



A HEALTHY LIFESTYLE IS THE BASIS OF A PROSPEROUS LIFE

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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 broad concept, which includes productive work, active rest, physical education and sports, exercising the body, observing personal hygiene, eating wisely, refraining from harmful habits, seeing a doctor every year [1,5,7,9].

Health is not only the absence of disease or physical defects, but also a state of complete physical, mental, and social well-being.

According to statistical data, in the following years, the general morbidity among the population, disability from childhood, and infectious diseases among children will increase. One of the main reasons for this is the fact that a healthy lifestyle is not properly promoted in every family, and the medical awareness of family members, especially young mothers, is insufficient [2,6,7,9,11]. Therefore, forming a healthy lifestyle in the family, increasing the medical awareness of family members is not only an urgent problem of today, but also a demand of the times.

According to the definition of the World Health Organization: health is not only the absence of disease and physical defects, but also the possession of a healthy physical, mental and social state. Personality, human health is not only the absence of illness, disease, or physical defects, but also the harmonious balance of the activities of all organs and organs of a person with the external natural and social environment, the harmony of a person's social, biological and mental state [3,10,12].

It is nutrition that ensures human life activity, normal growth and development, strengthens his health and helps prevent diseases [1,4,8].

The diet should contain the following nutrients: proteins, fats, carbohydrates, vitamins and minerals.

Our great scholar Ibn Sina in his 5-volume book "The Laws of Medicine" cites seven principles of a healthy lifestyle in maintaining human health:

1. Maintaining the harmony of the body structure
2. Selective consumption of food and drinks
3. Cleaning the human body from harmful waste
4. Balancing the harmony between the organs of the human body
5. Breathing fresh air
6. Observance of clothing and personal hygiene
7. Keeping the body and mind in moderation.

All people need to be disciplined and willful should have knowledge and skills about proper and rational nutrition, active life and physical education, organization of day and work regime based on biorhythmic laws, normalization of relationships, refraining from harmful habits, cleanliness, caution from accidents and injuries, and healthy lifestyle.



The standard of living also plays an important role in human health. Standard of living means people's food, education, employment, working conditions, living conditions, social security, recreation, clothing, leisure time, rights.

Human health is, first of all, the development of his mental and physiological qualities, maintaining the maximum length of life. According to many scientists, the functional capabilities of the human body and its stability to unconscious factors from the external environment change throughout its life, because maintaining health is a dynamic process that depends on age, gender, professional activity, living environment. improves (health improves or improves) depending on it.

Health can never be bought with material wealth and money. A person can live happily only when he is healthy. Everyone should be able to maintain the standard of daily life. When reading, sleeping, walking, jogging, eating, resting, laughing, coughing, there is such a limit, major, that the violation of this norm will definitely harm health.

It is necessary to deeply understand the secrets of strengthening health and to deeply understand that the only way to preserve health is a healthy lifestyle.

Lifestyle is a routine of daily life. The main factor determining it is the person himself. A healthy lifestyle is a life activity based on the acquisition of skills that help ensure the safety of a person's life. This is such a way of life that there should be no harmful factors affecting people's health.

The main directions of a healthy lifestyle are as follows

- Follow the rules of personal and collective hygiene
- Physical activity
- Compliance with the agenda
- Refrain from harmful habits
- Healthy eating
- Work and rest
- Culture of treatment
- Peace of mind
- Medical civility
- Sexual education.

Everyone should learn a very simple way of creating a healthy lifestyle.

A high level of education among the population, increased attention to a healthy lifestyle, regular physical education and sports have significantly reduced the incidence of heart diseases in many countries.

A person should be mentally and physically strong and fit.

The formation of a healthy lifestyle in each individual, family and community serves as the basis for the prevention of various chronic diseases. Our great grandfather Abu Ali ibn Sina, the Sultan of Medicine, recommended the basics of a healthy lifestyle in order to maintain human health a thousand years ago, and defined its spiritual, spiritual, physical and medical directions as follows:

1. Proper nutrition
2. Physical education
3. Proper rest
4. Rest depending on the season
5. Refraining from harmful habits.

Regular adherence to a healthy lifestyle is a factor of a beautiful and happy life, free from various diseases. Most importantly, it has a positive effect on the nation's gene pool.

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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