Sports and Health Cluster and Biological Properties in Healthy Nutrition of Athletes

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Abstract: the article defines the scheme of work of a physical culture and health complex. Development of sports and recreational physical activity in Uzbekistan. The organization of regular walking and jogging classes, goals, objectives and advantages are described in detail, since the activities of sports and fitness clusters in Uzbekistan are highly effective, but it is also a matter of improving the physical condition of young generations and students. Younger generation.

Keywords: healthy nutrition, biology, athlete, sugar level, health-improving cluster, cluster, dietetics, physical education.

Today, one of the main goals of our state is to educate young people, who form the basis of the future, as a harmoniously developed generation of legal, spiritual, cultural, political, economic, social and morally independent thinkers. Young people strive to be fair, spiritually mature, physically healthy, respectful of traditions, possessors of new spiritual thinking in all areas of the historical processes taking place in our society. [one]

How can you improve your self-control and fitness? Another great way to develop the power of mutual will is to play sports as a whole, whether it's a walk in the fresh air or a full-time career in the gym. The brain doesn't care what kind of activity you prefer: gardening, yoga, dancing, dancing, swimming or weightlifting, in which case anything but a normal lifestyle will increase your willpower reserve.

The second independent dimension is healthy eating:

"It's good to eat foods that can give you energy. Many psychologists and nutritionists advise you to choose foods that help keep your blood sugar at a certain level. in the long run, but you will improve brain function."

Physical exercise and a healthy diet not only strengthen the will, but also have a positive effect on the well-being of a man as a whole. In particular, the hormone amorphene is released in our body during physical exertion:

"Endorphins reduce feelings of discomfort, pain, and promote a sense of euphoria during exercise."

The principle of health: Self-management, how to teach Lynch? Earlier in the book mentioned above, "Rediscover this man's greatest power." At the same time, "now - later" is devoid of internal pain, especially when it comes to acting. Get rid of bad habits (for example, while watching a movie it becomes sweet).

When I say whose will I'm reading, I almost always reply, "Oh, I missed and missed." Today, more people than ever have the ability to control attention, emotions, and desires, which affects
physical health, financial status, relationships, and professional success. We all know each other. We know that we need to be in complete control of our lives: what we eat, we buy.

However, many fail in this way: they instantly adjust to themselves, and on the other hand, adjust to their emotions and lose control. According to the American Psychological Association, the lack of willpower in society is a major cause of difficulty achieving goals. Many people feel guilty for bringing themselves and those around them. Many have their own thoughts, feelings, addictions, their behavior is highlighted by impulses faster than a conscious choice. The biggest burden on the part of self-government is to keep the defense under control and, of course, make life difficult for themselves.

My Mission in Health and Educational Psychology The leading classes in the treatment program learn to manage people with stress and make the right decisions. How people struggle to change their thoughts, feelings, bodies, and habits, and how that suffering is linked to success and unnecessary stress. While science can help them, people don't give in to bad facts, which I find time and time again has been almost ineffective - they squandered the approach and led to a loss of control.

The course summarizes the results of the latest research by psychologists, economists, neuroscientists and doctors, teaches how to get rid of old habits and develop dignity, learn to focus, learn to focus. He will learn why we refuse temptation and how to resist. This shows how important it is to understand the limits of self-control and suggest the best strategies for increasing willpower.

The goals of the people who attended the classes were disparate: some wanted to quit smoking or slow down, while others needed to get out of debt or become a good parent. But the result surprised me too. Four weeks later, after the survey, 97 percent of students began to understand their behavior better, and 84 percent said their willpower increased due to the strategies they offered. The Science of the Power of Faith gave them the power to develop self-control and make sure that it is very important to them. Scientific discoveries are equally useful for a person who could not get alcohol and apart from e-mail. Self-control strategies have helped people avoid temptations: chocolate, video games, shopping, and even embarrassing colleagues. Students attend classes to achieve such personal goals, find a job, lose a job, and deal with the stress before Terrible Friday or Terrible Friday (leading to activities with children), gave strength to ensure the development of the ability to hold the zini and that it is very important for them. Scientific discoveries are equally useful for a person who could not get alcohol and apart from e-mail. Self-control strategies have helped people avoid temptations: chocolate, video games, shopping, and even embarrassing colleagues. Students attend classes to achieve such personal goals, find a job, lose a job, and deal with the stress before Terrible Friday or Terrible Friday (leading to activities with children), gave strength to ensure the development of the ability to hold the zini and that it is very important for them. Scientific discoveries are equally useful for a person who could not get alcohol and apart from e-mail. 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Of course, like any honest teacher, I learned a lot from my students. They forgot to remind me of willpower when I was doing so much handwork, when I was doing scientific discoveries for so long. They quickly told me which strategies work in the real world and which don't (a lab experiment can't do that). They approached me creatively with weekly challenges and shared with me new ways to bring abstract theories back to a useful transition into everyday life. This book brings together the best science and practical exercises of the course, based on the latest research and the experience of hundreds of fans.

To be successful, you need to be aware of your weaknesses.

Most of the many books on life change: new diets or ways to find financial freedom show how to set goals and how to achieve them. But if we wanted to fix this, every New Year's resolution would have to be kept and my class would be empty. The book rarely says why you are not doing what you need.

