

## *Activities in Decision of Healthy Life*

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**Abstract - The article deals with issues of a healthy lifestyle, body fatigue, labor productivity and health promotion.**

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A person strives to live a long, peaceful life, to stay healthy, strong and energetic, to maintain his youth, good manners and business acumen. One of the key factors to achieve this is physical activity.

In our society, a healthy lifestyle is brought to the level of state policy, and at the same time fundamental reforms in the field of upbringing physically strong and healthy generation are being carried out in our country. In the context of the Law of the Republic of Uzbekistan "On Physical Education and Sport" and the Resolution of the Cabinet of Ministers "On Measures for Further Development of Physical Culture and Sports in Uzbekistan" it is envisaged. The tasks that are held are reflected.

According to A.Avloni, "Healthy and strong body is the most important thing for a person. Because a person needs a strong, healthy body to learn, teach, learn, and teach. "Physical education is a key factor in a healthy lifestyle.

Of course, not everyone needs to be a highly skilled athlete, compete in competitions, or receive awards. However, a person should always act according to his or her own abilities. These include 15 to 20 minutes of daily exercise, 40-60 minutes outdoors, 20-30 minutes before bedtime, and more.

Modern medicine shows that there is a decline in the health of a person due to poor physical activity, impaired functioning of the internal organs, poor performance and inadequate physical development.

Ancient philosophers hold that the only thing that makes a person diseased and damages his health is not to engage in physical activity for a long time.

The advice of the Supreme Judge Abu Ali Ibn Sina: "Badantharbiya is a great way of health care" can have a positive impact on the prevention and prevention of various diseases in our society if it becomes a motto of any person. It was.

Physical education and sports allow the younger generation to grow up spiritually, while also leveraging their leisure time.

IP Pavlov notes the organism's development in harmony with the external environment. This harmony is also controlled by the central nervous system for all the organs. Exercise does not affect a particular group of muscles but affects the whole body. Regular, uninterrupted physical activity has a positive effect on one's health. In particular, metabolism improves, tissues absorb better nutrients, and breakdowns occur faster. It also makes the heart tighter and more resilient.

In gymnastics and sports, tourism and sports are different forms of physical activity, the most common of which are morning gymnastics.

Morning exercises are open to people of all ages.

Exercise can only be achieved if the training is continuous. Prolonged interruptions will reduce the impact of previous workouts.

This means that anyone who wants to improve their body, work hard, and maintain a healthy life expects to keep up with physical activity as well as routine activities.

The present lifestyle does not require excessive mobility. This is especially true of students, school students, mentors, people with mild physical activity, and administrators at different levels. We analyze our schedule and make sure we don't get any physical load. For example, if we take school students and students, most of them have very little physical activity.

They wake up hard and do not have regular exercise in the morning. They go by public transport, sometimes by private car. They spend about 6-8 hours in school or 10-12 hours at university. After that, they return home by car. They prepare lessons and do chores, watch TV from 23-24 pm, and then fall asleep. This pattern continues every day and the body is unable to function properly.

Energy is required for movement, and energy is derived from fat and carbohydrates. The movement helps to improve the respiratory, vascular, digestive and blood systems.

Because of this, people who are actively engaged in physical activity are light, energetic, full of energy, good mood, high spirits and endurance. Exercise improves the body's protective means. It is worth noting the results of a study conducted by foreign physiologists with the participation of more than 200 people: the purpose of the study: the feelings of those who regularly and consistently exercise. and their level. Researchers have come to the convincing conclusion that 72% of respondents feel happy because of their regular exercise. 28% of the respondents said they were happy, but not so. According to doctors who drink alcohol, many who consume alcohol are more likely to get rid of the disease if they regularly run.

Exercise from childhood and adolescence is especially helpful. Everybody needs to train their body in solid mode. Exercising, including hiking, outdoors, playing sports, is a key factor in longevity and health.

The set of physical activity also includes 15 to 20 minutes of daily exercise, 40-60 minutes outdoors, 20-30

minutes before bedtime and more. In addition, in our hot climate, it is advisable to stimulate the body in more non-traditional ways than traditional ones.

Different foot baths, salts and pavements, as well as exercise in the open air before and after sleep, boost the body's immune system.

The physical activity of a person with a physical heartbeat in a quiet state test showed that they were more likely to hit the non-workout. As a result of physical training and sports, the following events occur in the body:

- Respiratory system activity is improved;
- the bones are strengthened, the muscles are strong, and the joints' mobility is greatly increased;
- Good digestion of the stomach and improvement of the function of the digestive system.
- The nervous system is strengthened. The central nervous system plays an important role in maintaining the balance of stress and braking events;
- activity of the cardiovascular system is activated;
- positively influences human psychology;
- promotes proper posture, helps prevent scoliosis, and so on.

