



FOLLOWING A SCHEDULE IS THE BASIS OF A HEALTHY LIFESTYLE

Ikromjon Yuldashov, PhD,
Fergana State University, Uzbekistan, Fergana city

ABSTRACT:

Human health is, first of all, the development of his mental and physiological qualities, maintaining an optimal level of work ability and social activity during the maximum duration of life. According to many scientists, the functional capabilities of the human body and its stability to unpleasant factors from the external environment change throughout life, because maintaining health is a dynamic process that improves depending on age, gender, professional activity, living environment (health is weakened or strengthened) goes.

Keywords: fitness, physical education, physical culture, physical education theory, health, sports, harmoniously developed generation, physical education, sports, human health, physical training, sports psychology.

INTRODUCTION

Today, the fundamental reforms in our political, social, economic, and spiritual-educational life carried out in our Republic under the leadership of the President Shavkat Miromonovich Mirziyoyev are the organization of education-education and physical education-health and mass-sports activities in a completely new content, form and means, created for them. It encourages us to take full advantage of the unique opportunities and solve the very important tasks of raising our young people to be children worthy of the Motherland.

One of the main tools in the formation of a harmoniously developed generation is physical culture and sports. Because physical education and sports play an important role in the growth and health of young people. A healthy person develops self-confidence, perseverance, skills and qualities to complete the work he started.

The government of our republic attaches great importance to the education of students and young people in a physically fit manner, their wide involvement in physical education, health and mass sports activities, health activities carried out on the agenda of educational institutions, volunteering their free time outside of classes, and directing them to a healthy lifestyle.

The President of the Republic of Uzbekistan, Sh.M.Mirziyoyev, in his speech at the "Meeting dedicated to the development of the field of physical education and sports" held on September 20, 2018, held public physical education and gymnastics classes





in enterprises, educational institutions, and recreation parks, and promoted the usefulness of such exercises for human health. In order to prepare a permanent program and social videos, a number of assignments were assigned to the heads of relevant ministries and agencies.

RESEARCH MATERIALS AND METHODOLOGY

Physical education teachers of educational institutions are assigned a number of the most necessary tasks, therefore, the organization and holding of physical education-health and public sports events outside the classroom is considered an important factor.

The main means of physical education of an educational institution is physical exercises. Physical exercises solve tasks related to the formation of movement skills and abilities in students.

Forms of physical health activities on the agenda of educational institutions include: Morning physical education, gymnastics exercises before class, physical exercise minute, games during breaks, sports hour in extended day groups, walks.

Health is a balanced unity of biological, mental, physical conditions and labor activity of the human body. Health is happiness for everyone. Its labor productivity is a necessary condition for the development of the economic power of the country and the well-being of the people. A conscious and responsible approach to health, which is a public property, should be the standard of life and morals of society and all its members.

To maintain and strengthen health, first of all, a person needs to know the structure of his body, the laws of normal functioning, growth, development and reproduction of all tissues and organs. Also, like all living creatures, it is necessary to know and create the necessary conditions to preserve and improve these biological characteristics, which are characteristic of humans. To raise a healthy and well-rounded generation in our country, to realize the creative-intellectual potential of young people, to bring up the young men and women of our country as well-rounded, well-rounded individuals who fully respond to the students of the 21st century. 2010 was declared as the "Year of the Perfect Generation" in the Republic of Uzbekistan.

Promotion of a healthy lifestyle should be carried out in different directions. On the one hand, it is aimed at providing students and adults with certain medical and hygienic knowledge about healthy living, awakening their ideas about how a healthy lifestyle affects the development of the body, and on the other hand, it is aimed at teaching them to follow hygienic rules in education, to protect themselves and the health of those around them. It depends on building the skills to make it a daily habit.





Each period has its own stages of development, and a healthy lifestyle is important. Physical education and sports are the main process in the development of public health in the maintenance of public health, prevention of diseases, promotion of national and regional sports and formation of a healthy lifestyle.

The formation of a person's living environment is directly related to his valeological culture, ability to resist the influence of physical, psychological and social pressure. The main condition of a healthy lifestyle is a complex of healthy activities that ensure the harmonious development and strengthening of health, increase the working capacity of people, and prolong their long creative life.

The formation of a healthy lifestyle aims to improve the conditions of a person's life on the basis of his valeological literacy, training in hygienic skills, knowledge of the main factors that worsen his health. Health is largely dependent on a person's living environment. Three groups of factors affecting human health are distinguished:

- physical (air, water, soil, food pollution, noise, electromagnetic field, radiation, etc.);
- psychological (work, family, interpersonal, cultural relations, psycho-emotional impact, etc.);
- social (social and political changes, unemployment, lack of time, lack of energy and enthusiasm, etc.).

