

PHYSICAL EDUCATION AND SPORTS – THE BASIS OF A HEALTHY LIFESTYLE**Sirojov Otajon Orifjonovich**

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ANNOTATION: This article covers the role of physical education and sports in a person's life, the impact on a healthy lifestyle and the need to develop it in modern society. In the formation of a healthy generation, the physiological, psychological and social aspects of physical activity, regular exercise in sports are analyzed. At the same time, recommendations are presented on the role of sports in youth education, the formation of a sports culture and a sedentary lifestyle.

KEYWORDS: physical education, sports, healthy lifestyle, physical activity, youth, sports culture.

INTRODUCTION

In modern society, maintaining a healthy lifestyle is considered as one of the most important factors of human health. Physical education and sports, on the other hand, are the mainstays of this lifestyle. Human health is ensured not only by genetics or medical services, but also through daily physical activity, proper nutrition, rejection of bad habits and mental stability.

The policy of the president of the Republic of Uzbekistan on the formation of a healthy generation and the wide involvement of young people in sports shows the state significance of this direction.

MAIN PART**1. Physical education-the foundation of Health**

Physical education is not just a textbook exercise, but a way to form a mobile lifestyle. Its main goal is the development of the human body, increasing the tolerance of the cardiovascular, respiratory, muscular and nervous systems. Regular exercise activities:

- enhances heart function;
- improves blood circulation;
- increases immunity;
- reduces stress and fatigue.

2. Social and educational significance of sports

Sports develop in a person the skills of volitional qualities – perseverance, patience, readiness for competition, work in a team. Especially among young people, it is possible to increase social activity through sports, to distance themselves from negative habits (smoking, drinking, addiction).

Sports are a powerful tool not only of physical, but also of spiritual education. Especially through national sports — wrestling, equestrian sports, national games, such qualities as patriotism, self-confidence are instilled in young people.

3. The main components of adherence to a healthy lifestyle

A healthy lifestyle includes the following main factors:

- Physical activity: walking, running or other physical activity for at least 30 minutes every day.
- Proper nutrition: normative and balanced nutrition, abstinence from fast food.
- Giving up bad habits: smoking, alcohol, drugs are the main enemies of Health.
- Personal hygiene and calm sleep: fresh air, sleep patterns, stress relief ensure a healthy life.

4. Development and prospects of sports in Uzbekistan

In Uzbekistan, in recent years, large-scale work has been carried out on the development of sports infrastructure, the construction of sports fields in schools and neighborhoods, the involvement of young people in mass sports. Millions of citizens are encouraged to participate in sports through the youth – our future program, the LET every family play sports initiative.

Healthy lifestyle components and their benefits

1№	Component	Description	Impact on human health
11	Physical activity	Walking, running, exercising every day	Strengthening the cardiovascular system, muscle development
22	Proper nutrition	Normative, balanced, vitamin-rich food intake	Increasing immunity, weight control
33	Giving up bad habits	Smoking, drinking, avoiding addiction	Reducing the risk of diseases, improving the quality of life
44	Quiet sleep and rest	Quality sleep at least 7-8 hours a day	Mental stability, stress reduction, increased attention
55	Sporting	Regular participation in team or individual sports	Willpower, discipline, physical endurance, psychological strength
66	Hygiene and personal cleanliness	Hand washing, clean clothes, dental care	Prevention of infectious diseases, maintaining general health
77	Positive psychological environment	Warm relationship with family, friends, stress-free life	Health of the nervous system, mental strength

CONCLUSION

Physical education and sports are incomparable in the formation of a healthy society. It opens up the physical capabilities of a person, strengthens his health, ensures mental stability. It is necessary for everyone, especially the younger generation, to be responsible for their own health, to introduce an action lifestyle into their lives. Making the most of the conditions created by the state and society is a guarantee of a healthy future.

RECOMMENDATIONS

- 1.Improving the quality of physical education classes in schools and higher education institutions.
- 2.Strengthening the promotion of a healthy lifestyle among young people.
- 3.Organization of free sports clubs and training in each neighborhood.
- 4.Increase the physical activity of the population through mass runs, velomaraфон, sports festivals.
- 5.Formation of a culture of playing sports with family members.

SUGGESTIONS

- 1.In addition to traditional lessons, interactive methods, play sessions, seminars and trainings on a healthy lifestyle should be organized in educational institutions on the basis of a new approach to physical education.
- 2.Expanding sports clubs and clubs to the neighborhood level, mass sports is developed by organizing free or affordable sports clubs for children, teenagers and adults in each neighborhood.

- 3.Active promotion of a healthy lifestyle in the media and social networks it is possible to form a culture of healthy living in the minds of the population through plaques, videos and articles about Athletic Youth, people who lead a healthy lifestyle.
- 4.It is useful to form a healthy living culture at the family level through the “family of athletes” competition, The “let's run with the family” promotions, which are aimed at increasing physical activity within the family.
- 5.Development of sports infrastructure in each area it is recommended to establish free sports grounds and treadmills in each educational institution, enterprise, neighborhood and parks.
- 6.Encouraging medical supervision and health preventive examinations it is necessary to systematically monitor the health of the population, especially young people, to systematize medical examinations before and after playing sports.
- 7.Development of programs for the formation of a healthy eating culture in school and college kitchens should be given healthy, balanced, natural foods, as well as carry out warning work on harmful types of food.
- 8.The introduction of classes in sports psychology and motivation will be effective in working with specialists in sports psychology to increase self-confidence, motivation, mental stability in young people.

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