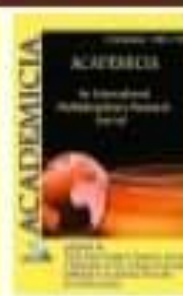




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HEALTHY LIFESTYLE

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ABSTRACT

The healthy lifestyle is value of a boundless for the development of any society, for the development of the family, which is the society's main basis, for the happiness of society, for each family member. This article is dedicated to achieving a healthy lifestyle, promoting a healthy lifestyle.

KEYWORDS: *Healthy Lifestyle, Immunity, Mobility, Mood, Depression, Sports, Personal Hygiene*

INTRODUCTION

The concept of a healthy lifestyle includes a whole set of components. It's not just diet or exercise. A healthy lifestyle is a lifestyle aimed at rejuvenating and improving the whole body, giving up bad habits, creating an agenda that has room for good rest, productive work and physical activity. A healthy lifestyle allows you to implement many plans and ideas. And people who follow him are full of strength, health, strength and vigor. Health and good immunity, acquired in accordance with the principles of a healthy lifestyle, will allow you to enjoy life for many years and get maximum pleasure from it.

MATERIALS AND METHODS

Numerous studies show that the health of a person of any age is more than 50% dependent on lifestyle. Other factors affecting the state of the body in descending order are the environment and heredity, the level of health and human life. Leading a healthy lifestyle is the key to well-being at any age. Experts highlight many of its benefits, answering the question of how useful a healthy lifestyle is:

- strengthen immunity and reduce the incidence of viral and infectious diseases;
- active longevity and preservation of opportunities and mobility even in old age;
- reduce the risk of developing chronic diseases, increase the duration of remission;
- get rid of bad mood, depression and stress;
- active participation in social and family events;
- Ability to do what you love, even at an old age;
- Get up every day and feel full of strength and energy.
- Set a good example for family and children;
- Have a beautiful body and clear skin without blemishes and wrinkles;
- increase in the age of onset of age-related changes in the body;
- The feeling that anything is possible and achievable.

And this is not a complete list of positive results that can be achieved by observing the rules of a healthy lifestyle. Those who support such a system for more than 1-3 months have never regretted the decision they once made and the introduction to a healthy lifestyle.

A healthy lifestyle includes many components that affect all areas of human life. Compliance with them will help improve health and add vitality to the whole family.

Experts identify the following key components of a healthy lifestyle:

- do sport;
- rejection of bad habits;
- good vacation;
- balanced diet;
- strengthening of immunity;
- observe the rules of personal hygiene;
- rejection of bad habits;
- good emotional and mental state.

Let's talk about each of them in more detail. It will help you get an idea of what a healthy lifestyle is and its ingredients, what you need to do to stay energetic, healthy, beautiful and young for as long as possible.

Balanced diet

We all know that food has a big impact on people. And a lot depends on how it is included in our diet, how we prepare and consume it. A person with a balanced diet will not suffer from a lack of vitamins and minerals, will not be overweight or feel abdominal discomfort. In addition, the transition to a balanced diet normalizes the functioning of all organs and systems, improves well-being and brings relief. Expert tips for healthy living and nutrition are:

- The diet should be varied, including dairy and meat products, fresh vegetables, fruits, berries and herbs, legumes and grains, seafood and fish. The principles of a healthy lifestyle help to give up fast food, overeat cakes and sweets, replace white bread, baked bread with rye and bran.
- Adequate fluid intake. The norm for the average adult is 2 liters of pure water and 3 liters of roasted pumpkin per day. It is important to avoid harmful drinks: instant coffee, tea with unnatural additives and flavors, sweet soda, cocktails with alcohol, dyes and flavor enhancers. It is recommended to drink clean water 20-30 minutes before meals or one hour after meals.
- The calorie content of the daily diet should not exceed the norm. For weight loss, it is recommended to reduce this figure to 500-600 kcal per day. The daily calorie content of the diet is different for everyone and is calculated separately. For the average adult, this figure is 2200-2600 kcal.
- Diet is also important. Forget extra meals or snacks like burgers and sandwiches at night. Start by sticking to your daily routine: breakfast, lunch, dinner, afternoon tea, and dinner should start at about the same time. Also, eat the most nutritious foods for breakfast and lunch.
- Eat all foods slowly and chew thoroughly. So you will get satiated faster, enjoy food, and all nutrients are better absorbed by the body. Don't eat while running. Turn off the TV farther from your computer and put your phone aside while eating.
- Cook only 1-2 times, always eat fresh food. It is better to go to the store or the market several times than to try to cook more so that the purchased vegetables and fruits do not die.
- Look for new things, add zest to your usual diet. Make the table beautiful, decorate even the simplest dishes, cook whatever dish you want, it will be delicious and will look neat. These healthy lifestyle rules work especially well during childhood. An appetizing omelet in the form of a funny face or a piece of porridge, decorated with pieces of meat and grass, is eaten with pleasure by children of any age, even if, as usual, the child refuses to cut this dish.
- You also need to monitor the compatibility of products. For example, you shouldn't eat two protein foods at one meal because it interferes with the absorption of nutrients.

