

A HEALTHY LIFESTYLE IS A GUARANTEE OF A HEALTHY FUTURE

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Abstract

The article presents theoretical and practical information about the role of physical culture and sports in the formation of the moral and ethical image of students and the influence of physical culture and sports on the psyche, spirituality and morality of a person.

Keywords: physical culture, sports, motivation, healthy lifestyle, morning physical education.

Introduction

The processes of profound changes, consistent reform and liberalization of all aspects of political and socio-economic life, democratic renewal and modernization of our society are developing rapidly in our country. In this regard, the huge tasks defined and consistently implemented in the way of the formation of a strong civil society create a solid foundation. In connection with the great milestone entering our history, the quality of our life, how the image of our country is changing, what achievements and results we have achieved, what progress we are making towards the establishment of an open democratic state and civil society based on a socially oriented market economy. there is a need to assess our progress with horses. In short, the long-term strategic goals we have set for ourselves, that is, the effort to join the ranks of modern developed democracies, ensure the stable growth of our economy, improve the quality of life and take a worthy place in the world community. - it is natural to evaluate our actions objectively from today's point of view.



The effect of active movement on the body can be expressed as follows:

- cardiovascular function is activated;
- breathing improves;
- bones become stronger, muscles become stronger, mobility of joints increases;
- good digestion of food is ensured;
- the functioning of some organs improves;
- the nervous system is strengthened, and these are of great importance in maintaining the balance of excitation events in the central nervous system;
- has a positive effect on human psychology;
- helps to form the correct height, etc.

A healthy lifestyle includes the following components.



1. Organization of working conditions that ensure preservation of human health and increase of working capacity;
2. Active participation in cultural events, doing sports and physical education, giving up passive forms of recreation, working on psychological abilities, giving up smoking and drinking, eating rationally, following the rules of personal hygiene, creating a healthy environment in the family reaching and others;
3. Formation of family, interpersonal relations in work teams, formation of relations with patients and disabled people;
4. To protect nature, to behave in a civilized manner at the workplace, in public places, in transport;
5. To actively participate in preventive measures conducted by medical institutions, to follow the doctor's recommendations, to be able to provide primary medical aid, to read popular medical literature.

Lifestyle factors include:

- ☐ Proper organization of meals.
- ☐ Prevention of hypodynamia (movement and health).
- ☐ Organization of day and work based on biological regimes.
- ☐ Proper organization (creation) of the family in all aspects.



- ☐ Normalization of mutual relations.
- ☐ Refrain from harmful habits.
- ☐ Compliance with the issues of cleanliness and cleanliness.
- ☐ Be careful of accidents and injuries.
- ☐ To have knowledge and skills about healthy lifestyle.



1. The first condition. Proper organization of meals. Undoubtedly, these trends have a general character, and they determine the program of action in a healthy lifestyle. Since the 19th century, scientific views on the compositional proportion of food, energy balance, microbes, and the diet have appeared, which in turn created the basis for the formation of the science of dietetics. To date, it has been scientifically proven that improper and irrational nutrition is the main cause of gastrointestinal, cardiovascular, endocrine glands, joints, metabolic disorders, and cancer.

This is the organization of daily consumed food products in the human body on the basis of physiological and biological requirements. Proper nutrition should be organized in such a way that it does not burden the human body with its physical, chemical and biological properties, but on the contrary, it should be quickly and easily digested and provide the body with the necessary nutrients. At this point, we must comply with the following requirements:



1. Ensuring that the composition of food products meets the physiological requirements of the human body;
2. Ensuring that the amount of food consumed corresponds to the energy consumed by a person;
3. Ensuring that the diet is consistent with the biological laws of the human body;
4. taking into account the laws of body physiology in every meal;
5. Observance of procedures for preserving its composition and quality when preparing meals;
6. Compliance with the requirements for the cultivation, selection and storage of food products;
7. To have brief information about the structure and functions of the digestive organs;
8. Know the main indicators that evaluate the norms of the digestive system;
9. Apply measures and refer to specialists for problems of the digestive system.

If you follow the above program of action in nutrition and have a simple understanding of each of these requirements and know how to apply them in your life, you will organize your diet consciously and never have problems with it. you will not come Therefore, it is necessary to dwell on each of the above nutritional requirements separately.



