

HEALTHY LIFESTYLE

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Annotation:In this article, we will talk about the state to the youth of our country the care shown is to educate them in a healthy lifestyle as well as views on the formation of a harmonious generation are analyzed.

Keywords:Contemplation, medical culture, spiritual threats, mass culture.

Introduction:Healthy in young people who are considered the main subject of the development of society the formation of a culture of living is one of the most important tasks of today is one. Caring for young people who are the future of our country it has become one of the priorities of the policy of our state.In our country, 1998 is the " year of the family", 2000 is the "year of the healthy generation", 2008 year "year of youth", 2010" Year of the perfect generation", 2014 " healthy child year", 2016" year of healthy mother and child", 2021" year of youth empowerment and Population Health Promotion", also, "state youth policy in the Republic of Uzbekistan law"on the basics", President of the Republic of Uzbekistan Sh.M.Mirziyoev's July 5, 2017 "public policy on youth the decree"on improving efficiency and applying the activities of the Youth Union of Uzbekistan "and the state programs adopted on their basis, at the initiative of the president of the country," maturation " is in place of the OECD completely new organization Youth Union of Uzbekistan, Youth Affairs of Uzbekistan the establishment of the state organization of the agency zamirida the future of our country the great confidence expressed to the young people lies.

Today, the consciousness, thinking of young people is correct formation, physical and spiritually healthy upbringing more than ever relevant. Raising a strong generation for the future of our country as well as the importance of a healthy lifestyle in adulthood is great. Health not only the invaluable wealth of a person, but also of the whole society. Health-Man among its life value, it I unconditionally one of the important part of happiness makes up one. Wellness is not only a disease of the human body or the absence of defects, but also its complete physical, mental fullness denotes. Of course, the concept of wellness is not due to the physical condition, but it is considered to belong to all aspects of human-specific life.

The responsibility of medical personnel in raising and raising a healthy generation there is also a great responsibility. In turn, the correct solution to this issue a number of requirements are also imposed on our young people when making. Including:

- follow the rules for the protection of reproductive health;
- young men preparing for marriage-girls healthy, sex life have adequate hygiene knowledge;
- follow the rules of team and personal hygiene;
- physical activity;
- compliance with the agenda;
- abstinence from harmful habits;
- proper nutrition;
- improving relationships;

- mental calm;
- issues that require special attention, such as medical culture.

Unfortunately, there are also no reasons to leave you a healthy lifestyle not.

- close relatives that cause hereditary diseases-seeds intermarriage;
- early marriage among young people, psychophysiologically targeting girls how to start a family without full formation;
- improper use of medicines, compliance with hygienic rules these include not doing so, indulging in harmful habits.

To the "family code" for the marriage of young people in our country basically, both men and women are defined as 18 years of age. Specialists the most favorable period for starting a family, in the opinion of girls, is 20-24 years old, in guys-24-The difference between 26 years and ages should be 3-6 years.

Young people on the verge of marriage naturally before marriage medical examinations are prescribed. This is, first of all, both ages the acquisition of hereditary diseases is important. Such endogamic in the first place to disease-causing factors (closely related to intermarriage). Also healthy that is, harmful habits that do not follow the lifestyle (regular alcohol drink consumption, tobacco smoking, addiction) families are more likely to have mentally handicapped children with birth defects. Such factors contribute to the increase in divorces among young families, reproductive cause health impairment, abnormalities such as infertility it is possible, moreover, to educate the younger generation spiritually and physically competently it is natural to cause the sad consequences that will become an obstacle.

The standardization of human consciousness and thinking depends on the media. Time keeping up with one of the important qualities of a person, this is his information in his freedom and freedom from harassment, to the events and events that are taking place around him in the relationship, first of all, he must have his own independent opinion. Unfortunately, it is becoming increasingly tradition contrary to our spirituality and national values new direction (rap, pop, jazz) singing, colorful musical shows, militant and pornographic motion pictures, as well as various computer their games and the cruelty, violence, morality promoted in them manifestations that contradict the categories of usmirs and the spirituality of young people negatively affects and causes distractive tendencies in them is releasing.

Experiments show that some young people target their own inclinations and seasonal and narrow aspirations aimed at satisfying their desires imagine. The goal is noble in moral content and in essence with its creativity, a person becomes a "goal". If it comes to perfection, it cannot be considered a goal if it does not serve well-being, happiness. Man the purpose should be to serve the people, and mankind if necessary. After all, man creates its own image with Labor.

So, what are the secrets of achieving the goal, How is it there are ways?! Practical expression of our goal-oriented aspirations in what actions is it determined? I think such questions will make all young people think. Because young people are the most active, curious, at the same time gullible, being a passionate layer, it needs social and Educational Protection. Especially, from the complex, sometimes contradictory opposite cuttings of youth life there is also a need to popularize certain experiments for carrying. A person will only be happy with the result of his actions. Objective and to achieve him less courage, taste, love for his work and first the logic of activity will be needed. In this context, the scientist T. Alimardonov argued that this he shares some of his thoughts, recommendations and views with young people: [4]

We sometimes look at hoyu Havas as a goal. After all, the purpose of man although it starts with these dreams, mobilize our inner potential for it when it is not enough, it becomes complicated to achieve the goal. The result is we drown our associated successes in the whirlwind of dreams. Guilt from social factors such as Hargalg or from loved ones who did not understand us search. The goal begins with the formation of a strong desire and desire. Desire, unlike the desire to eat and drink simply, makes us to become a spiritual need of a strong level that leads to perfection necessary. Because the Pledge of all achievements is from such strong sorrows and desires begins. But, on the way to the goal, it is required to be patient and economical. Self-esteem, respect, decency in relationships and relationships follow the norms, the laws of society. In family relationships, strict standards of etiquette in relationships with colleagues and friends follow. Do not take actions contrary to our national values. The internet and other information technologies learn to sort data and their social for society try to analyze aspects; Strengthen the will on the way to the realization of the goal. through our efforts to achieve the goal we ensure regularity, stability. If we achieve the goal if we know what they are doing, we will not move in the path of our goal if we do not follow it.

Conclusion: In place of the conclusion, it can be said that it is being carried out in our republic through reforms, we bring to ourselves our long and lasting national interests when we put the issue of implementation, the most effective solution to this issue is first of all, ideological-political to the moral perfection of the growing young generation its maturity also depends on its deep awareness of the national identity. Independent people who can think, have a broad outlook and mindset, have the destiny of our country are decisive forces. In particular, born and raised in the great Turan Land, world Khwarazmi, Imam Bukhari, who made a significant contribution to his culture and civilization, Many of our great ancestors, such as Farabi, Beruniy, Ibn Sina, Mirzo Ulugbek the spiritual and cultural heritage left to preserve its dignity even today coming. Especially to parents our feelings, such as respect, respect for a woman, courage and courage, all over the world rom their people arrive. Our country of the younger generation is accelerated to a socio-economic, political-legal and spiritual-educational life socialization, on the preservation and strengthening of their health complex measures should be improved. Youth education and it is clear that they live a healthy lifestyle consistent programs have been developed and brought to life by organizations being.

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