Every person's lifestyle is formed under the influence of events and various changes that happen every day. Changing relationships are affecting the students' psyche. As a result, they have increased responsibility for choosing mental, emotional and willful behaviors necessary for their destiny, family, and community. It is necessary to prevent nervous diseases caused by them. For this, first of all, it is necessary to organize a healthy lifestyle on a personal and social level, and one should know the main directions and ways of implementing a healthy lifestyle.

RESEARCH RESULTS AND DISCUSSION

An active lifestyle, exercise, physical education and sports are important factors of a healthy lifestyle. Active movement, i.e. exercise, plays an important role in a healthy life of a person.

Daily routine is a continuous process that takes place from the day a person comes into the world. Naturally, the agenda cannot be the same for everyone and it is created in accordance with the age, health, work ability and household living conditions of a person, and his general requirements: the correct distribution of practical work and physical labor in the development of the agenda, the replacement of work with rest at the right time, every day include eating certain foods, going to bed at a certain time and getting used to waking up early, and going for walks in the open air.





A person's healthy and unhealthy lifestyle also depends on the correct and incorrect organization of the daily routine.

A properly organized agenda is a comprehensive organization:

- proper development;
- strengthening of the will;
- labor productivity is much higher, and the ability to work is well preserved for a long time;
- plays an important role in disease prevention.

In order to preserve the health of students, it is appropriate to introduce the following physiological and hygienic recommendations to higher education, its educational process, and parents:

- compliance with the daily regime, i.e. the daily schedule, including the regulation of the workload of school and home studies;
- widening of recreation by walking in the open air;
- to ensure sufficient and timely meals;
- hygienically complete, regular sleep;
- timely replacement of mental load with physical load;
- changing activities while meeting hygienic requirements;
- engage in independent activities.

Education - proper planning of mental and physical work in the educational process based on hygienic requirements - proper organization of rest, observance of sleep hygiene, prevention of child sleep disorders and insomnia, attention to children's movement regime and health, hygiene of educational work - prevention of fatigue and extreme fatigue attention is paid to issues such as obtaining.

CONCLUSION

In short, improving the health of the population while developing a healthy lifestyle is a guarantee that the young generations, who are the owners of our tomorrow, will strengthen their position in the world arena in the future by educating them both physically and mentally, that is, healthy, intellectually mature and capable of protecting the Motherland. This process serves as a foundation for the popularization of physical education and sports through the values created by our ancestors, i.e. holidays, traditions and customs, in a healthy environment in physical education and sports.





REFERENCES:

1. A.Normurodov. Physical education. Tutorial. Tashkent, 2011.
2. R.Salomov., M.M.Ruzioxunova. Theory and methods of physical education. Study guide. Tashkent, 1995.
3. Bahodirovna, X. B., & Ilxomjonovich, I. I. (2022). THE USE OF RHYTHMIC GYMNASTICS IN THE PHYSICAL EDUCATION OF SCHOOLCHILDREN ON THE EXAMPLE OF THE CITY OF FERGANA. *International Journal of Pedagogics*, 2(05), 9-12.
4. Ilxomjonovich, I. I., Tolanovich, Y. T., & Baxodirovna, H. B. (2021). Physical Education In The Structure Of Professional Education. *The American Journal of Social Science and Education Innovations*, 3(03), 226-229.
5. Yuldashov, I. (2022). WELLNESS EXERCISE AND THE STAGES OF ITS IMPLEMENTATION. *Research Focus*, 1(4), 296-299.
6. Ikromjon, Y. (2022). THE SIGNIFICANCE OF INCREASING YOUTH SOCIAL ACTIVITY IN FORMING CIVIL SOCIETY. *Research Focus*, 1(1), 144-151.
7. Ikromjon, Y., & Sohiba, I. (2022, November). DEVELOPMENT OF PHYSICAL QUALITIES OF SCHOOLCHILDREN 10-12 YEARS OLD IN TERMS OF TRACK AND FIELD TRAINING. In *E Conference Zone* (pp. 44-56).
8. Goynazarov, G. (2022). THE MAIN ASPECTS OF THE FORMATION OF PHYSICAL CULTURE IN THE EDUCATIONAL PROCESS. *Research Focus*, 1(4), 312-315.
9. Goynazarov, G. (2022). Development of Movement Qualities in Children. *European International Journal of Multidisciplinary Research and Management Studies*, 2(04), 42-47.
10. Yuldashov, I., & Goynazarov, G. (2021). A need to improve the institutional system for increasing the social activity of young people at the stage of development. *Интернаука*, (12-3), 18-19.
11. Makhmutaliev, A. (2022). DEVELOPMENT OF PHYSICAL CULTURE AND PHYSICAL CULTURE AS A FACTOR OF PHYSICAL MATURITY. *Research Focus*, 1(4), 300-303.
12. Makhmutaliev, A. (2022). The endurance of young athletes development. *Asian Journal of Multidimensional Research*, 11(2), 6-10.
13. Adkhamjon, M. (2021). The importance of physical education in the formation of a healthy lifestyle. *ACADEMICIA: An International Multidisciplinary Research Journal*, 11(3), 2031-2035.
14. Tukhtanazarov, I. (2022). Different systems and rules of wrestling competitions. *Asian Journal of Multidimensional Research*, 11(2), 102-107.