- As a result of regular overconsumption of flour products and sweets in the composition of food, the body becomes full of heat. Due to the fact that excess toxins pass to the internal organs, body cavities and joints, causing difficulty in the functioning of the organs, arthritis, polyarthritis, radiculitis, osteochondrosis, obesity, constipation in the intestines, diabetes, atherosclerosis in the veins, body and internal organs creates conditions for diseases such as the appearance of tumors. People whose diet contains a lot of flour products and sweets often suffer from colds, various viral rashes, sinusitis, frontitis, otitis, chronic tonsillitis, pharyngitis, and frequent sore throats due to excessive secretion of excess mucus in the body through the bronchi. scratching, stuffy nose, spitting up of phlegm are common.
- as a result of chronic consumption of foods containing meat and egg white proteins, it causes difficulties in the functioning of the kidneys, formation of stones in the kidneys, gall bladder, urinary tract, constipation in the intestines, mood disorders, nervousness. .
- due to the excess of fats in foods, especially beef fat, the composition of the blood thickens and causes atherosclerosis in the veins and, as a result, stenocardia, heart attacks, high blood pressure, cholecystitis, and obesity.



- a lack of substances necessary for the functioning of organs occurs as a result of the slowing down of decomposition processes due to a lack of vitamins in food. As a result, it leads to conditions such as rickets in children, scurvy in adults, slowing down of all important processes in the body.
- contamination of foods with chemical poisons causes various degrees of food poisoning, and poisoning with radioactive substances causes serious diseases such as hair loss, weakening of internal organs, infertility, cancer, leukaemia.
- Due to the incompatibility of some types of food with the body of some people, various skin rashes and itching (dermatitis), stomach and intestines - gastritis and colitis, brain tissue poisoning - migraine, meningitis, breathing difficulties - shortness of breath, heart attack - leads to angina pectoris and allergic conditions that cause discomfort in the whole body.
- Due to overeating and gluttony, obesity, stunting, loss of beauty and dexterity, clumsy, unsightly, ill-fitting condition of human body, difficulty in breathing and movement, body and mind If left behind, the spread of odors will cause discomfort and increase the chances of getting sick.
- As a result of chronic consumption of alcohol, mental disorders, nervousness, deviation from human and moral norms due to inability to control one's actions, lack of reputation, lack of responsibility in raising children, resorting to crime, There are cases where a person faces a crisis as an individual, separates from home, family, and children and ends up living alone and ruining his life.

2. The second condition. The role of active lifestyle and physical activity in health. The student should know:

- Effects of actions on mental and physical development.
- Importance of actions in disease prevention.
- Types of physical exercise.
- Basics of physical exercise.
- The effect of physical exercises on the patient's body.
- To determine the levels of activity in different groups of the population (depending on age, type of cocktail, gender).

We know this from our life today that the possibilities and conveniences of development have almost freed us from action. This situation reduced the resistance of the human body and increased susceptibility to diseases. Body and muscle strength decreased. Due to lack of mobility, the waste products (products of premature decomposition) left in the body worsened the functioning of the internal organs. As a result, diseases related to digestion, metabolism, excretory system and other organs have increased. So, there was a need for humanity to consciously include movement and its types in its daily life. Therefore, both science and life have already proven the role and importance of active physical training in realizing human desires such as health, workability, active and happy old age, and long life.





If life itself sometimes forces us to introduce this effective means of health into our daily life (activities and running for a living), in most cases, it is caused by the conscious aspirations of our contemporaries as a result of the demand of the time and state policy. This can be seen in the stadiums, tennis courts, sports fields, health centers that have been built and are being built in the center of cities, regions, and districts, or in the large-scale propaganda work carried out in presidential decrees and government decisions on these issues. As a result of the movement, the activity of various organs and structures of a person is normalized, the activity of mental and physical work increases. Movement for a person is an indicator of full life and activity. Due to mobility, the following:

- you will be in a good mood throughout the day;
- you will not get tired at work, your work will be high-quality and productive, and your creative activity will be strong.
- the nervous system will be balanced, you will be calm and thoughtful.
- fat accumulated under the skin and internal organs will decrease and you will become compact and agile.
- your stomach and buttocks will tighten, your muscles will tighten, and your figure will be beautiful and handsome.
- the flow of blood in the veins is improved, and the supply of oxygen and nutrients to the whole body is improved.
- blood pressure moderates, its composition improves.
- the ability to protect the body increases.



- you look younger and more compact than your peers.

However, actions are not always good for health. Exceeding the norm causes wasting of the body's energy due to tension, exhaustion of the body and organs. Therefore, we will briefly consider the essence of actions, that is, exercise, fatigue and exhaustion.

