

# The Relationship between A Healthy Lifestyle And Physical Activity

Ismatulla Tukhtanazarov, lecturer,

Ferghana State University,  
Uzbekistan, Ferghana city

**Abstract:** *Due to national independence, objective conditions are emerging in the field of lifestyle modernization and creation of decent living conditions for the population, it is decided to live in accordance with our national mentality. The basis of this is the knowledge, practical skills and abilities of children and students of our country. This article highlights the concepts of healthy lifestyle and physical activity. In particular, the article explores the interrelated aspects of a healthy lifestyle and physical activity.*

**Keywords:** education, physical education, physical activity, physical culture, physical education theory, health, sports, upbringing of a healthy generation, healthy lifestyle, modernization

## I. INTRODUCTION

The lifestyle of people, their knowledge of sanitation, their ability to apply this knowledge in daily life and adhere to it strictly, their conscious attitude to their bodies and bodies, their attitude to their health are the most important conditions in health. These elements are factors that prolong health, physical and mental activity, longevity, longevity. In other words, the health of each individual depends primarily on his lifestyle, his conscious approach to these elements of life. In this regard, it is important to know that on the basis of a healthy lifestyle, all the factors present in the environment can affect the body, and to be able to effectively use these factors for their own health.

## II. METHODS

It is no secret that the result of unhealthy lifestyle and insufficient physical activity causes unpleasant situations among the population, among young people, namely - non-communicable diseases such as cardiovascular disease, malignant tumors, chronic respiratory diseases and diabetes. are the leading causes of death. They are mainly caused by risk factors such as high blood pressure, consumption of tobacco and alcohol products, high blood cholesterol, overweight, inadequate consumption of fruits and vegetables, and sluggish physical activity.

Spiritual and educational events organized in educational institutions, the introduction of the subject "Healthy Lifestyle" in the curriculum, articles published in newspapers and magazines, radio broadcasts, television programs to create a need for a healthy lifestyle in the younger generation, the benefits of such a life. aimed at creating the right image.

## III. RESULTS

Indeed, a person's health depends in many ways on himself. To do this, he must lead his life wisely, live a healthy lifestyle and follow the requirements of a culture of life to prevent any disease. According to the definition of the World Health Organization: "Health is a disease, not the absence of any defects, but physical, mental (mental) and social well-being." Health cannot be bought with any material wealth and money. A person can live happily only when he has good health.

"A healthy lifestyle includes increasing a person's cultural and physical development, productivity and creativity. A healthy lifestyle is one of the key measures in disease prevention. A healthy lifestyle allows a certain amount of mental and physical needs to be met satisfactorily"[4, 85].

## IV. DISCUSSION

One of the key factors in a healthy lifestyle is proper nutrition. With the exception of hereditary diseases, the cause of almost all existing diseases is surprisingly the same, which is due to the wrong lifestyle and poor diet.

The concept of lifestyle includes the following set of components:

*the first* is the creative activity that transforms nature, society, and man himself;

*second* - the method of meeting material and spiritual needs;

*third* - the form of participation of people in the sphere of social and political activity and public administration;

*fourth* - cognitive activity at the level of theoretical, empirical and value orientation;

*fifth* - society and its social systems (people, class, family, etc.).

Health is a state of the human body in which all its organs and systems are compatible with the external environment and have no susceptibility to disease at all.

Physical culture is a set of achievements in the creation and rational use of special tools, methods, conditions for the purposeful realization of the physical maturity of members of society.

Physical training is a set of test exercises that determine a person's health, armed with special knowledge, the formation of vital movements, skills and abilities, as well as the level of development of physical qualities.

Physical development - the gradual natural formation of the human body - is the process of changing its appearance and function.

Physical activity. Exercise-related lifestyle, exercise, physical education and sports are one of the important factors of a healthy lifestyle, and active movement, ie exercise, plays a key role in a person's healthy lifestyle.

In order to develop sports in our country, decrees and resolutions have been developed, which have laid a solid foundation for the development of physical culture and sports, as well as the formation of a healthy generation.

Awakening of love for physical education and sports in everyone begins with the family. Most importantly, physical education and sports as one of the foundations of a healthy lifestyle serve to increase the opportunities and potential of young people, their physical and spiritual development. Regular physical activity and sports stimulate the child both physically and mentally, his whole body develops in harmony.

Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated February 3, 2019 № 118 "On approval of the Concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023" the organization of the development and introduction of forms and mechanisms has been identified as a priority "[5, 385].

The health-improving and educational functions of physical education include:

you will be in a good mood all day;

- your work will be productive, your creative activity will be strong;

- The nervous system is balanced, calm, thoughtful;

- forms feelings of activity, initiative, hardship, courage, friendship;

- Regular exercise leads to the formation of hygienic skills;

- You lose fat, become compact, agile and agile;

- Your muscles will contract and your body will be beautiful and graceful;

improves blood flow in the arteries, improves the flow of oxygen and nutrients to the body and organs;

- Increases the body's defenses;

- You will be younger, more handsome, hardworking and healthy than others.

Among the physical fitness methods, morning exercise is important with the mass.

Based on the above considerations, it can be said that physical culture and sports are a means of strengthening cooperation, peace and friendship between nations.

## V. CONCLUSION

Bringing up the next generation in the spirit of internationalism through the methods of physical culture on the basis of objective laws - through the development of national sports. International sports relations foster respect for people of other nationalities, get acquainted with their traditions, and foster a sense of friendship and cooperation between nations. Thus, physical culture and sports serve as an important tool in uniting people, strengthening peace, creating a situation between peoples and understanding each other.

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