



PHYSICAL TRAINING AND SPORTS ARE THE MAIN TOOL IN THE FORMATION OF A HEALTHY LIFESTYLE

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Annotation:

In the article, how to maintain health and lead a healthy lifestyle through physical education. It is indicated what agenda should be used for this purpose and when it should be followed.

Key words: Health, Herodotus, Aristotle, "Avesto", "Alpomish", "Gorogly", "Shahnameh", "Ramayana", Abu Ali ibn Sino, Purity, Diet, Physical Education.

The importance of physical education and sports in the formation of a healthy lifestyle. Recommendations in this regard are given in the research of AK Atoev, GI Bagdanov, VI Gulukhov, NI Muhammedov, MT Toirov and other scientists. "It is no secret that in developed countries, physical education and sports are the main factors in improving health. This means that we, too, have a sacred duty to develop in a way that suits our growing generation. "

II Pavlov describes the effect of physical activity on human health, which is closely linked to the human environment. Metabolism is improved, the tissues absorb nutrients, the decomposed substances are eliminated more quickly from the body. The heart beats faster and faster. For this reason, those who engage in physical activity are alert, mentally fit, energetic, in a good mood, and cheerful.

The adoption of the Law "On Physical Culture and Sports" in the country, the establishment of the Order "Soglomavloduchun" will be the first basis for improving sports. They take care of healthy, strong, strong-willed, hard-working and skilled people who will defend the honor of our country. In the process of physical education, not only health, but also educational tasks are performed.

- Everyone in the world wants to be healthy, to raise their children physically, to live a healthy life, to live a long life. Ancient Greek scientists Herodotus, Aristotle, and others proved that in addition to the recommendation of a number of other measures to restore health, it is necessary to perform physical activity in the open air.





Health education, combat training "Avesto" (previous book 2700), "Alpomish", "Gorogly", "Shohnoma", "Romayana" and other legends, found in historical sources. The books written by Alisher Navoi and others testify to the fact that they were regularly engaged in physical training.

- Our wise people have created such proverbs as "Healthy mind, healthy mind", "One day you will live until you suffer from a hundred diseases".

- The main reasons for a healthy lifestyle are:

- - Strengthen your health and increase immunity.

- - Get rid of stress.

- - Stay physically and mentally healthy.

- - Set an example for children and others.

- - Proper development and health of children.

- - Awakening with every effort.

- - Be happy every day and always be in a good mood.

- For example: If we create an agenda for a healthy lifestyle, then the regime is a prerequisite for a healthy lifestyle. The approximate order can be seen as follows:

- 6.30-7.00- Lift, one glass of water.

- 7.30-8.00- Breakfast.

- 8.00-10.00 - maximum operating time. You can do sports, then relax, visit a SPA center or a cosmetologist.

- 10.00-11.00- the body is ready for the opportunity.

- 11.00 p.m.

- 14.00 lunch.

- 14.30-16.00 - an awkward time for solving global problems. Brain activity is at an all-time high among creative people and intellectuals.

- Tea after 16.00-17.00.

- 17.00-18.00 - time for negotiations, meetings or discussion of the schedule with the students.

- Return home 18.00-19.00.

- 7:00 p.m.

- 19.30 - 20.00 - Attention to the human body (bathing, skin care, etc.)

- 22.00-22.30 - preparation for bed and growth.



The great thinker Abu Ali ibn Sina in his time praised the improvement and strengthening of physical health, prevention of disease, and the widespread use of other means in his works.

That is why Abu Ali ibn Sina did not say, "If a person does not run when he is healthy, he will run when he is sick," or if a person is moderately engaged in exercise, he will never need medicine. Or, "One of the doctors I'm leaving is cleanliness, the other is diet, the third is fitness, and the rest is customer satisfaction." Physical training is aimed at strengthening health, achieving high performance, acquiring vital motor skills. It is important to prepare a person for hard work. In addition to physical characteristics, valuable spiritual qualities also develop. In their conditions, at school, children are engaged in sports schools. Physical education for a variety of tasks.

Thus, in the scientific literature, the most important examples in life allow me to believe in the great role of human health: the development of negative communication skills in relation to evil. Recommendations are based on five main categories of smoking: smoking, malnutrition, alcohol consumption, inactivity and obesity. When I have one or more of these conditions, I am more prone to diabetes, heart disease and mental illness than others.

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