

## Scientific Views of Scientists on Raising the Young Generation to a Healthy Age

**F. I. Qo'ziyeva**

Teacher, Bukhara State University

**M. X. Ismoilova**

Student, Uzbekistan State World Languages University

### **Abstract:**

The article explains how to form a healthy lifestyle among young students by following the valuable information left by great scientists and engage in physical exercises using physical education tools.

**Keywords:** sports, students, healthy lifestyle.

The formation of a healthy lifestyle is a complex systemic process that includes many components of the lifestyle of modern society. The ongoing researches show that ensuring a person's life and health, raising the growing young generation to be physically strong and healthy is becoming an urgent problem today.

Paying attention to the health of the young generation has been considered important since history. For example: we can read from the sources and understand from the information left by the scientists that in the primitive period, i.e. matriarchate and patriarchate, in the seed-growing communities, they paid attention to the health of children through work from a very young age. The world-famous Russian ethnographer and traveler N. Mikluha-Maklay, while studying the Matriarchate era, tells that Papuan parents taught their children to work very early and used their games for this purpose. "Boys' game" wrote Mikluha-Maklay - consisted of throwing sticks like spears, shooting rainbows; they put them into practice as soon as they get a little success in these games.

In addition, in the great works of "Hadiths" and great scholars Abu Ali ibn Sina, Beruni, Farabi, the scientific heritage of maintaining health, treating illness and prolonging life through physical training has reached us. Among them, the great scholar Abu Ali Ibn Sina's legacy of following a healthy lifestyle is commendable. Abu Ali Ibn Sina's greatest royal work on medicine is considered to be "Kitab al-qan-e-fittib" ("The Book of Medical Laws"), in which all issues related to human health and diseases are explained in a logical order. Ibn Sina attaches great importance to the issues of health care, life hygiene, and proper and rational nutrition, and his advice in this area has not lost its value until now. In order to maintain health, Ibn Sina repeatedly emphasizes that physical education is necessary for people of all ages. In addition, paying attention to the body of a young child, for its normal growth, it is necessary to sleep in a house with clean air and a moderate temperature, not to let bright light into the house, and to have peace. offered to ensure that. Focusing on the child's health from a young age by telling them that attention to ensuring that all the organs of the child are in the correct position when

putting the child to bed will lead to the correct growth of the body, to be strong and healthy. It is stated that it is necessary. In the growth and training of the child's body, it is very important to eat according to the regime, leaving the following words: "It is necessary to eat food with appetite and not suppress appetite. You should eat hot food in winter and cold or warm food in summer. Eating and drinking too much and too much is always fatal. We all know that he said that the most harmful thing for the stomach is to feed the food before it has matured and digested in the stomach.

A. A. Agafonov in his book "Secret of Health and Beauty", the scientist explains the cases of "improper rational nutrition" as follows: eating at any time; the period between meals is too long; eating less or more; constantly eating the same food; lack of vitamins in food; stated that swallowing food without chewing it well is harmful to human health.

Is a healthy lifestyle being followed in today's development period based on the historical experiences that have reached us? In the period of development, when all opportunities are created, why are diseases increasing? Is it important to educate the young generation as well as to grow up healthy? Researches have shown that if we take the example of school education, 30% witnessed that they are lagging behind their peers in development and this situation is becoming a problem. It is natural that our attention is drawn to the fact that the reason for this is determined to be a violation of the diet and an increase in improper nutrition.

Foreign physiologist B.N. Chumakov noted that it is desirable to form the following skills in students: playing sports, following the rules of proper nutrition, daily routine and psychohygiene requirements, not giving in to harmful habits and correct recommendations for rest.

The health-prophylactic effect of physical training can be associated with the use of moderately intense aerobic exercises. In connection with this, recommendations for the use of cyclical exercises such as walking, running, cycling for the purpose of improving health have become quite popular. When cyclic exercises are performed, a significant amount of oxygen consumption occurs, 1/5 - 1/2 and more of the muscles of the body are involved in the work, so the level of development of the cardiovascular and respiratory systems is high. The state of these systems of the body determines the basis of health. Therefore, it is appropriate to pay attention to the sources written down by scientists, to convey the importance of a rational and correctly designed agenda in the formation of healthy lifestyle skills in students, and to recommend the following model of the agenda to them: always waking up at the same time, doing morning exercises and water treatments, eating three or four times a day at the appointed time, spending at least two hours a day in the fresh air, always doing independent studies in academic subjects at the same time. We can strengthen the health of young people only if we are able to exercise, do two hours of physical exercise or (moderate physical load) sports every week (at least twice), sleep at least eight hours a day, and go to bed at the same time every day. After all, health is a great blessing given to man and society. Health cannot be bought, it must be maintained by following a healthy lifestyle and being careful. If you are healthy, you will easily overcome difficulties and obstacles in life and achieve great achievements.

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