Healthy living is one of the situations in which human happiness is expressed. In order to live a healthy life, it is necessary to acclimatize the body to various environmental conditions. There are many events in life that can make some people very sick. Health is a person's mental calmness and ability to withstand the harmful effects of the environment. Strengthening your body, doing good exercise, bathing in cold water are some of the factors that enhance your body's resistance to the harmful effects of the environment. Exercise is a mechanism by which the body slowly adapts itself to the effects of water, sun and air.

It is common for older people and elderly people to wear warm clothes for fear of cold. However, they are often more prone to colds. On the contrary, hard-tempered people do not know what the cold is.

M.Y.Repin did not suffer from colds until he was 85 years old, and even in the cold winter opened the windows. Our compatriot, 150 years old Mahmud Eyvazov, was immersed in the cold water of the mountain lake all year long.

A person who teaches himself to be cold and rapid temperatures will be able to cope with a number of health problems.

Early childhood and adolescence training is especially helpful. Everybody needs to train their body to a solid mode. Exercising, including hiking, outdoors, participating in sports and other activities is one of the health and well-being factors.

Air-conditioning can be used at any time of the year or under any conditions. It is best to take the air bath in the open air, in the shade, on the terrace and at a temperature of 20 ° C. Better to take the air bath at warmer times of the year.

The duration of the first air bath should not exceed 58 minutes. In the next few days, this period is extended by 1-2 minutes, gradually increasing to 1-2 hours. Air baths are useful for running, walking, and exercise. The shower then has a good effect on health. Air bath speeds up the metabolism of the body, strengthens the nerves, and improves the functioning of the cardiovascular system.

Receiving solar baths from 8 am to 11 pm on hot rivers, seaside, individually built places, sidewalks, swimming pools, from 11 am to 13 pm on moderate days is recommended. Soaking for the first time in the sun should not exceed 5-7 minutes. Then you can slowly increase that time to 30 minutes. During sun exposure, the head should be kept in the shade. Rest for 10-15 minutes after bath, then bath or cold shower.

Water stress is one of the factors that affect the body quickly and effectively.

Water teaches the body to respond to variations in ambient temperature, improve breathing and circulation, and enhance metabolism. To take a water bath, you need to pour water from the head after a morning bodybuilding and wipe the body with a towel.

The physical development of adolescents can be evaluated not only by body weight, height, head and chest, but also by the shape, size, and size of the feet.

Fitness is characterized by free movement of the body and the head with little stress. Curvature of the spine indicates that the body is inaccurate and can lead to worsening of the spine and other negative consequences. The following types of defects are usually present: bumpy, rounded back, flat back, elastic back. Torsion of the spine to the left side is called scoliosis. It occurs as a result of improper body handling (when preparing a lesson). Muscle activity, physical inactivity, growth and retardation can lead to malformations of the chest. Exercise and active play strengthen the muscles and ligaments, and thus promote the elimination of scoliosis.

The form of the chest is conical, cylindrical, with a hollow, and the most common disorders of the chest shape are the thrust, flatness, and penetration of the chest.

Shades should be of the same size, one line and not too far behind. If the lower extremities are not in the same position or their wings are indicative of the shape of the chest.

Rachitis, poor muscle function, and development and growth retardation are some of the major causes of poor chest shape.

In addition to the normal shape of the feet, they can be O-shaped and X-shaped. Leg O is one of the complications caused by rickets. The X-shaped form is most commonly seen in girls due to the poor performance of the ligament.\

The shape of the foot. Wear shoes that are unbalanced, lack of muscle function, or overload can impair normal function of the palm of the foot and cause the dome to collapse. This is called flattening. Such a person may get tired immediately when he is walking and standing, and he will have pain in the muscles, that is, the normal function of the pelvis. It is advisable to do various exercises to prevent dislocation of the foot.

The physical development of a growing body depends on the following factors:

- health;
- living conditions;
- food quality;
- observance of the agenda;
- well-timed rest;
- organism hardening and so on.

Declining physical development during adolescence was also caused by worsening living conditions, starvation and mental trauma.

Since 1946, there has been a need to strive to improve the level of physical development of the population. By 1950, the level of physical development of the population began to improve. Physical growth rates were restored by 1954.

In recent years, there has been an acceleration of the indicators that indicate the improvement of the physical development of the population.

At this time, children and adolescents weigh more than their predecessors, and the growth stops 2 years earlier than they do.

Acceleration refers to the acceleration of physical development, and the delay in physical development of children or adolescents is called hypodynamics. Hypodynamics result from constant sitting, walking, less physical activity, and overload to the muscles.

This means that those who want to live a long life by strengthening the body, increasing productivity, and improving the health of the body need to be constantly engaged in physical activity and routine.

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