15. Tukhtanazarov, I. (2022). IMPORTANT ASPECTS OF FOCUSING ON PHYSICAL ACTIVITY IN SPORTS. *Research Focus*, 1(4), 308-311.
16. Tuxtanazarov, I. U., & Maxmutaliev, A. M. (2020). Socio-Pedagogical Function Of Sport In The Spiritual Perfection Of Youth. *Scientific Bulletin of Namangan State University*, 2(1), 367-372.
17. Parpiev, O. (2022). Means of sports activities and methods. *Asian Journal of Multidimensional Research*, 11(2), 112-117.
18. Юлдашов, И., Парпиев, О., & Абдурахмонов, Ш. (2022). Жисмоний Тарбия Таълимида Спорт Ифодаси. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2(Special Issue 2), 222-225.
19. Parpiev, O. (2021). The Health-Oriented Principle Of Physical Education. *The American Journal of Applied sciences*, 3(3), 22-27.
20. Mehmonov, R., & Parpiev, O. (2020). PEDAGOGICAL REQUIREMENTS FOR PHYSICAL EDUCATION TEACHERS. *Theoretical & Applied Science*, (5), 758-761.
21. Abdurakhmonov, S. (2022). IMPORTANT ASPECTS OF PHYSICAL EDUCATION IN IMPROVING WORK ACTIVITY. *Research Focus*, 1(4), 304-307.
22. Abdurakhmonov, S. (2022). The importance of physical education and sports in the development of society. *Asian Journal of Multidimensional Research*, 11(6), 122-126.
23. Abdurakhmonov, S. K. (2021). The Importance Of A Healthy Lifestyle In Achieving Physical Perfection. *The American Journal of Applied sciences*, 3(3), 42-47.
24. Bobojonov, N. (2022). Healthy lifestyle and its constituent factors. *Asian Journal of Multidimensional Research*, 11(10), 298-304.
25. Nozimjon, B. (2022). The Importance Of The Development Of Physical Qualities In The Motion Of Games. *Involta Scientific Journal*, 1(7), 37-43.
26. Bobojonov, N., Qosimov, A., & Abdubannopov, M. (2022, June). AGE-SPECIFIC CHARACTERISTICS OF PHYSICAL TRAINING OF COLLEGE STUDENTS. In *E Conference Zone* (pp. 64-67).
27. Yuldashov, I., Parpiev, O., Makhmutaliev, A., Tukhtanazarov, I., & Umaralievich, K. U. (2021). Pedagogical bases of formation of physical culture and social culture in Youth. *Asian Journal of Multidimensional Research*, 10(11), 54-58.
28. Yuldashov, I., Umaralievich, K. U., Goynazarov, G., & Abdurakhmonov, S. (2021). Innovative development strategy in the field of sports and the basics of its organization. *Asian Journal of Research in Social Sciences and Humanities*, 11(11), 48-53.



29. Sadigjonovich, G. B., & Umaralievich, K. U. (2022). SOCIO-PHILOSOPHICAL ASPECTS OF THE ORIENTATION OF YOUNG PEOPLE TO ENTREPRENEURIAL ACTIVITY. *Research Focus*, 1(4), 359-363.
30. Karimov, U., Karimova, G., & Makhamadaliev, L. (2022). The role and significance of spiritual values in youth education. *Asian Journal of Research in Social Sciences and Humanities*, 12(2), 181-185.
31. Karimova, G., & Makhamadaliev, L. (2022). The importance of innovative ideas in increasing the effectiveness of education. *Asian Journal of Research in Social Sciences and Humanities*, 12(6), 143-148.

