



 Research Article

SCIENTIFIC AND THEORETICAL METHODS OF CREATING A HEALTHY LIFESTYLE

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ABSTRACT

This article presents a number of information about scientific and theoretical methods of creating a healthy lifestyle.

KEYWORDS

Formation of a healthy lifestyle, health, strength, special auxiliary exercises, competitive exercises.

INTRODUCTION

Under the leadership of our first President Islam Karimov, systematic work is being carried out aimed at ensuring a decent quality of life for our people, protecting motherhood and children, improving the quality of medical services, and improving the quality of medical services. As a result of large-scale reforms implemented during the years of independence, the healthcare system has changed dramatically. The use of high-quality medical services by the population is enshrined in

the Regulations “On the protection of the health of citizens of the Republic of Uzbekistan”.

Great importance will be given to encouraging the medical profession and giving due recognition to its hard work. The Decree of the President of the Republic of Uzbekistan “On the State Program for Reforming the Health Care System,” adopted on November 10, 1998, is a necessary factor in the development of the entire system of maternal and child health care, in order to meet modern

requirements and provide specialized services to the population in all regions of our country.

According to this document, our country has improved the modern system of medical care for the provision of primary health care. This service includes rural health centers and urban family clinics.

2016 - in the year of a healthy mother and child, loans and grants worth \$80 million were allocated for the development of medical institutions in our country with modern diagnostic and treatment equipment, and a medical examination of children of childbearing age was carried out.

Within the framework of scientific and practical pediatric medicine, accredited by the republic, cochlear implantation operations were performed on more than 350 hearing-impaired children. 700 thousand children were treated for pneumococcal infection and other infectious diseases.

But today times are changing, people's demands are increasing. The medical culture of our people is growing and they want to provide medical services with the latest techniques and brands. We have lost the idea that we have enough of this. All these areas should be addressed to medical topics, said our President.

That is why it is necessary for hospital staff to master the most advanced, modern advances in medicine and treatment methods. The achievements achieved are the biggest victory on the path of development. In his election speeches,

Shavkat Mirziyoyev emphasized the need to intervene in the affairs of the people, to listen to their concerns, problems and proposals. The fact that more than 7,000 calls to the Prime Minister's virtual reception were related to the medical field shows that specific problems exist in these areas. People's calls, opinions and suggestions require raising the healthcare system to a new level.

Our President focused all discussion of the work that remains to be done in the medical field, the problems that remain to be solved. Particular attention was paid to the following issues related to the activities of rural medical centers. Today, sanatoriums are equipped with laboratory analyzers for primary medical examination, as well as diagnostic instruments, which makes it convenient for people. However, there are not enough specialists to operate medical devices. We cannot ignore the fact that in foreign regions you need to go to a region or city to donate blood.

At the same time, since Uzbekistan achieved the status of an independent state, in the last short period of time physical education and sports began to be given great importance. That is why they include decrees of the President of the Republic of Uzbekistan and resolutions of the Cabinet of Ministers concerning physical culture and sports.

The implementation of these regulatory documents will serve as an effective program for promoting the health of growing adolescents. In particular, the Resolution "On the development of children's sports in Uzbekistan", adopted in 2002, is considered to be of great importance in the

development of adolescents in our country, bringing them into adulthood and healthy children in the future.

Since we set ourselves the task of raising a healthy and comprehensively developed generation, which is extremely necessary for our country and society today, especially for the future, first of all, the 21st century in which we live is an intellectual century, requiring high education and potential, which is an era in which its values will be of great importance.

It can be said that health in the past is based on relationships that have shaped the way of life that a person is, his health, especially the issue of preparing for any situations that may arise, especially the health of a growing child is always the focus of people's attention, and in every era this The issue is given special attention.

That is why the study of "the importance of physical education in the formation of a healthy lifestyle" is considered one of the pressing problems of our time.

Physical education and sports allow a child to grow up to be a comprehensively developed child and at the same time provide an opportunity to use his free time productively.

Ya. P. Pavlov points out that the organism develops in a certain situation in the external world. This correspondence, and with it the work of all organisms, is controlled by the corresponding nervous system. Physical training does not affect a muscle group, but affects the body as a whole. Regular, uninterrupted physical

activity has a positive effect on human health. Thanks to this, metabolism improves and body tissues are nourished. In addition, the heart will be strong and patient.

Physical education and gymnastic exercises in tourism and sports include various types of physical activity, the most relevant and widespread among which is physical training in the early morning. Morning exercise can be done by people of all ages.

Exercises will give good results only if they are performed constantly and consistently. If you breathe long enough, the effect of previous exercises will decrease.

In addition, every person who wants to live a long life in order to strengthen their body, increase their productivity and improve their health should always exercise and at the same time perform their daily work regularly. Nowadays, a healthy lifestyle does not require excessive speed from a person. This issue is especially relevant for students, schoolchildren, knowledge workers, people engaged in light speech activities, and managers of various degrees. We analyze our daily routine and make sure that we can do it without any physical activity. For example, if you look at schoolchildren and students, most of them act very poorly. They will have difficulty waking up from sleep and will not consistently exercise in the morning. They go to school by public transport, and sometimes by private car. They spend almost 6-8 hours in school or 10-12 hours in science without any activity. After that, they return home by transport. They do their

homework, watch TV until 11-24 o'clock, and then go to bed. This behavior continues every day and the body is unable to exercise sufficiently.

Movement requires energy, and energy is obtained by processing foods, fats and carbohydrates. Movement – helps improve the functioning of the respiratory, circulatory, digestive, and excretory systems. For this reason, people who are actively involved in physical activity are light, strong, full of energy, well-defined and lacking in character. As a result of physical exercise, the body's defenses develop well. Here it is necessary to note the results of a study conducted by foreign physiologists with the participation of more than 200 people: the purpose of the study was to determine the feelings of people constantly engaged in physical exercise. The researchers concluded that 72 percent of respondents considered themselves very happy because they noted that they exercise regularly. 28 percent of respondents said they were “lucky, but not very lucky.” According to doctors involved in the treatment of alcoholism, you can get rid of your addictions if people drink a lot of alcohol and regularly go jogging.

Training from childhood and adolescence is useful. Each person must accustom his body to a certain regime. Physical activity, walks in the fresh air, and sports are factors that ensure longevity and health. In addition, the complex of physical exercises includes 15-20 minutes of physical education in the morning, 40-60 minutes of walking in the fresh air, 20-30 minutes of walking before bed at night and much more. In addition, in our hot climate, the goals of

strengthening the body using unconventional methods are more suitable for us than traditional ones.

Exercise methods such as regular foot baths, walking on salt and stone paths, and walking outdoors before and after sleep strengthen the body's immune system.

When checking the heart rate of a person engaged in physical activity at rest, it was found that the heart beats slower than that of those not engaged in physical activity. As a result of physical education and sports, the following conditions arise in the body:

the efficiency of the respiratory system increases;
bones become stronger, muscles become stronger, the speed of joints noticeably increases;
good digestion of food and improved metabolism are observed in the stomach.

the nervous system is strengthened. It plays an important role in maintaining the balance of movement and inhibition of the nervous system;

the activity of the cardiovascular system is activated;

has a positive effect on human psychology;

It helps shape the body, helps prevent scoliosis and many others.

A healthy lifestyle is one of the conditions that explains human happiness.

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