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Annotation: a healthy lifestyle in this article consists in the fact that a person, following his daily routine, constantly temper his body on the basis of active action, regularly goes in for sports, eats quality in full compliance with hygienic rules, is able to keep his own from harmful vices, to keep meaningful until the end of a given life.

Keywords: healthy living, active movement, organism, conditioning, nutrition, sports.

In the social life of mankind, an important place is occupied by the formation of a healthy lifestyle, the improvement of their knowledge, which contributes to sanitation, the ability to apply this knowledge in everyday life, the formation of a conscious attitude to employment, the ability to form attention, attitude to their own health. Therefore, it turns out that human health is important and valuable from anything in the world. It is important that a person effectively uses those qualities that bring benefits to his health.

In order to ensure the implementation of the decree of the president of the Republic of Uzbekistan dated October 30, 2020 PF-6099"on measures for the widespread implementation of a healthy lifestyle and the further development of mass sports", today a number of practical works are being carried out by the leadership of the Institute. In particular, the announcement of "Health Day" every Saturday of the week, various public sports events with the participation of students, the holding of round tables in our hostels on the topics "healthy lifestyle and family", especially on the days of Navruz holiday, the holding of "healthy eating fairs", "healthy life is our motto", "we vote for a tobacco-free lifestyle" events, the organization, a clear example of this is the conditions created for young people to have fun and celebrate the holiday in a festive mood.

Talking about our healthy lifestyle, the Russian scientist I.Pavlov describes" the effect of physical movement on human health as a view that means that the body is closely connected with the external environment, " the physical movement, which is carried out continuously, has a good effect on the health of a person, the metabolism improves, the tissues of the body absorb nutrients well. For this reason, people who move a lot physically are always refreshed, mentally light, full of energy, in a high mood, and dili becomes clear. A person's healthy, or unhealthy lifestyle also depends on whether the agenda is organized correctly or incorrectly. Therefore, physical education plays an important role in strengthening the Will, high labor productivity, prevention of various diseases. Unfortunately, today, a significant decrease in physical activity among our youth is noticeable. The formation of a healthy lifestyle in society, mass struggle against camaraderie among young people, protection of the high physical and mental working capacity of people, especially involving young people in sports, are becoming increasingly relevant.

"The first happiness for a person is his health, the second is beauty,"as the great thinker Aristotle noted. It is no exaggeration to say that the decisions and decrees adopted by the leadership of our country made a fundamental turn towards improving the lifestyle of our people in 2009, in order to immediately prevent a significant lag from its life requirements, when it was important to scientifically and theoretically substantiate a "healthy lifestyle", to create its new doctrine.

In the decision made by the head of our country, the following requirements are set out in the main directions of the widespread implementation of a healthy lifestyle and the further development of mass sports: - development of mass sports;-creation of conditions that ensure the satisfaction of the needs of various groups of the population for healthy nutrition; - wide promotion of a;
- compliance with sanitary and hygienic rules;

-formation of a modern material and technical base for physical education and sports activities in preschool education, general education, secondary special, professional and higher educational institutions;

- Creation of educational methodological manuals, textbooks and monographs, creation of population executions, textbooks and monographs of different classes, training programs of population strata of different classes and development of a system of scientific and practical valeological training;

- It is known to all of us that it is up to each person to pay attention to their health, live well and carry out activities, have a long life, do not increase all kinds of diseases.

A person's healthy or unhealthy lifestyle also depends on whether the agenda is organized correctly or incorrectly. A correctly drawn up agenda plays an important role in the comprehensive correct development of the organism, the strengthening of the Will, high labor productivity, good preservation of working capacity for a long time, Prevention of morbidity. Another of the factors of a healthy lifestyle - it's freedom. In conclusion, it should be noted that on the way to the implementation of the rules of a healthy lifestyle, it is necessary to abandon harmful factors that negatively affect human health, eat rationally, replenish the body's energy consumption, obey important returns that we must follow in our daily lives, engage in mental and physical activities, play sports, eat fully and:

- Follow the rules of personal hygiene;

- Compliance with the agenda;

- Increase physical activity;

- Abstinence from harmful habits (addiction, drunkenness, addiction);

- Organization of proper nutrition;

- Regularly engage in sports. It is clear that we live better, have a longer life if we follow the way we stay healthy in all areas, in all respects.

It is natural that too many diseases increase due to non-compliance with the rules of proper nutrition. Currently, we are in most cases fed with himicat substances. This also causes the injury. We turn to the doctor the recommendations that he gave them are also wrong to always say one hundred percent effective. Because the pills they recommend have different effects on the body. During the time of our ancestors Ibn Sina, it was appropriate for the betabs to heal because of the medicinal plants that were applied to humans that is, natural.

More than twice as many tablets now than in the XX-th century. Development of doriology increasing natural doriology is important for human health. I am in favor of the fact that in order to adhere to a healthy lifestyle, every age does the following things. 1. Cleanliness of Housing and workplace. 2. Intellectual development. 3. Eating order. 4. Rest. 5. Personal hygiene. 6. Gymnastics. In getting rid of harmful habits. 1. Drink. 2. Smoking. 3. Eat enough food. 4. Drunk traffic management. 5. Drug addiction.

It is important that everyone is able to behave, manage in any case. People, without knowing it, suffer from a huge number of diseases caused by compression strain of the nervous system. When a person is able to control himself: when he is engaged in what he wants or his profession; when he has his own opinion; self-confidence to be honest from "hesitation" not to retreat, but only to go forward; to be able to enjoy art, nature, beauty. One of the effective ways to spend and replenish spiritual energy is to get busy with creative work and have good fun. The mentally yellowed spiritual energy is immediately covered by the cosmos.

One of the important characteristics of spiritual energy is its impact on the environment. It is very important that a person lives a life in love with himself and set a goal for him for example: "I will live 120 years," it is necessary to follow a healthy lifestyle in order to achieve the goals. In short, every person's health is in their own hands. In this world, everyone lives for himself. If you are hasta, do not think that your loved ones will not be able to take your pain either. They say " the body does

not know another dart”. It is clear that we live better, have a longer life if we follow the way we stay healthy in all areas, in all respects.

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