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**Annotation:** Deciding on a healthy lifestyle in our society has risen to the level of state policy, and at the same time, fundamental reforms in raising a physically mature and healthy generation are being gradually implemented in our country. For example, the Law of the Republic of Uzbekistan "On Physical Education and Sports" and the Cabinet of Ministers' Decision "On Measures to Further Develop Physical Education and Sports in Uzbekistan" the intended important tasks have been expressed.

**Key words:** Physical training, the spirit of the leader's salvation is light, cheerful, full of energy, his heart is clear, mood.

We know from time immemorial that to live a healthy life, it is enough to live by a simple rule. A person who absorbs useful habits and keeps away from harmful ones will not lose their health. Physical training is a system of specially selected exercises that have a comprehensive impact on the human body. According to research, in most of the pedagogical works created by our enlightened ancestors in the second half of the 19th and early 20th centuries, special attention was paid to raising a physically healthy child.

In particular, Abdurauuf Fitrat's views on the organization of physical education based on social education, the upbringing of a healthy and strong personality, deserve attention in this regard. In the chapter "Children's Upbringing" of his work "Rahbari Najot," it is stated: "Since ancient times, great importance has been attached to physical education." If a person's whole body is not healthy and energetic, then he will not live long. If one of the parts of a person's body gets in trouble, he pulls his hands away from work and becomes a needle for others."

The establishment of a healthy lifestyle in our society has risen to the level of state policy, and at the same time, our country is gradually implementing fundamental reforms to raise a physically mature, healthy generation. Specifically, the Law of the Republic of Uzbekistan "On Physical Culture and Sports" and the Resolution of the Cabinet of Ministers "On Measures to Further Develop Physical Culture and Sports in Uzbekistan" reflect the important tasks envisaged in this direction.

**Morning exercise is a guarantee of health.**

Everyone strives to be healthy, fresh and strong, to maintain their youth, beauty, and work capacity. One of the main factors in achieving this is physical activity. The

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establishment of a healthy lifestyle in our society has risen to the level of state policy, and at the same time, our country is gradually implementing fundamental reforms to raise a physically mature, healthy generation. In particular, the Law of the Republic of Uzbekistan "On Physical Culture and Sports" and the Resolution of the Cabinet of Ministers "On Measures to Further Develop Physical Culture and Sports in Uzbekistan" reflect the important tasks envisaged in this direction.

**If you want it is enough:**

Of course, not everyone should be a highly qualified athlete, participate in competitions and receive awards. However, it is beneficial for a person to regularly engage in sports and physical fitness based on their capabilities. Or, 15-20 minutes of morning exercise, 40-60 minutes of walking outdoors, 20-30 minutes of walking before nighttime sleep, which can be done every day, are also included in such desires. Modern medicine shows the presence of conditions such as a decrease in a person's health due to low physical activity, impaired internal organs, low performance indicators, and physical development that is not at the required level. This is precisely why ancient philosophers believed that prolonged physical inactivity was the only thing that knocked a person out and damaged his health.

If the teachings of the great physician Abu Ali ibn Sina: "Physical training is a great way of preserving health" become the life motto of every person, then a person will never get sick. Physical education and sports contribute to the harmonious development of the younger generation, as well as the effective use of their free time. The human body develops in harmony with the external environment as a whole. This harmony is also regulated by the central nervous system, which regulates the activity of all organs. Regular, continuous physical activity has a beneficial effect on a person's health: metabolism improves, the body's tissues absorb nutrients better, and decomposed substances leave the body faster.

Morning exercises can be performed by people of all ages. Training yields positive results only when it is conducted continuously and consistently. Long-term breaks can lead to a decrease in the impact of previous training. Therefore, everyone who wants to live longer on the basis of strengthening their body, increasing labor productivity, and strengthening their health must constantly engage in physical education, as well as carry out their daily activities in a specific order.

In essence, energy is needed for movement, and energy is obtained by treating food products - fats and carbohydrates. Movement helps improve the respiratory, vascular, digestive, and blood-producing systems.

**Accuracy requirement:**

Therefore, people who engage in active physical activity have a light, cheerful, energetic, clear-headed, and stable mood. As a result of performing physical exercises, the body's defense system develops well. An example of this is the results of a study conducted by physiological scientists involving more than 200 people. Study, conducted to determine the level of emotions of people who regularly and consistently engage in physical exercises,

showed that 72% of those who participated in the experiment considered themselves very happy. The reason for this is that they regularly engage in physical exercises.

Training sessions starting in childhood and adolescence are especially useful. It is necessary for everyone to train their body in a robust regime. Exercises such as physical culture, outdoor walks, and sports are among the factors ensuring longevity and health. In addition, in our relatively hot climate, it is advisable to harden the body using non-traditional methods. In particular, hardening methods such as various foot baths, walking on salt and stone paths, as well as outdoor walks before and after sleep, enhance the activity of the body's immune system. In short, health is a person's peace of mind and the ability to resist the harmful influences of the environment. Training is a mechanism for the body's gradual adaptation to the influence of water, sun, and air. To lead a healthy lifestyle, it is necessary to harden the body in various natural environments. It is especially important to instill this in the minds of our youth. After all, training from childhood and adolescence is a guarantee of a lifelong healthy life and longevity. The health benefits of morning exercise are invaluable," says 79-year-old veteran of the field of communication Khokimiyoz Embergenov. "Because a person will feel good all day, his appetite will improve, he will be free from any diseases. That is why we have made it a daily habit to engage in physical training. I have been practicing regularly since 1994. Our group consists of representatives of culture, education, healthcare, service and other various fields. We come as a family and regularly engage in morning exercise," says Honored Architect of the Republic of Karakalpakstan, laureate of the Berdakh Karakalpak State Prize Orinboy Turenliyazov. "We need to promote physical culture and sports among our youth, including morning exercise. In this, we veterans should set an example for young people. This, along with strengthening the health of the population, will serve to prevent crime. Because a person who regularly engages in sports does not produce evil. As we walked through the streets of Nukus in the morning, we were pleased to see that veterans, young people, and women were engaged in physical education. We also set ourselves the goal of practicing every day.

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