

SPORTS AND HEALTHY LIFESTYLE

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Abstract *This article analyzes the role and importance of sports in the formation of a healthy lifestyle. It highlights the positive impact of physical activity on human health, the role of sports in modern life, as well as the tasks of physical culture in promoting a healthy lifestyle. The article demonstrates the widespread promotion of the principles of a healthy lifestyle among the younger generation, the social and psychological benefits of regular physical activity. It also discusses the development of sports infrastructure and the role of state policy in this regard. The article concludes with recommendations aimed at supporting a healthy lifestyle.*

Keywords *Sport, healthy lifestyle, physical activity, healthy nutrition, health, physical education, youth sports, sports culture, sports infrastructure, prevention, development, healthy society, psychological stability, regular training, healthy lifestyle.*

Introduction

In modern society, the issue of a healthy lifestyle has become one of the global problems. Human health is one of the main indicators of social development. Because health is the incomparable wealth of every person, and the most important social resource of the state. In today's fast-paced and stressful life, diseases such as cardiovascular disease, obesity, depression, diabetes, and hypertension are increasing among people. This situation makes the formation and popularization of a healthy lifestyle a requirement of the time. A healthy lifestyle means not only physical activity, but also factors such as proper nutrition, sufficient sleep, giving up harmful habits, observing hygiene rules, and maintaining psychological stability. Among these factors, sports and physical education occupy a particularly central place. Regular physical exercise not only strengthens human health, but also improves the quality of life, increases labor productivity, reduces stress, and has a positive effect on social activity. In the Republic of Uzbekistan, great attention is paid to the sphere of sports and physical education. At the initiative of our President, large-scale reforms are being implemented to raise a healthy generation, expand sports infrastructure, and develop mass sports among young people. Sports clubs have been established in schools, lyceums, colleges, and higher educational institutions, and opportunities for all segments of the population to engage in sports are being created. In particular, systematic work is being carried out in this direction through state programs such as "Youth Sports" and "Healthy Lifestyle". The role of the family, educational institutions, the media, and the mahalla institute is also important in forming a healthy lifestyle. Because a healthy generation is the basis of a healthy society. The

transformation of a healthy lifestyle into a value in society not only serves to prevent diseases, but also to raise well-rounded, healthy-minded, patriotic and active citizens. This article analyzes the relationship between sports and a healthy lifestyle, the positive impact of sports on health, existing problems and their solutions, as well as practical experience and proposals in this regard.

Concepts of sport and healthy lifestyle Sport is an activity aimed at strengthening people's health, developing their physical and mental state through physical activity, competition, self-challenge and achievement. It comes in two main forms: Popular sport - a sport in which a wide range of people participate. Professional sport - a sport associated with a high level of training and a competitive system. A healthy lifestyle includes the following: proper nutrition, regular physical activity, giving up harmful habits (smoking, alcohol, drugs), observing hygiene rules, maintaining psychological balance, getting enough sleep and rest. Benefits of sport for human health. Physical benefits: strengthens the cardiovascular system, strengthens the muscles and bone system, helps get rid of excess weight, normalizes blood pressure, strengthens immunity. Mental and social benefits. Reduces stress, depression, anxiety. Increases self-confidence. Develops discipline and willpower. Forms socialization and teamwork skills. Increases the feeling of satisfaction with life. The role of sport in the formation of a healthy lifestyle. Sport is one of the main pillars of a healthy lifestyle. When people are physically active, they get sick less often, can work more, and are socially active. Young people involved in sports from childhood plan their time correctly, stay away from harmful habits. The experience of Uzbekistan and state policy. In recent years, a lot of work has been carried out in Uzbekistan to develop a healthy lifestyle. The state program "Promoting a healthy lifestyle and increasing physical activity of the population". The "Blessing in action" project. Construction of sports grounds in neighborhoods. Physical education classes and sports clubs in schools and universities. Extensive conditions for Olympic reserves and professional athletes. In numbers: The level of physical activity in Uzbekistan has been steadily increasing since 2020. More than 70% of schoolchildren are involved in at least one sport. There are separate programs for women's and girls' sports. World practice. In developed countries, a healthy lifestyle is at the level of a national strategy: countries such as Finland, Japan, and Canada have created free sports infrastructure to increase the physical activity of the population. In the USA, as part of the Healthy People program, healthy lifestyle criteria are set every 10 years. WHO (World Health Organization) recommends at least 150 minutes of moderate-intensity physical activity per week for people aged 18–64. Recommendations for following a healthy lifestyle. Proper organization of the daily routine (sleep, work, rest). 30–60 minutes of physical activity every day. Eating: vegetables, fruits, purified water, protein, and complex carbohydrates. Complete abandonment of harmful habits. Walk more often, use the stairs, rely less on cars. Playing sports with family members (walking, cycling, football, yoga). WHO: Global Action Plan on Physical Activity 2018–2030. Decrees and resolutions of the President of the Republic of Uzbekistan. Articles on sports medicine. Works of local universities and research institutes.

Conclusion

Sports and a healthy lifestyle are one of the most urgent and important issues of modern society. The role of sports in solving the complex problems faced by the healthcare sector today, including chronic diseases, cardiovascular pathologies, diabetes, overweight and mental health problems, is incomparable. Physical activity not only improves the physical condition of the body, but also ensures the mental stability of a person, reduces stress and depression, clarifies the mind, and strengthens social ties. Therefore, regular sports at any age should become an integral part of a healthy lifestyle. A healthy lifestyle is the result of a combination of many factors. Among these factors, sports, proper nutrition, giving up bad habits, sufficient sleep and psychological balance are of great importance. Especially in the younger generation, the formation of healthy habits and their involvement in sports is the most important task that determines the future of the country. Therefore, the policy implemented by the Republic of Uzbekistan to develop the sphere of sports and physical culture, expand sports infrastructure, and promote mass sports contributes to improving the health of the population. Areas such as further improving physical education classes and sports clubs in schools and higher educational institutions, increasing sports facilities in neighborhoods, and developing sports for women and people with disabilities are important factors in building a healthy society. The active participation of the family and the community is also necessary in forming a healthy lifestyle. Promoting the values of a healthy lifestyle in the family environment and involving young people in sports greatly contribute to their formation as strong and resilient individuals in the future. Thus, sports and a healthy lifestyle are complementary and reinforcing concepts, and their incorporation into our lives is important for improving human health, ensuring the well-being of the nation, and increasing social stability in society. The role of sport in ensuring a healthy and active life for future generations is increasingly important, because every healthy person is the foundation of a strong and successful state. Therefore, each of us should feel responsible for our own health and strive to make a healthy lifestyle an integral part of our lives.

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