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HEALTHY LIFE, ACTIVITY AND HEALTH

Annotation: This article aims to promote a healthy lifestyle among people and prevent harmful habits. Emphasizes how important health is for a person. That is why all people in the world should value health and give up bad habits.

Key words: Health, "Alpomish" and "Barchinoy", Health, Anthropometric, physical, biochemical, biological, immunization, correlation, alextaemia, mobilization, motivators, stressors.

Regular promotion of healthy lifestyles among the population, further strengthening the principles of healthy lifestyles in society, protection of the younger generation from harmful habits and the development of every neighborhood, educational institutions. It is necessary to radically change the physical culture and sports activities in work teams and others.

Being healthy and living a long life depends on a person who lives a long life. Abu Ali Ibn Sino, the sultan of medicine, thinks about the nature of longevity. and cleaning from the planned activities. Implementing the rules of bathing every week, keeping the body in shape and breathing through the nose, the suitability of clothing for the body, the harmony of physical and mental movements, sleep to keep fit. he was urged to pay special attention. The previously mentioned ideas of the encyclopedic sign are a response that is still relevant today.

Therefore, everyone is responsible for their own health, the more diligent - the more active, the better human health.

Extensive work is being carried out in our country to promote a healthy lifestyle among the population: through the development of physical culture and sports among all segments of the population through the introduction of special tests "Alpomish" and "Barchinoy", which determine the level of physical fitness and health of the population. and intellectual development, improvement of physical ability and motor activity, physical and to achieve spiritual perfection, to increase the ability to work, to prevent harmful habits and various diseases and to form healthy lifestyle skills, to strengthen in young people such qualities as will, self-confidence and strength through sports, to develop courage, patriotism and devotion to the Motherland , work is underway to select talented athletes among young people.

The functions of special tests are as follows

1. Expansion of the class of citizens engaged in physical culture and sports:
2. Improving the level of physical capacity of the population:

3. Achieving physical fitness, achieving proper health of the population, their participation in sports, physical education and the integration of sports into everyday life:

4. Improving the knowledge and skills of the population in special physical culture and sports:

5. Further development of health measures in remote areas and villages of the country:

6. To help students, especially girls, to be physically fit and well-rounded and healthy, to contribute to their participation in sports, physical education and sports in everyday life:

7. Adherence by the younger generation to a healthy lifestyle, spiritual and physical well-being, physical education and sports.

Special tests are divided into the following 12 age groups.

1- Group -6-8 years old

2- Group-9-10 years old

3- Group-11-12 years old

4- Group-13-15 years old

5- Group-16-17 years old

6-Group- 18-25 years old

7- Group-26-33 years old

8- Group-34-41 years old

9- Group-42-49 years old

10- Group-50-59 years old

11- Group-60-69 years old

12- Group - 70 years and older

In fact, the concept of health (Health) is defined by PIKalyu in his work "The main features of the concept of health and some issues of health restructuring: detailed information" 79 health `Reef reviewed:

Health - the normal course of biological processes at all levels of the body, allowing for normal functioning, personal survival and reproduction;

-Dynamic balance of the organism and its functions with the environment;

- Ability to participate in social activities and community service, to fully perform basic social functions;

- Absence of diseases, illnesses and changes;

- the ability of the organism to adapt to constantly changing environmental conditions and other comments.

Human health is an indicator of quality, which has quantitative parameters:-

Anthropometric (height, weight, chest size, geometric shape of organs and tissues);

physical (heart rate, blood pressure, body temperature);

biochemical (amount of chemical elements in the body, erythrocytes, lymphocytes, hormones, etc.);

biological (composition of intestinal flora, the presence of viral and infectious diseases) and other biomarkers.

From the point of view of the World Health Organization, human health is a social quality, and in this regard, the following indicators are recommended to assess the health of the population..

- Consumption of gross domestic product in health care;
- Availability of primary care;
- Immunization rate of the population;
- The level of examination of pregnant women by qualified personnel;
- Nutritional status of children;
- Child mortality rate;
- Life expectancy;
- Hygienic literacy of the population.

In addition, human health consists of several factors:

1. Independent factors: the strongest correlation with health and disease:

- Factors contributing to health or disease
- Behavioral patent; Behavioral factors of type A (ambition, aggression, competence, agility, muscle tension, rapid activity, high risk of cardiovascular class) and B (opposite qualities);
- Emotional potents (e.g. alextaemia) and others.

2. Transmission factors:

- problem management at different levels;
- Substance abuse and abuse (alcohol, nicotine, food spoilage);
- Types of health-promoting activities (environmental selection, physical activity);
- Follow the rules of a healthy lifestyle.

3. Motivators:

- Stressors
- Presence of the disease (the process of adaptation of the disease to acute episodes).

4. Physical health factors:

- Level of physical development;
- Level of physical fitness;
- The level of functional readiness for stress;
- the level of mobilization of flexible resources and readiness for such mobilization, which ensures their adaptation to various factors of the living environment.

The development and stability of any state largely depends on the physical and spiritual health of the younger generation. The main directions of raising a healthy generation have been put forward by President Islam Karimov since the early days of our independence. In connection with the proclamation of 2005 as the Year of Health, the Cabinet of Ministers adopted a resolution on January 25, 2005 on the State Program "Year of Health". In particular, the formation of a

healthy lifestyle, ecological and hygienic education of students is one of the most important tasks for the overall health of the younger generation.

Therefore, physical culture and sports are of great importance for the full development of the younger generation, the heirs of our great future. School (higher education) teachers should promote to students that an unhealthy lifestyle leads to illness and suffering, and a healthy lifestyle leads to health and a happy life.

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