
A Healthy Lifestyle is a Solid Foundation of Our Society*Karieva Halima Ikromjonovna**Teacher of the Department of Physical Education**Samarkand institute of Economics and Service, Samarkand, Uzbekistan**Samarkand city, Amir Temur 9, Index: 140100*

ABSTRACT

This article highlights the issues of the formation of a system of values in the preparation of future junior teachers for professional and spiritual activities, related to the principles of including its content in the curriculum. The role of blocks of general professional disciplines in preparing young teachers for professional activity by organizing the educational process based on national values is emphasized.

Keywords: healthy lifestyle, human health, harmoniously developed generation, healthy environment, ecological culture.

Intruduction

Profound changes in our society, the formation of a healthy environment in all spheres of political and socio-economic life, as well as the formation of a harmonious, healthy environment are the key to the formation of a harmonious, healthy generation.

The Constitution of the Republic of Uzbekistan provides for a wide range of issues related to the right of citizens to qualified medical care, health and public health, environmental protection and state protection.

Materials and methods

During the years of independence, the state policy based on the idea of a healthy generation has been implemented in stages, systematically, purposefully and in a targeted manner. The process of its implementation is provided with a regular material, financial and the most advanced material and technical base.

The first President of Uzbekistan, I. Karimov, stressed that the upbringing of a harmoniously developed and healthy child is one of the national values of the Uzbeks. He also said: "the education of a healthy generation is the main thing, the human duty of everyone, of the whole society, of every person living on this earth." [1].

In order to improve a healthy lifestyle in the years of independence, such documents were adopted as the state program for the protection of mothers and children "Soglom avlod" (2000), the state program "Ona va bola" (2001), "On additional measures to improve the health of women generations"(2002) aimed at improving women's reproductive health and developing family-forming services.

Human health is, first of all, the development of his mental and physiological qualities, maintaining an optimal level of working capacity and social activity for maximum life expectancy.

As a person moves towards health, it is important to be able to lead a healthy lifestyle in terms of life, work, lifestyle and adhere to the concept of "healthy lifestyle". Listed below are the important steps and tasks in developing a healthy lifestyle.

- Strict adherence to the agenda;
- Regular training, active physical activity
- thorough knowledge of the essence and importance of proper nutrition;
- protection of the environment, the rules of ecological culture;

Human health is an invaluable and

irreplaceable benefit. A person needs to constantly take care of their health, refrain from bad habits (tobacco, alcohol). Man, as a living being, must be able to exert his influence on nature. That is, to protect the environment, to observe the rules of ecological culture (to protect nature, not to be cruel to nature).

Another factor of a healthy lifestyle is cleanliness. Cleanliness is the first rule of good skin care. Most of us do not follow the rules of proper nutrition. We unconsciously harm our health.

Creating and maintaining a healthy lifestyle requires high moral qualities, strong and firm will.

The Decree of the President of the Republic of Uzbekistan “On measures for the widespread introduction of a healthy lifestyle and the further development of mass sports” defines the following main directions for the widespread introduction of a healthy lifestyle and the further development of mass sports. [2.]

In every family, mahalla and district, in preschool, general education, secondary special and higher educational institutions, as well as in other organizations, conditions have been created for physical culture and mass sports, conditions have been created to meet the needs of various groups of the population in healthy nutrition.

A healthy lifestyle is the ability of a person to follow a daily routine, do sports and avoid bad habits. In order to create a healthy environment in the Republic, to educate the younger generation to be spiritually mature, strong and healthy, a number of practical works are being carried out to develop mass sports in mahallas, schools, higher educational institutions, and organizations to the best of their abilities.

The laws of social life and nature may not always coincide with the body, psyche, and health of a person. At such moments, a person can save his life only by overcoming the difficulties of

adapting to nature and society, learning from life, gaining experience and improving it. This method is directly related to all areas of public life, including health. [3.]

A healthy lifestyle includes a set of actions aimed at strengthening a person's life aspirations, strengthening their health and preventing its deterioration. Therefore, a healthy lifestyle is an activity of people aimed at maintaining and improving their health. [4.]

In the formation of a healthy lifestyle and the formation of public knowledge about the rules of hygiene, it is necessary to focus on the promotion of factors that provide for the maintenance of health.

The second of 5 important initiatives aimed at improving the spirituality of young people and the meaningful organization of their leisure time, is aimed at creating the necessary conditions for physical training of young people so that they can show their abilities in sports, as well as measures for the broad involvement of young people in physical culture and sports. In the regions, a number of works are being carried out to build small sports halls and playgrounds with artificial turf in remote and inaccessible villages, to create sufficient conditions for enterprising entrepreneurs to organize sports facilities.

Conclusion

To create a healthy environment, a person must constantly focus on useful things and avoid bad habits. To be healthy means to stick to the agenda, to be engaged in more useful things, to do the necessary work. Reading a fiction book is good for a person's health, helps to broaden their horizons. It is important to observe the rules of hygiene every day, to play sports, so that a person is healthy

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