

Interesting the Younger Generation to a Healthy Lifestyle

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Abstract: This article highlights a healthy lifestyle and its importance. Information is provided that it is necessary to promote the field of physical education and sports, which has developed in a continuous way in our republic, to the younger generation and ensure their physical development, progress towards a healthy life in order to become a harmonious generation.

Keywords: physical education, wellness, health, popularization, youth, hygiene, agenda, proper nutrition, sports, exercise, development.

In order to further popularize and promote sports in our Republic, it is necessary first of all to involve the younger generation in physical education and sports, but it is necessary to rely on the fact that education and training in order for it to be brought up as a harmonious generation will be restored to health. In young people, it is necessary to put forward national action games that have passed down more generations from our ancestors to us, especially those that keep up with the times, since such games educate students both physically and spiritually, again increasing their respect for tradition and mysticism in them. It is necessary to regularly carry out sports, propaganda and propaganda work not only for the younger generation, but also among all large and small populations.

At the same time in our country, deep reforms are underway in this regard. On October 30, 2020, the decree PD-6099 “On measures for the widespread implementation of a healthy lifestyle and the further development of mass sports” was adopted by President of the Republic of Uzbekistan Sh.M.Mirziyoyev. This decree provides for ensuring the emergence of a strong immune system against the disease in every citizen by regularly engaging in physical education and mass sports, and shaking life skills in a healthy lifestyle, giving up harmful habits, following the principles of proper nutrition, restoration and rehabilitation work and systematic and effective organization of mass physical activity activities, creating appropriate infrastructure and other necessary conditions in this regard. In particular, walking marathons are being organized in order to promote a healthy lifestyle in all regions of our country, to further increase the interest of the

population, especially young people, in sports. Organized under the slogan “10,000 (5,000) steps walking every day for a healthy life”, the main goal of hiking activities is to form a healthy lifestyle among the population, increase their physical activity, improve the anthropometric indicators of the population (reduce obesity rate, weight index, strengthen health) and raise the level of healthy living, and, first of all, restore the health.

To the younger generation, knowledge in the field of sports increases their interest on the basis of exhibitionism makes them more interested in sports. At present, a great emphasis is placed on physical education systems in our country, with a great emphasis on sports, starting with a preschool educational organization and ending with sports. In the development of the sports sector, many conditions have been created for teachers. They are doing such positive things in the recovery of a person, in the formation of a winter figure.

It is necessary to show the field of physical education and sports to the people with the most efficient use of information technology, to popularize what kind of necessary field it is for a person.

First of all, before developing a person in a military field, it is necessary to formulate theoretical comprehensive knowledge, skills and qualifications for them. If we give them theoretical-sided knowledge in following a healthy lifestyle in strengthening the health of young people, then the level of activity in exercises increases, interest and development are formed in them.

What helps to strengthen the health of physical education and sports keeping health strong in children is not only an educator, but also the task of our parents.

Physical education in Uzbekistan has long been considered the main task of strengthening health. Mahmud Koshgariy's work provides information on more than 100 folk games mountain, the Uzbek folk heroic epic “Alpomish”, Alisher Navoi's “Khamisa” also provides information about physical education and physical exercises, highlighting how they were promoted in those times and how to develop them in a retroactive way.

So what is a healthy lifestyle itself first?

In addition to maintaining and strengthening health in humans, it is clear to everyone that the guarantee of a long life is a healthy lifestyle. Therefore, it is imperative that each of us first of all think about our own health, strive to live a healthy life. Such a healthy life would have been taken by many diseases if all people followed and tried. If people want to live comfortably and healthily, then first of all it is necessary to practice hygiene, daily routine, proper nutrition and sports, and follow these. One of the main areas of wellness is proper nutrition. It is necessary that proper nutrition in humans is organized so that the food that he wants does not weigh on him, and that the focus on making him digest well is necessary that again provide my organism with the necessary substances. One of the other key ideas on the way to wellness is physical exercise. When a person moves his or her organism muscles further increase and promote recovery again improves mood swings in humans as well as prevents the accumulation of excess weight and promotes movement activity. One more movement towards a healthier life is the agenda. It is necessary to rely on the correct time distribution and their correct orientation in humans. In humans, the body's activity increases during the day while at night it subsides. Therefore, it is advisable to properly distribute the sleep time and give the feeding a big as well. The most basic ideological basis of a healthy lifestyle is hygiene. Human beings should be able to better rely not only on their hygiene, but also on the environment. Failure to follow the rules of hygiene can lead to different types of contractions in humans more in them can lead to internal contractions. The factor that creates more people with disabilities in humans is dust Abu Ali ibn Sina as they say if humans had not lived for thousands of years without dust and humankind, we can fight them when we cannot destroy dust and humankind, for which it is necessary to give a great reliance on mass and personal hygiene from the cleanliness of the rooms to the environment is polluted due to the fact that human beings throw waste into the right place, which also has a great influence on their activities in life. Factors that negatively affect health occur in water, soil

and air. That is why strict hygiene is the main way of health. In our marriage, it is necessary that it becomes commonplace. If we follow the rules of a healthy lifestyle not only is healthy, but in an energetic appearance we will be young and even more refreshed in humans only in the arms of their health should strive for a healthy life.

Conclusion

In order to interest the younger generation in a healthy lifestyle, it is important to make healthy choices fun, comfortable and fun. There are the following strategies to encourage young people to decide and maintain a healthy lifestyle:

1. Education: to educate young people about the benefits of a healthy lifestyle, including regular exercise, a balanced diet, adequate sleep and stress management. Let them know how these choices affect their physical and mental well-being.
2. Make it fun: offer a variety of fun and fun physical activities that will appeal to young people, such as sports, dance classes, outdoor adventures, or group fitness classes. Encourage them to try new activities and find what they like.
3. Set a positive example: be a positive example by showing healthy habits in your life. Young people are more likely to adopt healthy behavior if they see adults around them exercising constantly.
4. Providing resources and support: offer access to resources such as healthy eating opportunities, fitness facilities, and mental health services.

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