



## The Role of Physical Culture and Sports in Forming a Healthy Lifestyle in Youth

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**Abstract:** *In the article, along with national values, spiritual-educational activities, physical education and sports have their place in cultivating the perfection of students-young people in the field of physical culture, their mutual kindness, and friendship. Our traditions and examples of international culture are embodied in the content of culture and traditional holidays, ceremonies and various public health and sports events, and they are getting richer. Physical activities are given loads in different states for children of different ages.*

**Keywords:** *physical, people, sport, healthy, field, economy, student, value, friendship, tradition.*

In marriage, physical health is an important vital need. Uzbekistan is making great strides towards development. This can be equated with the great success and achievements of our Republic in international sports arenas, as well as in many industries. Interactions and cooperation between Central Asia and other peoples in economic, trade, commerce, culture and other spheres greatly contribute to the achievement of universal human values, thinking and physical culture. Along with national values, spiritual-educational activities, physical education and sports have their place in raising the perfection of students-young people in the field of physical culture, their mutual kindness and friendship. Our traditions and examples of international culture are embodied in the content of culture and traditional holidays, ceremonies and various public health and sports events, and they are getting richer. Physical activities are given loads in different states for children of different ages. Of course, adults should be careful when they themselves are engaged in independent physical exercises. Sometimes lifting heavy stones during the growing season can have a negative impact on height growth. The growth period for boys is on average up to 21 years, and for girls it is up to 18 years. In these young people, it is better to avoid heavy lifting and stone lifting exercises as much as possible. Such heavy loads on the growing body can crush the intervertebral discs and prevent growth. During physical education classes conducted in schools, lyceums and colleges, the teacher should give exercises that ensure active movement of students and remind them to regularly engage in these exercises. Lack of mobility causes various negative conditions in young people, namely obesity, stunting. Metabolic disorders, etc. It is necessary for parents not to be indifferent to the health of their teenage boys and girls, to protect them from the effects of various infectious diseases, if a teenager has a health complaint, they must undergo a medical examination, treat the identified disease and help them recover their health. But they should explain the great role of active action in preventing the resulting diseases. Therefore, it is necessary to carry out physical education classes and some sports activities and games of boys and girls together, to implement educational processes such as mutual respect and mutual respect. The ways to absorb physical culture and achieve perfection should be considered as the effect of educational work carried out in cooperation in the family, neighborhood and educational



institutions. For this, first of all, it is necessary to organize physical culture activities in an interesting way, to attract the general public to them.

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