

## Basic Program Practices for a Healthy Lifestyle

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**Abstract:** *The article "Basic Program Actions for a Healthy Lifestyle" examines the basic actions necessary to form and maintain a healthy lifestyle. This article describes such important aspects of a healthy lifestyle as proper nutrition, physical activity, sleep, personal hygiene, and medical supervision. The article provides detailed information about the effect of each element of a healthy lifestyle on the body, their importance, and practical application. This article will serve as a useful guide for anyone who wants to create a healthy lifestyle.*

**Keywords:** *Healthy lifestyle, physical activity, personal hygiene, healthy eating*

What is a healthy lifestyle? The question of how our people understand this word and how they practice it has been a controversial topic. What modern programs and practices do we use to explain to the mass audience the ways to make physical education a habit, eat right and be healthy, and not just the calls to do so? Let's recall that on October 30, 2020, our President Shavkat Mirziyoyev Miromonovich signed the Resolution PF-6099 "On measures to promote a healthy lifestyle and further develop mass sports". The purpose of the Resolution was to pay serious attention to the health of the people, strengthen it and encourage them to be more physically active. Let's take a look at what work was done on this resolution, by what percentage the health level of the population has changed. The only work done to implement Resolution PF-6099 was to organize walking and running marathons. According to the essence of the resolution, tasks were assigned to create conditions for engaging in physical education and mass sports in every family, neighborhood and district (city), in preschool, general secondary education, secondary specialized, professional and higher education institutions, and other organizations.

What task have we accomplished, whether we have organized physical education sessions in schools or have devoted a lot of time to physical education in organizations? No. In this regard, let's just say that conditions have been created for playing sports in general secondary schools, as a result of questionnaires and studies, it was found that 30% of students are lagging behind their peers in development. The reason for the problem is the increasing ratio of intellectual labor activity to scientifically based physical activity, the lack of sufficient sports coverage due to the lack of systematic selection and propaganda work, and the consequences of improper nutrition. As a solution to these problems, we must understand that attracting students to sports sections and clubs based on their interests, explaining, holding conversations with their parents, and encouraging them to play sports are among our people. In addition, if "Physical Moments" were held during lessons, students would become more active, feel less tired, and be more interested in lessons. After all, it is not for nothing that they say that young people are our future. The basic principles of forming a healthy lifestyle and programs for its implementation are important for ensuring personal well-being, improving health, and reducing the risk of various diseases. This article discusses the main program actions of a healthy lifestyle. A healthy diet is an integral part of a healthy lifestyle, ensuring that the body is supplied with the necessary vitamins, minerals, proteins, fats and carbohydrates. The main rules of proper nutrition are as follows: Pay attention to daily calories: It is necessary to balance a person's energy expenditure and calories consumed. This helps prevent overweight and obesity. Choosing good proteins: Getting proteins from sources such as green vegetables, beans, fish and chicken is important for a healthy lifestyle. Consumption of fruits and vegetables: Fruits and vegetables are rich in vitamins and antioxidants, strengthen the immune system and cleanse the intestines.

Limit sugars and fats: Sugars and saturated fats can lead to the development of various diseases in the body, so they need to be reduced. Physical activity is another important aspect of a healthy lifestyle. Exercise, physical training and sports not only strengthen muscles and bones, but also contribute to the healthy functioning of the cardiovascular system. The main benefits of physical activity: Regular exercise: At least 30 minutes of physical activity should be done every day. This helps to strengthen the heart, improve the functioning of the respiratory system and reduce excess weight. Choosing sports activities: By choosing physical activities such as cycling, running, swimming or aerobics, you can improve the body by using different muscles. Good and healthy sleep allows the human body to fully recover. During sleep, the body rests from activity, which leads to the following benefits. Good sleep restores the body: During sleep, the brain is cleansed and energy is restored. Sufficient and quality sleep helps maintain hormonal balance, which is an important factor in maintaining health. Personal hygiene and a clean lifestyle are not only essential for maintaining good health, but also for feeling good. Frequent hand washing, brushing teeth, skin care, etc. are important parts of a healthy lifestyle. Keeping the environment clean, paying attention to air and water quality, and living in a clean and cool environment improves human health.

### Conclusion

The basic program of healthy lifestyle consists of a number of important rules, such as proper nutrition, physical activity, sleep and personal hygiene. Regular implementation of these practices helps to improve the overall condition of the body and prevent various diseases. All this paves the way for a high-quality and happy life.

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