have a pleasant effect on the human body, personal It includes hygiene, exercise, and moderate nutrition.

Productive work is the basis of a healthy lifestyle. It is an activity that has the main place in the agenda of every person, it creates the necessary basis for providing a person from the economic side, and on the other hand, it creates material wealth. Physical, chemical, biological and social factors affect human health during productive work. During the work process, people may encounter various unfavorable external environmental factors. Therefore, measures are always taken to prevent unfavorable working conditions.

Properly organized work and rest is of great practical importance for every labor institution to use public physical education to improve people's health. In some labor enterprises, physical training before starting work, physical training during the work process, participation in health centers after work, and participation in swimming clubs serve to maintain health.

Getting rid of bad habits. Habits that have a harmful effect on a person's health: smoking, drinking alcoholic beverages, taking narcotic substances, having sex should be taken into account and should be eliminated as much as possible. These are the worst enemies of health.

A pleasant movement pattern is a component of a healthy lifestyle. Its basis is regular physical education. In this regard, physical education and sports are in the first place. Physical education and sports are of special importance for mass health. This was also emphasized by Ibn Sina in his time.

Exercise is a powerful healing tool. It cures many diseases, prolongs life, preserves creativity for a long time, improves blood circulation, normalizes metabolism, and prevents colds. Every person should train himself with the sun, water, air, and physical exercises.

Eating in moderation is the basis of a healthy lifestyle. Eating in moderation ensures proper growth and development of the body, maintains health, maintains high work capacity and prolongs life. Every person should eat in such a way that it covers the energy spent during the day, protein, fat, carbohydrates, vitamins, and minerals.

Physical education is a pedagogical process aimed at comprehensive training. In other words, different events that differ from each other. But, interestingly, they cannot live without each other. Because physical culture is achieved through physical education.

Our wise people say that the current stage of world culture, science and technology development is closely related to the high flight of human thinking and the revolution of thought.

A society striving for mental perfection also achieves its goal through physical improvement. This shows how important it is to develop physical culture. Looking at it from this point of view, today in our country by the decree of the President, the purpose of creating a children's sports development fund and the slogans such as "Sport is my life" and "We fly to the top through sports" are more obvious.

It is important not to forget that the level of culture of each nation is determined by its level of health and physical maturity. Peoples and nations whose spiritual and physical culture have developed proportionately can be called high culture accounts. So, the right and closest path to the peak of perfection begins with folk games, in other words, public sports.

Raising physical culture depends on the existence of certain material, socio-political, pedagogical and natural sports conditions. It is clear from history that colonialism's complications and false freedom destroy the nation's national culture and seriously damage the development of its physical culture.

The daily increase in attention and concern for physical education is a clear proof of our opinion. It is known that physical education is based on the biological factors of the upbringing of young people, their biological nature arising from their conditions. The content of physical education is expressed in the concepts of physical maturity, diagnosis of physical condition, culture of physical education, sports activities, and physical education. Physical maturation is the change and growth of two members of the young generation. First of all, the heart and lungs, as well as the nervous and movement system, changes in the shape of the body, the weight of the skin-muscular system, and the perfect development of the body.

The task of physical education is to create conditions for the physical development of the student and pedagogical management. In the system of physical education, diagnostics of procedural maturity has an important place. Physical maturity is an indicator of the effectiveness of physical education when it is expressed in the language of physical education, the level of education, science.

Based on special methods and physical techniques, researching the health of students, the level of maturity of each individual person: a constant indicator for physical education is determined based on pre-determining indicators of departure from the established norm. Physical maturity means harmony in the external appearance of the body, a form of beauty, a high level of perfection of physical qualities. If diagnostics show that the physical and medical indicators of students or any student are decreasing, then it is necessary to immediately teach the existing system of physical education. That is why it is necessary to organize individual or group differential physical education in schools and educational institutions.

Physical culture is a component of physical education. At the same time, physical culture is an integral part of the general culture of man and society. The content of physical culture includes:

1. The structure of human organs and their functional maturity. Management of internal organs, nerves and movement, musculoskeletal system, harmony of the body and their functional activity.
2. Strengthening the student's health.
3. Get used to hygiene rules.
4. To develop all-round skills of students.
5. Forming the physical and physiological aspects of future workers in terms of importance, increasing work skills.
6. Creating conditions for sexual and age characteristics of students.
7. Cultivating students' sense of will, endurance, and friendship.
8. Education of personal physical abilities.

It can be seen that the content of physical education is extremely wide. This tool ensures meaningful formation of our youth based on lifestyle, physical culture and sports. Especially in the promotion of physical education classes, promotion of sports and physical education, development of educational technology and production practices, retention of work skills of students for a long time, connection of the physical and physiological qualities of youth with the content of the profession. processes are of incomparable importance.

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