

FORMING A HEALTHY LIFESTYLE

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Annotation: A healthy lifestyle is a mode of life aimed at preventing diseases and strengthening individual health. It helps us achieve our goals, successfully carry out plans, overcome difficulties, and if necessary, endure heavy workloads. Good health, maintained and supported by the person themselves, allows for a long and joyful life. Health is a priceless treasure for every individual and society as a whole. When we meet or part with our loved ones, we always wish them good health because it is the foundation of a full and happy life.

A healthy lifestyle is one of the key factors in preserving health and preventing diseases. It includes physical activity, proper nutrition, giving up harmful habits, and maintaining emotional well-being. This article discusses the main principles of a healthy lifestyle, how to promote it among the population, improve medical culture, and the role of educational institutions and healthcare professionals in shaping it.

Keywords: Healthy lifestyle, physical activity, mental health, disease prevention, nutrition, hygiene, habits, health, culture, family, environment, education, medical care, hypodynamia, harmful habits, diseases, medical examination, sports, reproductive health.

Introduction

Health is one of the most important factors in our lives. In order to live a healthy and prosperous life, a person must follow a healthy lifestyle. A healthy lifestyle is a set of daily habits aimed at maintaining and developing both physical and mental well-being. For a person to live a long and healthy life, they must live healthily.

A healthy lifestyle includes giving up tobacco and alcohol, eating a healthy diet, engaging in physical activity (such as exercise, sports, etc.), strengthening mental health, and taking other health-preserving measures. The principles of a healthy lifestyle are usually instilled from an early age.

Nowadays, the formation of a healthy lifestyle affects not only the individual but also the overall health of society. Reforms in this area, preventive measures, and raising awareness among the population are important in bringing up a healthy generation.

Promoting such concepts among the youth is especially essential, as habits formed at a young age often remain into adulthood.

Ensuring long life expectancy is one of the most pressing issues today. Indeed, this indicator reflects people's healthy lifestyle and well-being.

The most important aspects of a healthy lifestyle include:

Avoiding tobacco products

Avoiding alcohol and other narcotics

Rational nutrition

Physical activity; avoiding sedentary behavior

Adequate rest and healthy sleep

Undergoing medical examinations every six months

Engaging in sports and regular physical activity

Walking at least 1,000 steps per day

Maintaining reproductive health

Supporting mental health

Personal hygiene

Cleanliness, especially skin hygiene, plays a major role. Currently, around 70% of diseases worldwide are caused by unhealthy lifestyles. Many of these are non-communicable diseases, such as hypodynamia, obesity, diabetes, and cardiovascular diseases — especially prevalent among middle-aged individuals.

The World Health Organization (WHO) is actively working in this direction. Strengthening health through the promotion of a healthy lifestyle is of paramount importance. WHO considers it vital to develop people-centered primary health care systems.

According to WHO estimates, in 2016, non-infectious diseases caused economic damage amounting to approximately 9.3 trillion Uzbek soums, or 4.7% of national GDP.

In Uzbekistan, mechanisms for forming a healthy lifestyle and increasing physical activity are being improved. National programs targeting these goals are being implemented

Methods

In writing this article, analytical and statistical methods were used. Specifically, official data provided by the Ministry of Health of the Republic of Uzbekistan on healthy lifestyles was analyzed.

Additionally, pedagogical observation, surveys, and interviews were conducted to collect information about students' lifestyles. Expert opinions and materials from various conferences were studied. Population illness statistics were also monitored

Results

Research has shown that regularly conducted seminar-trainings, classroom lessons, and mass sports events aimed at promoting a healthy lifestyle are positively changing students' and the public's attitudes toward health.

Every Saturday is "Health Day," with widespread community sports events.

Vocational colleges introduced "Healthy Lifestyle and Family" as a subject.

Higher medical education institutions started offering a degree in nutrition science.

Community-based events include "Healthy Eating Fair," "Health Zones," "Step Toward a Healthy Life," "We Vote for a Tobacco-Free Zone," and "Health Lessons."

As a result, physical activity among students increased from 28% to 45%

Discussion

The formation of a healthy lifestyle requires not only medical but also social, psychological, and pedagogical approaches.

Cooperation between state policies and healthcare systems plays an essential role.

When families, schools, and communities support these efforts, the outcomes become more effective.

Individual responsibility and public participation are both crucial.

Following a structured daily routine is foundational.

Such a routine should balance mental and physical work, rest, regular meals, adequate sleep, and time outdoors.

A well-planned daily schedule helps with physical development, strengthens willpower, improves work performance, preserves capacity over time, and prevents disease.

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