It's important to remember that lifestyle changes are always stressful for your body. Gradually introduce healthy lifestyle practices into your family to avoid negative health and emotional consequences. For example, cut back on the junk food first and offer healthy and tasty alternatives. Then gradually give up everything unhealthy in your diet and never return to such food again. In a month, you will witness how your family and a healthy lifestyle become friends, and the cream cake, which soon seemed appetizing in the pastry shop, no longer arouses interest. In terms of taste and aroma, regular coffee in bags cannot be compared with a freshly brewed drink from a Turkish or coffee machine.

Sports activities

The simple phrase "action is life" reflects as clearly as possible that without adequate physical activity, health and a fulfilling life are impossible. Today many people suffer from various diseases of the musculoskeletal system, overweight and other problems, most of which are due to

lack of physical activity. A balanced diet and physical activity is an important part of a healthy lifestyle.

But in fact, maintaining a healthy lifestyle does not require strenuous exercise (they are only contraindicated), hours of training in the gym, visiting several sports clubs and participating in competitions. It is enough for the whole family to get up 20 minutes earlier every day to get used to morning exercises. And then during the working day you have to walk, distracted from work.

And after work and a full dinner, it's nice to take a walk in the fresh air. In the evening, you can spend 15-20 minutes doing yoga, or any other sport. Workouts in the gym 2-3 times a week with a trainer, dancing, swimming in the pool also have a good effect on health. If you love outdoor activities, then you enjoy cycling, ice skating, ice skating, ice skating, horse riding, jogging. Choose any direction of sport and enjoy the training and the results you get from them.

Be sure to consult with a specialist before the first session. This is not always a sport, and even a gradual increase in loads does not help. For example, people with joint and back pain are not allowed to jump rope or run for long periods of time, as this can cause additional stress and complications. Also keep in mind that it's best to work with a coach or instructor first. Will help to avoid injuries, tell you how to do the exercises correctly.

It is important! If you're unsure of where to start a healthy lifestyle, consider diet and physical activity first. It is these components that bear the first important fruits for healing and improving well-being.

Complete rest

A healthy lifestyle and its components include a balanced diet and physical activity, as well as good rest. It is important to sleep at least 7-8 hours a day. Experts believe it's best to sleep between 10 pm and 6 pm. But here you need to focus on your own characteristics, lifestyle and biorhythms. It should be borne in mind that insomnia affects all spheres of human life, negatively affects the functioning of the body, causes metabolic and hormonal disorders, and also leads to other problems.

If there is not enough sleep at night, for example, with a baby, parents almost always do not get enough sleep in the first years of his life, care must be taken to get rid of this balance. For example, it is important to sleep with your baby during lunch. The same rule applies to everyone who doesn't get enough sleep: students, people who work in shifts, those who stay up late and go to work early in the morning. Also remember that your sleep is important. It is advisable to spend the night in darkness and silence. Only small night lights and distracting pleasant sounds are allowed: quiet instrumental music, surfing and singing birds, the sound of rain, and so on. Only in such an environment is it possible to have a good rest and the correct production of hormones. The comfort of the bed is also important. Correctly selected pillows and orthopedic mattresses will relieve tiredness and fatigue in the morning and help keep your spine healthy.

These are all important components of a healthy lifestyle, and the ways they are formed can be very diverse. But in early childhood and preschool age, almost everything depends on the parents, and the habits of many children accompany a person throughout his life. This is why it is so important to teach your child to go to bed on time and to do it in silence, in the dark and in a suitable bed.