Fitness is the ability of the organism to withstand various effects of the external environment, physical and mental loads of life. The following should be followed:

- slowness
- regularity;
- comprehensiveness;
- unique (individual) approach;
- self-control

It is known that vital processes in the human body consist of the appropriate and specific functioning of internal organs, as well as body parts, natural changes, physical movements, and mental changes. For example: pulse, blood pressure, blood oxygen saturation, etc. The greater the load and time of movements, the higher the number of pulses, respirations, blood pressure, and the longer it lasts. So, the organism is a whole system, the function of one depends on the other. The stronger this connection is, the better and stronger the body's resistance will be. That's why this connection is so important for health, and that's why it's health itself.

Fatigue is a weakening of the ability to work as a result of the body's functions or specific organs expending their needs in the process of performing a task. There are two types of fatigue:

- a). Physical fatigue is the fatigue of the working muscles of a certain part.
- b). Exhaustion of brain activity as a result of mental work.

These conditions are restored after the body rests for 5-10 minutes.

Fatigue is a severe form of fatigue, which occurs as a result of not giving the body time to recover the necessary energy after exhaustion. special conditions, regular life, and sometimes it is necessary to apply health-restoring measures.

Action types:

- labor;
- dance;
- children's games;
- sports games;
- fat exercises;
- act of prayer;
- exercises like wushu, karate, taekwondo;
- physical education.

Basic health training.

- exercises for writing tangles;
- walking;
- running;
- perform the act of prayer;
- walking;
- riding a horse or donkey;



- cycling or driving;
- gymnastics and various exercises from simulators in health centers
- benefit;
- dancing;
- travel;
- bathing.

The third condition. Organization of day and work based on biological regimes.

As we know, all events in the material world, as well as all processes in living organisms, are interconnected. All types of actions have the property of being repeated periodically between almost the same times. This repetitive feature is called rhythm. A characteristic feature of rhythm is the sequence of actions and events. If there is no chaos, there will be no change and development in nature. For example, a weekly work schedule, scheduling daily work for certain hours, etc. So, what we want to form in society or in ourselves, we must ensure organic repetition. In this way, a lifestyle is formed. So, the eternal and continuous repetition of such a situation in nature has created certain laws in the human body. That is, the activity in the body increases during the day and decreases in the evening is a simple example of this.

These changes in the body range from the functioning of vital organs such as the heart, lungs, stomach, and intestines to chemical changes in organs, tissues, and even cells. There are about 300 such changes similar to nature in the human body, and they are called biorhythms. So, biorhythms can be defined as the process of adaptation to rhythmic changes in living beings. Such periodicity in organisms is related not only to daily life, weeks, months, years, but also to periods of our life. A person's birth, growth, coming of age, growing old, growing old, and passing away is an extremely important process, and this process occurs in almost the same time and interval for each person, and in this respect it is known subject to the law of periodicity. According to the results of the inspection, the following was revealed: biological activity in the body, which decreased at night, starts to rise from 4 o'clock in the morning, rises to the highest level at 7-8 o'clock in the morning and reaches 5 points (highest). This state is maintained until 10-11 o'clock in the afternoon. From 12:00 p.m. to 2:00 p.m., biological activity decreases (up to 2.5-3 points), and at 4:00 p.m. to 5:00 p.m., it rises again to a high level. This situation will be maintained until 20-21 in the evening. At 21:00 in the evening, the biological activity slows down and reaches its lowest level at 23:00 in the evening. This lull lasts until 4 am. This cycle lasts forever. Therefore, if a person organizes his daily activities in accordance with this biological order, he will live, be healthy, work productively, and live a long life. And this scientific conclusion will help us to organize the day and work schedule.

The fourth condition. Proper organization of the family (genetic, sexual and family factors).

If there was no family order in relationships, there would be no order in any sphere of social life. In fact, most of the procedures in managing the society originated from the management of the family. The more important the family is in the life of the society, the more important the society is to the family. Therefore, any society creates a family specific to its discipline. Every person is in the family during his whole life in 3 periods, which are sharply different from each other, i.e.:

- the period of upbringing and care of his parents until he was born and grew up;
- the period after becoming an adult and having a family (your family and children);



- the period of old age is the period of need for support and care.

Each of these periods plays an important role in human life and health. Therefore, the family can be called a social place of primary importance for people's life, health and longevity, because the foundations of health are created and formed in the family and family environment.

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