

HABITS TO OVERCOME OBESITY

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Abstract: Obesity, a growing global health concern, can be effectively addressed through lifestyle modifications. This article delves into key habits that can contribute to weight management and overall well-being. By incorporating dietary changes, regular physical activity, stress management techniques, and adequate sleep into daily routines, individuals can make significant strides towards overcoming obesity and improving their quality of life.

Keywords: Obesity, Dietary Changes, Regular physical activities, stress management, set realistic goals.

• What is obesity?

Obesity is a medical condition characterized by excessive body fat accumulation that can have negative health consequences. It is often defined using Body Mass Index (BMI), with a BMI of 30 or higher considered obese.

Obesity is a complex issue with various contributing factors, including:

- * Dietary factors: Excessive calorie intake, particularly from unhealthy foods like processed foods, sugary drinks, and fast food.

- * Sedentary lifestyle: Lack of physical activity and a sedentary lifestyle contribute to weight gain.

- * Genetic factors: Some individuals may have a genetic predisposition to obesity.

- * Hormonal factors: Hormonal imbalances can affect appetite, metabolism, and fat storage.

- * Psychological factors: Stress, emotional eating, and poor coping mechanisms can contribute to weight gain.

• Dietary Changes to Overcome Obesity

Dietary changes are a crucial component of overcoming obesity. Here are some key habits to focus on:

1. Balanced Diet:

- * Prioritize whole foods: Emphasize fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods are rich in nutrients and fiber, which promote satiety and support overall health.

- * Limit processed foods: Reduce consumption of processed foods, sugary drinks, and excessive sodium intake. These foods are often high in calories, unhealthy fats, and added sugars, which can contribute to weight gain.

2. Portion Control:

- * Be mindful of portion sizes: Use smaller plates and bowls to avoid overeating. Pay attention to your body's hunger and fullness cues, and stop eating when you feel satisfied, not stuffed.

- * Practice mindful eating: Eat slowly, savor each bite, and pay attention to your body's signals. Avoid distractions like television or phones while eating.

3. Smart Food Choices:

- * Choose nutrient-dense foods: Opt for foods that are high in nutrients and low in calories, such as fruits, vegetables, and whole grains.

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* Limit unhealthy fats: Reduce intake of saturated and trans fats found in processed foods, fried foods, and fatty meats.

* Control sugar intake: Limit added sugars found in sugary drinks, desserts, and processed foods.

* Hydrate properly: Drink plenty of water throughout the day to stay hydrated and support weight loss.

4. Regular Mealtimes:

* Eat regular meals and snacks: Avoid skipping meals, as it can lead to overeating later.

* Plan your meals: Prepare healthy meals and snacks in advance to avoid impulsive unhealthy choices.

• **Regular Physical Activities.**

Regular physical activity is essential for weight management and overall health. Here are some key habits to incorporate into your routine:

1. Aerobic Exercise:

* Aim for at least 150 minutes per week: Engage in activities like brisk walking, swimming, cycling, or dancing.

* Moderate-intensity activities: These activities increase your heart rate and breathing rate, but you can still carry on a conversation.

* Vigorous-intensity activities: These activities significantly increase your heart rate and breathing rate, making it difficult to talk.

2. Strength Training:

* Incorporate strength training at least twice a week: Include exercises like weightlifting, resistance band workouts, or bodyweight exercises like push-ups and squats.

* Build muscle mass: Strength training helps build muscle mass, which increases your metabolism and helps burn calories even at rest.

3. High-Intensity Interval Training (HIIT):

* Alternate short bursts of intense exercise with periods of rest: HIIT is a time-efficient way to burn calories and improve cardiovascular fitness.

* Consult a healthcare professional before starting HIIT: It's important to ensure you are healthy enough for this type of exercise.

• **Stress Management.**

Stress can significantly impact weight management. When stressed, many people turn to unhealthy coping mechanisms like emotional eating, leading to weight gain. Here are some effective stress management techniques to help you overcome obesity:

1. Relaxation Techniques:

* Deep breathing: Practice deep, slow breaths to calm your mind and body.

* Meditation: Spend time meditating to reduce stress and improve focus.

* Yoga: Engage in yoga to increase flexibility, reduce stress, and promote relaxation.

* Progressive muscle relaxation: Tense and release different muscle groups to relieve tension.

2. Mindfulness:

* Pay attention to the present moment: Focus on your thoughts and feelings without judgment.

* Practice mindfulness meditation: Engage in mindfulness meditation to reduce stress and improve emotional well-being.

3. Time Management:

* Prioritize tasks: Organize your tasks and prioritize them to reduce stress and improve productivity.

* Break down large tasks: Divide large tasks into smaller, more manageable steps to avoid feeling overwhelmed.

* Set realistic goals: Set achievable goals and avoid overcommitting yourself.

4. Social Support:

* Spend time with loved ones: Connect with friends and family to reduce stress and improve your mood.

* Join a support group: Share your experiences with others who understand your challenges.

5. Healthy Lifestyle Habits:

* Prioritize sleep: Aim for 7-9 hours of quality sleep each night.

* Limit caffeine and alcohol: Excessive intake of caffeine and alcohol can disrupt sleep and increase stress.

* Eat a healthy diet: Fuel your body with nutritious foods to support your overall well-being.

* Regular exercise: Engage in regular physical activity to reduce stress and improve your mood.

• Set Realistic Goals

Setting realistic goals is crucial for successful weight loss and long-term weight management.

Here are some tips on how to set effective goals:

1. Specific and Measurable Goals:

* Quantify your goals: Instead of saying "I want to lose weight," specify how much weight you want to lose, e.g., "I want to lose 10 pounds in 3 months."

* Set timeframes: Establish a timeline for achieving your goals. This will help you stay motivated and track your progress.

2. Achievable Goals:

* Start small: Begin with small, manageable goals that you can easily achieve. As you progress, you can gradually increase the difficulty of your goals.

* Break down large goals: Divide large goals into smaller, more manageable steps. This will make your goals seem less daunting and help you stay on track.

3. Relevant Goals:

* Align your goals with your lifestyle: Set goals that fit your lifestyle, schedule, and preferences.

* Consider your health: Ensure your goals are healthy and sustainable. Avoid setting unrealistic or unhealthy goals.

4. Time-Bound Goals:

* Set deadlines: Assign specific deadlines to your goals. This will create a sense of urgency and help you stay focused.

5. Track Your Progress:

* Use a journal or app: Keep track of your progress by recording your weight, measurements, and food intake.

* Celebrate milestones: Reward yourself for achieving your goals to stay motivated.

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