The best way to deal with yourself is to understand how and why you are losing it. Knowing this will motivate you to give up, not set you up for failure, as many fear. This will support you and reverse the traps where your willpower will tend to change you. Research shows that people who think they are strong actually lose their temper in the face of temptation. For example, when assessing the ability to quit smoking, especially the ability to smoke, they are more likely to drop the minimum weight to gain weight after four months. Why? It is impossible to predict where and why they will be seduced. They have great temptations, such as hanging up a cigarette or placing a bowl of cookies. Frames genuinely surprise them, and they refuse small difficulties.

Self-awareness is the foundation of self-control, especially when your own power is not working. Therefore, the course "The Science of Power" and this book are devoted to common failures without significant signs. Each chapter uncovers a common misconception about self-management and offers a new approach to voluntary testing. We open every control over each of us. Does temptation or procrastination lead to failure? What is this fatal error and why do we make it? Most importantly, we will find a way to escape the bad stone and incorporate the knowledge of failure into our strategy for success.

I hope that after reading the book, you will understand your shortcomings, but also human behavior. The science of the power of alliance shows that each of us, in one way or another, struggles with temptations, addictions, absent-mindedness and sluggishness. Not all of these shortcomings are subject to personal contradictions in us - they are universal phenomena, the essence of some part of our humanity. If my book helps only that "you are alone in your struggle," I will be happy. But I am committed to developing this book further, and the strategies in this book have given you the opportunity to truly change your life for the long haul.

How to use this book. Be an inquisitive explorer. The first thing I was taught and taught as a researcher is that theories are good, but facts are better. Therefore, I ask you to take the book as an experiment. The scientific approach to self-management is not limited to the laboratory. You can make it the subject of your natural experiment. Reading the book, do not take my words for granted. I will argue your arguments, but I ask you to test them in practice. Do your research, find out the truth that will help you.

In each chapter, you will find two types of tasks that will help you become a will opener. The first is called "under the microscope". These are questions about what is happening in your life right now. You must see this before you change anything. For example, I would like to ask you to emphasize how hunger affects your spending when you are prone to temptation. I ask you to pay attention to what you say when your will is being tested, including when you leave work later, and how you measure your progress and overcome your desires. I even ask for field research, for example I noticed that salespeople use the inside of the store to weaken your self-management. In each such case, take the objective state of a curious observer, as a scientist looks through a microscope in the hope of discovering something exciting and useful. Do not complain
about the whole world for all the weaknesses or about the modern world with your temptation, but I care about the latter).

In each chapter, you will also find "experience". These are practical self-management strategies based on scientific research or theory. They help strengthen the power of life's trials. I strongly recommend all methods to you, even if they contradict some opinion (this happens). They have been tested by students in my courses, but although each strategy suits no one, they all deserve the highest praise. What about those that seem good in theory but fail? You won't find them here.

This experience is a great way to stop resisting and find new solutions to old problems. I advise you to test different strategies and understand the experience that will help you the best. These are experiments, not exams, you don't fill them out - even if you decide to follow the scientists' advice (you'll need both skeptics, after all). Share these methods with friends, family, colleagues, see what suits them. It's always informative and you can use observations to improve your skills.

The test of your strength is something else. To get the most out of the book, I recommend that you choose one of the quizzes of your choice, in which all ideas will be tested. Everyone has weaknesses. Some of them are universal, for example, in the USA they are biodegradable for dessert and fat, and we all have to keep up to individually prepare local pastries. But many voluntary tests are unique. One person can attract another. Something that surprises seems boring. And someone will gladly pay for the opportunity to do what you still do not collect. However, the difficulty lies in the fact that they affect all of us equally. You can also smoke like a smoker or like a wallet in a store. does not expect to spoil. You have freed yourself from sports, as if you are justifying yourself for inattention, and the second one does not sit after books.

Maybe because of willpower your test can always slip away, or "I want you to get rid of me" or we call it a habit you want to test. No I do not want to"). You can also choose an important life goal that you want to give more energy and attention to ("I want") (for example, I) Health, shift the burden of being a better parent, a career to be a better parent to achieve success. Carrying, temptation, didulding, and slow universal tests are such universal tests that they are suitable for every purpose in this book. By the time you graduate, you will love yourself with your set of vulnerability strategies.

Do not rush; This book is available as part of a 10-week training course. It is divided into 10 chapters, each describing one main idea, its scientific basis, and how it can be applied to your goals. Thoughts and strategies are intertwined, and each chapter's objectives prepare you to complete it.

While you can read the entire book on weekends, I would advise you to take your time when it comes to strategies. Students look at my career because every idea is relevant to their lives. Every week they try a new way to manage themselves and eventually get help. I recommend that you use the same approach, especially if you want to use the book for a specific purpose, such as weight recovery or cost management. Give yourself time to try and think about all the exercises. Choose one strategy from each chapter - the one that best suits your problem and don't try 10 new enemy methods.

If you want to change something in your life or reach a goal, you can use the 10-week structure of the book at any time. Some of my students took the course once and took a different test each time. But if you decide to read the whole book first, enjoy it and don't try to constantly think and do exercises. Remember what you found most exciting and come back when you're ready to bring ideas to life.

Best: Your first task: choose one test for the science journey. And we are waiting for you in the first chapter: we return to the past to understand how the will arises and how to benefit from it. To be successful, you need to be aware of your weaknesses. Most of the many books on life change: new diets or ways to find financial freedom show how to set goals and how to achieve
them. But if we wanted to fix this, every New Year's resolution would have to be kept and my class would be empty. The book rarely says why you are not doing what you need.

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