

FORMATION OF A HEALTHY LIFESTYLE IN STUDENT YOUTH

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Annotation: In this article, the student gives information about the creation of educational courses for young people to consciously follow a healthy lifestyle and apply it in their life activities.

Keywords: healthy lifestyle, routine, health, conditioned reflex, unconditioned reflex, family, school, lifestyle.

Introduction. Human life, health is the greatest social wealth. This makes the issue of the formation of a healthy lifestyle transverse to the family, school and other masks engaged in human upbringing, maturation. The health of the nation is also resolved naturally, through a healthy lifestyle. Health is a balanced unit of the human body of biological, mental, jis-Moni States and labor activity. Sixat-health is happiness for everyone. Its labor productivity is a necessary condition for the development of the economic power of the country, the well-being of the people. Sixat, a universal property, is a conscious and responsible approach to health that should be the norm of living, morality of society and all its members. In order to maintain and strengthen health, first of all, it is necessary that a person knows the laws of the functioning, growth, development and reproduction of the normal functioning of all tissues and organs of the structure of his body. It is also required, like all living things, to perfectly know and create the conditions necessary to preserve and increasingly interpret these biological characteristics inherent in man.

Main part. In order to bring up healthy and pupils in our country, realize the creative and intellectual potential of young people, to create the necessary conditions and opportunities for bringing young people and girls of our country to adulthood as fully responsive, developed persons of the 21st century, the Year 2010 in the Republic of Uzbekistan was declared "Year of pupils" (2010 year 27 yashar', PQ-1271, decision of the president of the Republic of Uzbekistan). It is a program to decide a healthy lifestyle among young people, making them drunk. the task of carrying out comprehensive measures to protect against drug vices, various other deadly threats and religious and extremist influences alien to us, attacks of "mass culture" is established. Since a healthy lifestyle is in strong contact with philosophy, psychology, pedagogy and General Physiology, Anatomy, hygiene, genetics, ecology and other natural sciences, it works by relying on the techniques they have achieved. On the basis of the project" formation of a healthy lifestyle", educational curies were created so that the student can consciously follow the healthy lifestyle of young people and apply it in their life activities. In order to create these educational and educational courses, qualities were developed that should be formed in student youth.

Below is the "formation of a healthy lifestyle", which provides the main set of training, a special course and qualities that shape a healthy lifestyle. The main measure of health care is badantarbia. In a healthy lifestyle (STT) and Health, Abu Ali Ibn Sina mainly reads the need to strengthen attention to seven things: these include tempering the client, choosing foods that can be eaten and drunk, cleaning the torso from waste, maintaining the correct structure, getting enough and good air that can be drawn through the nose, paying attention to clothing, regulating physical and) Is the mood that arises when the influence of opposing forces on each other in the smallest pieces of client elements reaches a certain limit. The initial type of elements mentioned above will be of four types: heat, cold, wetness and dryness.

In general, the client is divided into two. The first is a true moderate client (unconditional reflex), in which the amounts of opposite moods in the client owner will be equal. In the latter case (conditional reflex), the client is absolutely not in the middle between the external moods, being more prone to one of the two sides, that is, to cold or heat, to wetness either to land or both. The scientists' use of the above elements in prolonging a person's life, preventing exposure to constipation, and wellness had given good results. Unfortunately, people gradually began to forget about the client and other concepts. The high level of explanatory work among the population, increased attention to STT, regular exercise in physical education and sports greatly reduce the incidence of heart disease pain in most countries. A set of physical exercises developed by the American scientist Kenneth Cooper-aerobics and scheinig-has been used with great success in many countries, improving the health of many people and serving as an effective tool for the Prevention of heart disease diseases. Man must be strong, strong, both mentally and physically. A healthy lifestyle (STT) involves an increase in the cultural, physical development of a person, cocktail productivity and creative activity. The main components of STT are effective work activities, personal hygiene, refusal of harmful habits, proper nutrition at the appointed time, physical conditioning, regular physical education. STT is one of the main measures in the Prevention of diseases. Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

Conclusion. STT-allows you to satisfactorily implement a certain amount of mental and physical requirements. From day to day, the types of wellness techniques are increasing: exercise, the norm of nutrition, sleep, foaming from the bath and others increase the activity of harkat. Everything should be aimed at one goal - to improve the health of people.

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