

FORMING A HEALTHY LIFESTYLE

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Annotation

A healthy lifestyle is a way of actively mastering the conditions of human life, adhering to the agenda, strengthening the body on the basis of active movement, sports, complete and quality nutrition, adherence to hygienic rules of nutrition, communication and to achieve ecological culture, to receive spiritual education on the basis of universal and national values, to be able to refrain from harmful habits.

Keywords:

Healthy lifestyle, physical activity, daily routine, quality nutrition, bad habits, personal and general hygiene.

Human health is, first of all, the preservation and development of high work capacity and social activity, its mental and physiological qualities during longevity.

Objectives and tasks of the subject of healthy lifestyle:

- to acquire theoretical knowledge and practical skills to eliminate the factors that negatively affect the life and health of the individual;
- strict adherence to the agenda;
- regular exercise, physical activity and regular sports;
- Thoroughly master the information about the essence and importance of proper nutrition and use them in practice;
- protection of the environment, the rules of ecological culture;
- Ability to prevent various injuries and accidents;
- Ensuring that there is no incentive to adopt bad habits (smoking, drug and alcohol use);
- Proper sex education, awareness of the rules of personal hygiene and adherence to them;
- Achieving high moral qualities, strong and strong will, as well as compliance with the requirements of psycho-hygiene;
- The general philosophy of life is to be able to deal with the problems of life, to organize theoretical and practical activities to create immunity against beliefs that contradict the idea of national independence and ideological principles, and so on.

I.P. Pavlov describes the effect of physical activity on human health as a phenomenon that means that the body is closely connected with the external environment. The effects of physical activity on the body can be summarized as follows:

- activates cardiovascular function;
- breathing improves;
- Strengthens bones, strengthens muscles, increases joint mobility;
- good digestion of food is ensured;
- Improvement of separation bodies;
- Strengthens the nervous system. These are important in maintaining the balance of excitatory events in the central nervous system;
- has a positive effect on human psychology;
- promotes proper posture, etc.

Following a routine is the key to a healthy lifestyle.

An agenda is a continuous process that takes place from the day a person is born, and is the performance of a person's various activities - work, rest, food, sports, etc. - at a specific time, in a sequence, and so on.

A well-organized agenda includes all aspects of the body:

- proper development;
- strengthening of the will;
- high productivity and long-term maintenance of working capacity;
- plays an important role in disease prevention.

In order to protect the health of schoolchildren, it is advisable to introduce the following physiological and hygienic recommendations to the school, its educational process, parents:

- adherence to the daily routine, including the regulation of the workload at school and at home;
- Widespread outdoor recreation;
- Ensuring adequate and timely nutrition;
- hygienically complete, even sleep;
- timely replacement of mental load with physical load;
- change activities in accordance with hygienic requirements.

In agreement with the Ministry of Health, the following control functions should be assigned to the local public education department:

- hygienic organization and conduct of classes;
- adequacy of lessons and breaks;
- the acceptance of the duration and timing of vacations during the academic year;
- the number of lessons per day and week is normal;
- arranging the provision of classrooms with the necessary equipment for measuring the anthropometric parameters of children and adolescents;
- organization of current control over food and kitchen blocks, food storage, their quality and calories;
- Compliance with sanitary-epidemiological regulations and sanitary-hygienic requirements in general education schools, academic lyceums, colleges, lighting of rooms, periodic ventilation and the introduction of the right choice of school furniture.

One of the factors in a healthy lifestyle is proper nutrition, which is important for maintaining good health.

Hygiene is the basis of a healthy lifestyle:

1. Skin and oral care.
2. Training and physical education.
3. Hygienic principles of daily routine.
4. Clothing and head hygiene are also the main criteria of personal hygiene.

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