



BASICS OF A HEALTHY LIFESTYLE

Ibatova Sh.M., Ruzikulov N.E., Mamatkulova F.Kh.

Samarkand State Medical University, Uzbekistan

ABSTRACT

A healthy lifestyle should be rationally organized, active, hard-working, and hardening. It should protect against adverse environmental influences, allow one to maintain moral, mental and physical health until old age; proper nutrition allows the body to realize its maximum potential. Proper nutrition allows the body to reach its maximum potential. Carbohydrates, fats and proteins provide the body with energy. Physical exercise helps people maintain youth, delay old age, improve their appearance, lose excess weight, increase vitality and improve well-being. Physical culture, regimen, and daily routine are a powerful accumulator of vitality, bringing vigor and cheerfulness, pride in one's motor skills and capabilities.

KEYWORDS: *healthy lifestyle, nutrition, sleep patterns, physical education, daily routine.*

INTRODUCTION

A healthy lifestyle is a lifestyle based on moral principles. He must be rationally organized, active, hard-working, hardening. It should protect against adverse environmental influences and allow one to maintain moral, mental and physical health until old age [1,3,7].

Health is an invaluable asset not only for every person, but also for the entire society. Health helps us fulfill our plans, successfully solve the main tasks of life, overcome difficulties, and, if necessary, significant overloads [2,6,9,11]. Good health, wisely maintained and strengthened by the person himself, ensures a long and active life. Some become victims of inactivity (hypodynamia), which causes premature aging, others overeat with the almost inevitable development in these cases of obesity, vascular sclerosis, and in some - diabetes mellitus, others do not know how to rest, be distracted from work and everyday worries, are always restless, nervous, suffer from insomnia, which ultimately leads to numerous diseases of the internal organs.

Some people succumb to the addiction of smoking and alcohol and actively shorten their lives. Many people remember the need to take care of their health only when they are sick. Well, having recovered, they immediately forget about reasonable prevention and do nothing to prevent the disease in the future [4,10].

Lack of movement, lack of physical work, physical exercise is a characteristic feature of our time, a disease of the century. Indeed, the mechanization of labor, the development of transport, the growth of material well-being in all spheres of life have led to the fact that the majority of the population of a country with a high level of culture does not receive the proper dose of movement, either quantitatively or qualitatively [5,8,12].

Many men and women go through life without ever knowing what it means to truly be physically fit. They do not know the feeling of a truly healthy person, nor the joyful knowledge that any work can be done and nothing causes fatigue. However, with the right approach and calculated efforts, they can all provide themselves with just such a life. According to WHO experts, the state of health is determined only 10% by the level of development of medicine as a science and the state of medical care, 20% by the state of the environment, 20% by hereditary factors and 50% by lifestyle.

1. The role of Proper Nutrition

Food is not only the main source of energy but also a "building material" for new cells. People eat differently, but there are a number of requirements that should be taken into account by everyone. First of all, food should be varied and nutritious, i.e. contain all essential nutrients in the right quantities and in certain proportions. There are no foods that are good or bad in themselves. All food products have nutritional value to one degree or another, however, there is no ideal food. It is important not what we eat, but how much we eat, when we eat and in what combinations we eat certain foods.

Proper nutrition allows the body to reach its maximum potential. Carbohydrates, fats and proteins provide the body with energy, while vitamins, minerals and water contain no calories. The main sources of energy are carbohydrates and fats (lipids). Overeating should not be allowed: it leads to obesity. A diet with the systematic introduction of exorbitant quantities of any one product or nutrients of one class is also very harmful to health. The intervals between meals should not be too long (no more than 5-6 hours). It is harmful to eat only 2 times a day, but in excessive portions, because... this places too much strain on the circulation.

It is better for a healthy person to eat 3-4 times a day. With three meals a day, lunch should be the most satisfying, and dinner should be the lightest. It is harmful to read and solve complex



and important problems while eating. You should not rush, swallow large pieces of food without chewing. Systematic dry food, without hot dishes, has a bad effect on the body. It is necessary to observe the rules of personal hygiene and sanitation.

A person who neglects their diet is, over time, at risk of developing such severe digestive diseases as, for example, peptic ulcers, etc. Thorough chewing and grinding of food to a certain extent protects the mucous membrane of the digestive organs from mechanical damage, scratches and, in addition, promotes rapid penetration juices deep into the food mass. You need to constantly monitor the condition of your teeth and oral cavity.

2. The role of Physical Activity

Physical exercise helps people maintain youth, delay old age, improve their appearance, lose excess weight, increase vitality and improve well-being. Good physical shape is a person's ability to cope with everyday activities cheerfully and energetically, without experiencing excessive fatigue and maintaining enough strength to enjoy leisure time.

Physical exercise is muscular activity that helps maintain physical fitness. Physical exercise produces a variety of beneficial physiological and psychological effects in humans.