Strengthen immunity

Immunity is the body's defenses that help protect the human body from dangerous diseases in the fight against various infectious diseases and viruses. To make it stronger, it is necessary to vaccinate in a timely manner, give up bad habits, timely identify and treat diseases, not self-medicate with medicines and folk recipes. The concept of a healthy lifestyle includes immunostimulating hardening processes:

- **Air baths.** Walk in the fresh air every day before going to bed and work indoors, ventilate it at any time of the year. This hardening method is great for preschoolers and teens.
- **Sunbathing.** Ultraviolet rays help to increase the synthesis of vitamin D in the body, which is involved in the metabolism, helping you to look prettier and younger. But it's important to know when to stop there. Otherwise, overheating and sunburn may result.
- **Massages.** This is a subtle way to boost your immune system. In summer, these procedures are best done with a massage glove or towel.
- **Walking barefoot.** There are active points on the feet, and pressing them has a positive effect on the functioning of all organs and systems of the body. Walking barefoot helps to gently massage these points, which greatly improves health.
- **Cold and hot shower.** This is an exchange of cold and hot water. Initially, it is best to start with a slight temperature difference. The process is useful at any age, improves the condition of blood vessels, helps to strengthen the immune system.
- **Wash off with cold water.** This method requires preparation. It is important to dry yourself with a towel after the procedure.
- **Winter swimming.** This type of hardening is only useful when used correctly. And before carrying out such procedures, you should consult with a specialist.

These healthy lifestyle practices, in addition to winter swimming, are suitable for the whole family, including teens and children. This is the best prevention of various colds and viral diseases common in the cold season.

Emotional and mental state

Stress and overwork, bad mood and depression negatively affect the performance and health of a person of any age. In addition to feeling unwell and unwilling to do anything, it can be frustration, resentment, anger and aggression. Performing many tasks at work, lack of time "for yourself", the need to perform a number of routine tasks that do not bring pleasure, as well as do not promote health and healthy lifestyle. Negativity can accumulate over the years, poisoning a person from the inside and preventing him from living.

- It is necessary to reconsider this aspect of everyday reality while maintaining a healthy lifestyle. Discipline is very important so that everyone in the family feels comfortable and does not suffer from breakdowns and overwork. Experts recommend adhering to the following principles:

- **Positive thinking.** If people often whistle and complain about life at home, then it's time to change everything. Try to see the positive even in adversity and difficulties, support each other and try to help you find something good.
- **Healthy communication.** There is no need to get a stranger to talk at the bus stop or elsewhere, but if you are asked for advice or requests, you should continue to communicate. Family communication is also important. After work, it is recommended not to scatter from room to room and be distracted by gadgets and computers, but to sit down together to talk to someone about what happened during the day, what factors excite or interest you. Activities such as walking can help you become more friendly.
- **Manage emotions and express them in a non-toxic way.** So, if you feel discomfort, pain, anger, resentment from one of your family members, then you should not rush to this question, but you should not be aggressive either. Information about healthy lifestyles encourages you to express your feelings and thoughts to your loved ones in a calm and preferably immoral manner and in the form of "I-messages". Then it will probably be possible to prevent conflict and eliminate the disturbing factor.
- **Mental health.** You have to take care of yourself. Eliminate stress and anxiety from life, if possible, a bad mood and depression, dissatisfaction with complexes and life. If you can't handle it yourself, seek professional help.

It is important to answer the question - what is a healthy lifestyle and how to implement it. The questions are not easy. And it takes more than a month to maintain the balance of all the components of a healthy lifestyle. So do not worry if you have used something harmful or done something wrong. The main thing is that you see and understand it, so that everything can be corrected.

CONCLUSION

Creating a healthy lifestyle for adults, adolescents and children is the most important task of the family and school. From an early age, children need to know and understand what are the key components of a healthy lifestyle, how to implement them correctly, so that all useful procedures do not cause joy and discomfort. The main ways to promote healthy lifestyles include:

- regular sports in physical education lessons and the whole family;
- trips to health camps and sanatoriums;
- the formation of a healthy lifestyle among the population through the media, the organization of contests and competitions;
- regular visits to doctors for preventive examinations;
- help teenagers and children choose a profession that suits them and brings them income;
- choosing a diet for the whole family, taking into account the tastes and preferences of each of its members;
- prevention of diseases in the form of vaccination from early childhood, exacerbation;
- Teaching the rules of personal hygiene from an early age and doing housework.

It is important for the child not only to tell what is included in the concept of a healthy lifestyle, what areas of recovery are available, but also to show with examples that this corresponds to the principles of a healthy lifestyle. Formation of a healthy lifestyle in preschool children is an important component of education and upbringing. The whole family is involved in this process.

It is important to remember that it is important not only to know what the concept of a healthy lifestyle includes, but also to follow the basic principles of this system. In addition, all actions should be joyful and not cause discomfort. You should not forcibly and in a short time include all the key components of a healthy lifestyle in the family at once, especially if you have not followed them before. But you cannot hesitate, because every day you smoke, exercise or don't brush your teeth, it can seriously harm your health and that of your family. A healthy lifestyle is not only difficult at first, but also brings lightness, well-being and mood. Over time, if the whole family notices this, you will feel that you are less sick, feel better and calmer, and have achieved seemingly unattainable goals.

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