



Methodological Foundations of a Healthy Lifestyle in Strengthening the Health of Students

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Annotation: In our country, a healthy lifestyle, paying special attention to health care, perfecting the institutional and reserve bases for providing medical services to the population, reforming the health care system in the country and social protection of citizens have been created. In particular, in accordance with the order of the Minister of Physical Education and Sports of the Republic of Uzbekistan dated June 1, 2020 No. 645 "On organizing sports training in the regions according to the decision of the republican special commission to prepare a program of measures to prevent the introduction and spread of the coronavirus in the Republic of Uzbekistan", Sports sections, clubs, gyms and fitness clubs have been established in "green" areas.

Keywords: Student, health, healthy lifestyle.

Individual responsibility for one's own health has become an actual idea in developed countries. Today, in most cases, the cause of human death is not acute, infectious diseases, but chronic diseases that are complex in nature and difficult to treat, such as heart disease, diabetes, cancer, arthritis or osteochondrosis. These diseases are usually the result of wrong human actions.

Each person should have their own health system as a set of lifestyle conditions that they implement.

The main features of the health program should be:

voluntariness;

expenditure of certain physical and other forces;

to direct the continuous improvement of their physical, mental and other capabilities.

Naturally, each person's path to a healthy lifestyle is different in terms of time and trajectory, but this is not fundamental - the final result is important. The effectiveness of a healthy lifestyle for a particular person can be determined by a number of biosocial criteria, including:

Assessment of morphological and functional indicators of health:

level of physical development;

level of physical fitness.

Assessment of immune status:

the number of colds and infectious diseases in a certain period;

in the presence of a chronic disease - the dynamics of its course.

Assessment of adaptation to socio-economic conditions of life:



efficiency of professional activity;
activity in performing family and household tasks;
breadth and degree of manifestation of social and personal interests.

Assessment of the level of valeological indicators:

the level of forming an attitude towards a healthy lifestyle;

level of valeological knowledge;

level of acquisition of practical knowledge and skills related to health maintenance and promotion;

the ability to independently build an individual health trajectory and a healthy lifestyle program.

What are the final results of adhering to the terms of a healthy lifestyle, for which it is worth limiting yourself and subjecting yourself to the stress regime underlying it? After analyzing the following rules, each person can make a conclusion for himself whether it is worth living "fully" every day, for his own pleasure, by learning or educating about the consequences of such behavior for his health and life. healthy needs and taking care of one's own health - ensuring a long, healthy and happy life as a basic life value. So, a healthy lifestyle:

positively and effectively reduces or eliminates exposure to risk factors, morbidity and, as a result, lowers treatment costs;

contributes to healthy and strong human life;

ensures good family relations, health and happiness of children;

is the basis for the realization of the individual's need for self-awareness and self-realization, and ensures high social activity and social success;

increases the body's ability to work, reduces fatigue at work, increases labor productivity and, on the basis of this, causes higher material well-being;

gives up bad habits, makes it possible to rationally organize and distribute the time budget with mandatory use of means and methods of active recreation;

provides cheerfulness, good mood and optimism.

A healthy lifestyle is formed both in the family and at school. Under general control should be the study load, daily routine, nutrition, physical activity, hardening processes, nervous stress, psychological climate at home, school and classroom, relationships between parents and children, students and teachers, types and types. forms of recreation, entertainment and interest.

Improperly organized work of schoolchildren can harm health. Therefore, establishing a rational lifestyle is of great importance.

A person who knows how to properly organize his work and leisure time from school time will maintain cheerfulness and creative activity for a long time in the future.

A healthy way of life is formed in all aspects and forms of social life, it is related to the personal-motivational representation of the social, psychological and physiological capabilities and abilities of a person. How successfully the principles and skills of a healthy lifestyle can be formed and strengthened at a young age depends on all the activities that hinder the development of the individual's potential later.

According to modern ideas, the concept of a healthy lifestyle includes the following components:



giving up harmful addictions (smoking, alcohol and drug use);
optimal driving mode;
balanced diet;
hardening;
personal hygiene;
positive emotions.

One of the components of a healthy lifestyle is the rejection of things that destroy health: smoking, alcohol and drug use. There is an extensive literature on the health consequences of this addiction. If we talk about the school, then the teacher's actions should be aimed not at ensuring that the student quits smoking, alcohol and drug use, but at preventing the student from starting it. In other words, prevention is key.

Daily routine is one of the main conditions of a healthy lifestyle. At least for several weeks, the clear implementation of a well-thought-out and rationally structured daily routine will help to develop a dynamic stereotype in the student himself. Its physiological basis is the formation of a certain sequence of excitation and inhibition processes necessary for effective activity in the cerebral cortex.

Organization of a rational day regime should be carried out taking into account the specific features of the work of a certain higher educational institution (class schedule), optimal use of existing conditions, understanding of one's own personal characteristics, including biorhythms.

Each of us has our own biological clock - timers, according to which the body changes its vital activity periodically and within certain parameters. All biorhythms are divided into several groups. Among them, daily or circadian rhythms are of particular importance.

It is known that the transition from day to night is accompanied by a number of physical changes. The temperature of the air decreases, its humidity increases, the atmospheric pressure changes, the intensity of cosmic radiation changes. In the course of human evolution, these natural phenomena contributed to the development of corresponding adaptive changes in physiological functions. In most body functions, the level of activity increases during the day and reaches a maximum during 16-20 hours, and decreases at night.

For example, in most people, the lowest bioelectrical activity of the brain is recorded at 2-4 in the morning. This is one of the reasons for the increase in the number of errors in mental work in the evening and especially at night, and the sharp deterioration in the perception and assimilation of information during these hours.

The work of the heart muscles changes twice during the day, usually decreases at 13 and 21 hours. Therefore, it is not desirable to expose your body to great physical stress at this time. Capillaries expand the most at 6:00 p.m. (at this time, a person's physical performance is high), and they narrow at 2:00 a.m.

Daily biorhythms are reflected in the work of the digestive system, endocrine glands, blood composition and metabolism. Thus, the lowest body temperature in a person is observed in the early morning, the highest - at 17-18 hours. Daily rhythms are very stable. Knowing the observed patterns, a person can build his daily routine more correctly.

It is also important to remember that not all people have the same daily biorhythms. For example, in "owls", the progress of mental processes improves in the evening. There is a desire to implement. In



the morning they cannot "swing" in any way, they want to sleep longer, "Larks" like to go to bed early. But early in the morning they are already on their feet and ready for active mental work.

However, with the help of voluntary efforts, a person is able to gradually restore his daily biorhythms. This is necessary when changing the reading, changing the time zone. In such cases, strong adaptive mechanisms of the body are activated.

Today, the problem of children's health is very urgent. The main thing in raising children is that they should be healthy, because it is known that it is easier to raise a healthy child. He quickly establishes all the necessary skills and abilities, better adapts to changing conditions and perceives all the demands placed on him.

Currently, the health of the young generation is deteriorating at a catastrophic level. The number of children with intellectual and speech disabilities is increasing, which requires the need to search for mechanisms to change this situation.

The following factors affect the formation of the child's body:

- ✓ environment,
- ✓ low social level of families;
- ✓ malnutrition,
- ✓ sedentary lifestyle,
- ✓ nervous tension, stress,
- ✓ inability to use medical services for some segments of the population.

Therefore, education should not be pampering, but training, teaching, and increasing the activity of the growing body.

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