When engaging in physical exercise, you should remember some training principles: the body needs a warm-up before performing main exercises and a cool-down after them. The intensity, duration and frequency of training should provide a training effect. For knowledge workers, systematic physical education and sports acquires exceptional importance. A trained person can easily cope with significant physical activity. The strength and performance of the heart muscle, the main engine of blood circulation, is directly dependent on the strength and development of all muscles. Therefore, physical training, while developing the muscles of the body, at the same time strengthens the heart muscle. In people with undeveloped muscles, the heart muscle is weak, which is revealed during any physical work.

Physical training strengthens and develops skeletal muscles, heart muscle, blood vessels, respiratory system and many other organs, which greatly facilitates the functioning of the circulatory system and has a beneficial effect on the nervous system. Daily morning exercises are a mandatory minimum of physical training. It should become the same habit for everyone as washing your face in the morning. Physical exercises should be performed in a well-ventilated area or in the fresh air. For people leading a sedentary lifestyle, outdoor exercise (walking, walking) is especially important. It is useful to walk to work in the morning and walk in the evening after work.

Systematic walking has a beneficial effect on a person, improves well-being, and increases performance. Walking is a motor act controlled by the nervous system; it is carried out with the participation of almost the entire muscular system of our

body. As a load, it can be accurately dosed and gradually, systematically increased in pace and volume. Daily stay in the fresh air for 1-1.5 hours is one of the important components of a healthy lifestyle. When working indoors, a walk in the evening, before bed, is especially important. Such a walk as part of the necessary daily exercise is beneficial for everyone. It relieves the stress of a working day, calms excited nerve centers, and regulates breathing.

3. Work and Rest Schedule

Labor is the basis of a person's healthy life. Labor, both physical and mental, is not only not harmful, but, on the contrary, a systematic, feasible, and well-organized labor process has an extremely beneficial effect on the nervous system, heart and blood vessels, the musculoskeletal system - on the entire human body. Constant training during labor strengthens our body. He who works hard and well throughout his life lives long. Interesting and favorite work is done easily, without stress, and does not cause fatigue or exhaustion. It is important to choose the right profession in accordance with a person's individual abilities and inclinations. A necessary condition for maintaining health during work is the alternation of work and rest. Rest after work does not mean a state of complete rest. People who work physically need rest that is not associated with additional physical activity, and workers who work in mental labor need some physical work during leisure hours. This alternation of physical and mental activity is good for health. A person who spends a lot of time indoors should spend at least part of his rest time outdoors.

4. Sleep Mode

To maintain the normal functioning of the nervous system and the entire body, proper sleep is of great importance. Sleep should be long enough and deep. If a person sleeps little, then he gets up in the morning irritated, overwhelmed, and sometimes with a headache. The need for sleep varies from person to person. On average, this norm is about 8 hours. Unfortunately, some people view sleep as a reserve from which they can borrow time to do certain things. Systematic lack of sleep leads to impaired nervous activity, decreased performance, increased fatigue, and irritability. To create conditions for normal, sound and restful sleep, you need 1-1.5 hours. Before going to bed, stop intense mental work. You need to have dinner no later than 2-2.5 hours before. before sleep. This is important for complete digestion of food. You should sleep in a well-ventilated room; it is a good idea to accustom yourself to sleep with the window open, and in the warm season with the window open. It is advisable to go to bed at the same time - this helps you fall asleep quickly.

5. Daily Routine

A special place in a healthy life regime belongs to the daily routine, a certain rhythm of human life and activity. Each person's routine should include a certain time for work, rest, eating, and sleep. The daily routine of different people can and should be different depending on the nature of the work, living conditions, and here there must be a certain daily rhythm and daily routine. It is necessary to provide sufficient time for sleep



and rest. Breaks between meals should not exceed 5-6 hours. It is very important that a person always sleeps and eats at the same time. Thus, conditioned reflexes are developed.

CONCLUSION

Advances in science and technology are increasingly relegating physical labor to the background, giving preference to mental work with its complex psycho-emotional stress. The brain, heart, and blood vessels of a person are forced to work with incomparably greater tension than his muscular system, which makes up about 40% of the entire body. The disturbed normal physiological balance of the human body gives rise to more and more new ailments that limit its vital functions. People do not want to get sick and grow old prematurely; they are looking for the most effective means of maintaining high performance. Physical exercise activates a person's natural reserve forces. Nothing can compensate our nervous system for what it receives from active muscle work and optimal physical activity. Exercises in the gym, swimming pool, stadium, sports fields, skating rink, forest paths lay the foundation for high performance, the opportunity for prolonged stress on the most complex functions of the nervous system. Physical education and properly organized training sessions are a reliable shoulder that you can and should lean on at any age. Physical culture is a powerful accumulator of vitality; it brings vigor and cheerfulness, pride in one's motor skills and capabilities.

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