

Improving students' healthy lifestyles based on creative approaches

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Annotation: This article provides information on improving students' healthy lifestyle content based on creative approaches, promoting healthy lifestyles, providing students and adults with certain medical and hygienic knowledge of a healthy lifestyle, and awakening their perceptions of how a healthy lifestyle affects the development of the body.

Keywords: Students, healthy lifestyles, society, reproductive health, medicine, medical and hygienic knowledge.

In the independent development of the Republic of Uzbekistan, efforts to establish an economic-democratic society, renew the spirituality of society, achieve excellent results in the construction of government and society, promote healthy living, improve society's life, and provide socio-economic, socio-economic, socio-economic, social and social services are important. Promoting a healthy lifestyle should be carried out in different directions. This, on the one hand, is aimed at providing students and adults with certain medical and hygienic knowledge of a healthy lifestyle, awakening their vision of how a healthy lifestyle affects the development of the body, while on the other hand, it depends on achieving this goal. In cooperation with all educational institutions, it is necessary to promote healthy living in the media, lyceums and colleges. At the level of higher education, the Ministry of Higher and Secondary Special Education, the Ministry of Health, the Ministry of Social Security and Labour, the Family Regional Scientific Center, as well as "For a Healthy Generation", "Wind" Youth Social Movement, "Iste dod", "Mehnuri", "Ulugbek", "Nuroni", and many other non-governmental organizations should be partners. A healthy lifestyle is a social phenomenon that ensures a high level of health and vitality based on having features that serve to enjoy human health and safety. A healthy lifestyle is a way to actively absorb a person's living conditions, follow the daily regime, actively move the body, engage in sports, eat fully and efficiently, follow hygienic rules of eating, communicate and achieve ecological culture. Spiritual education based on universal and national values means being able to avoid harmful habits.

Goals and objectives of forming a healthy lifestyle:

possession of theoretical knowledge and practical instructions on eliminating factors that adversely affect the life and health of a person;

strict adherence to the agenda;

regular exercise, organization of active physical activity and constant involvement in sports;

carefully master information about the nature and importance of proper nutrition rules and their use in practical activities;

establish responsibility for the maintenance of personal health;

to have environmental protection regulations, ecological culture;

to have the ability to prevent various injuries and accidents;

ensure the absence of incentives to adopt negative habits (smoking tobacco products, drug and alcoholic beverages);

being properly raised as a breed, knowing the rules of personal hygiene and following them without hesitation;

achieving high moral qualities, strong and strong will, as well as compliance with the requirements of psychogigiena;

- the philosophy of general life involves organizing theoretical and practical activities in order to combat the problems of life, to develop immunity against beliefs that violate the principles of national ideology and ideology.

The concept of health lessons - to have a healthy lifestyle, to plan an agenda, to stimulate the body with exercise, to strengthen bones and muscles with regular and regular exercise, to properly control yourself mentally and spiritually, to be orderly, to eat high-quality, to hypodynamics - to avoid low mobility and other life activities. Having a hygienic culture is a department of medicine that studies the effects of living and labor. Develops measures to preserve the health of individuals, as well as prevent diseases, optimize living conditions, improve health and prolong their life. It develops issues of maintaining and strengthening human health through a gigaensh regime that must be followed in private and at work. Personal hygiene depends on everyone and his age. It consists in the correct organization. Having a healthy lifestyle (preventing the effects of negative factors in everyday life, fostering a healthy lifestyle) is the living conditions necessary for a person to grow up to be healthy. The way to adopt this lifestyle is to divide it into two types. Levels: The main components of a healthy lifestyle include adherence to personal and general hygiene rules, active regime of action, adherence to the agenda, compliance with psychogigiena rules such as injury, recovery from accidents and harmful habits. Preparing for family life (knowledge of the family), organizing interpersonal and gender relationships in the family), spiritual peace, sincere attitude, high respect for parents, maintaining unity among family adults in demanding children, paying special attention to them, educating a child in a spirit of industriousness, putting love and honor in the family in place, taking into account the characteristics of everyone in the family, is said to have such qualities as strict order and daily arrangement. By their age, they are encouraged to pursue independence and to promote virtues of fraud.

The desire to secure the future of a healthy generation (reproductive health, bringing up a healthy generation), protecting and strengthening the health of prospective mothers from a young age, ensuring a healthy child and a safe childhood from a young age and preserving the health of those around them, fostering a healthy lifestyle in them, as well as combating various severe diseases. In a variety of life situations, a person can consciously maintain, strengthen and protect his or her health, protect himself from the negative effects of environmental factors, and improve his or her health. Having medical knowledge and culture (health, healthy lifestyle, industriousness) - has knowledge of medicine, medicine, maintaining, strengthening people's health, extending their lives, preventing and treating diseases, appreciating, understanding and following them.

Interest in sports is the ability to engage in physical education every day, physical education, regularly engage in complex physical activity, stimulate interest in sports, and regularly participate in sports so that you can grow up mentally and physically healthy.

Perseverance is to take all the opportunities to achieve the goal set for maintaining their health, not to give it up under any circumstances.

Such health is a conscious understanding of what is happening around and creating conditions for healthy thinking, maintaining mental health and preventing neurosurgery.

Physical health is the result of regular physical education and physical education, which involves ensuring a person's physical well-being and strength, physical development and physical training in accordance with his age. The role of a healthy lifestyle in society is insignificant. Therefore, in addition to providing advanced knowledge and skills to the growing generation, our country's education system is active in developing a healthy lifestyle, achieving spiritual harmony, and combating any harmful habits. Before him, it is a priority to educate a self-sacrificing, highly educated, perfect, well-educated person who lives with strong thinking, high beliefs, and purpose. This is a social phenomenon that ensures a high degree of well-being is achieved. The resulting embryo was allowed to develop in nutrients and then inserted into her womb, where it implanted. In the family and continuous education system, he tried to strengthen a healthy lifestyle for students, "a healthy lifestyle, passion, curiosity, a desire to provide for a healthy generation, a conscious attitude towards their own health." In order to realize the tasks, the educational program "Formation of a healthy lifestyle" was developed. It outlines the curriculum, objectives, functions, the content of the program." It is described as "prevention of health", "formation of immunity to harmful habits", "Psychological stability".

Health is a balanced unit of the biological, mental, physical state and mental functioning of the human body. Health is a prerequisite for everyone to be happy, to improve the country's economic power and to improve the well-being of the people. A conscious and responsible approach to public health should be the norm and spirituality of all members of society. In order to maintain and strengthen health, it is important primarily to take into account depression resistance, having interpersonal psychogaenic relationships, having your own "me," responsibility, competence in social relationships, and so on. Students are required to develop these

qualities. National health is solved naturally, through a healthy lifestyle. Students should strictly adhere to personal and general hygiene requirements, have knowledge of medicine, treatment culture, family life preparation, etc. Their ability to eat healthy and quality, functionality, to take responsibility for maintaining their personal health and to adhere strictly to the requirements of psychogigiyna, to acquire healthy lifestyle skills, and to lead a healthy lifestyle will be an important factor.

Conclusion:

Students' interest in sports, regular involvement in certain sports, physical and mental health are the criteria for determining their physical culture. Young people have knowledge of the presence of immunity to harmful habits, their intolerance of alcoholism and alcoholism, and their aids in life. The meaning of the concept of "lifestyle" began to be interpreted in the second half of the last century, and while the evolution of the concept was initially expressed in the context of socio-philosophical, moral, and aesthetic ideas of the Orient, it later became the basis of the concept. As evidence, it is no secret that there are many ideas in the philosophy of ancient times

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