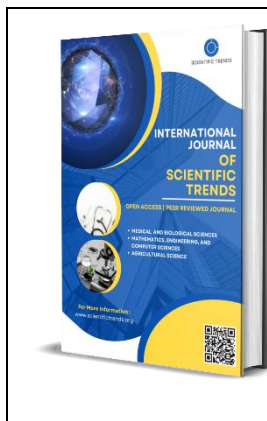


# Healthy Lifestyle is the Key to A Prosperous Society

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## Abstract

The article outlines the ideas that the mental, spiritual perfection of students-youth depends on their physical health, that with the help of physical health, energy, intelligent youth can build and promising Future of our country. Moreover, it analyses extracorporeal spiritual training and new methods of forming a healthy lifestyle among youth

**Keywords: Youth, Personality, healthy lifestyle, Healthy Generation, physical education lessons, Innovative methods, education.**

## Introduction

The progress of our country depends on the mental, spiritual, mental and physical health of the youth. It is not difficult to imagine a promising future of our country with physically healthy, energetic, spiritually rested, intelligent youth.

That is why today the formation of a healthy generation is one of the most important tasks of general education institutions. This includes, first of all, the formation of a healthy lifestyle among the pupils, the creation of various living conditions, the establishment of the material basis for the upbringing of a healthy generation, i.e. economic and financial support from the state. Without ensuring the health of the younger generation, it is impossible to think about a healthy lifestyle, a sound mind, a prosperous and happy life.

As is known, physical education classes become important for the formation of a healthy lifestyle in society and the creation of a healthy environment in general education schools. During physical education lessons in general education schools it is necessary to form in students a sense of struggle against harmful objects and destructive ideas. And for this purpose it is necessary to develop the content, new forms, methods, innovative methods and means of forming a healthy lifestyle in students of general education schools. Also, the mechanisms of forming a healthy lifestyle in students should be developed and introduced into educational practice in physical education lessons [1].

Our great ancestors expressed valuable thoughts on the formation of a healthy lifestyle among young people. In particular, Abu Rayhan Beruni touches upon the issue of purity of body and soul, stating that as long as there is purity, chastity and order in the family, there will also be spiritual purity. Through this, the thinker encourages young people to act physically rather than confine themselves to maintaining purity of body. His idea of soul and movement is connected with the

idea of purity, the unity of the human body and soul. This is the most urgent problem and requirement of today, harmonising with the correlation of physical health and spiritual wealth in the education of the individual.

In addition, Beruni's views on good and evil also have important social and pedagogical significance. He elaborates on the interpretation of these notions in his work "India". He showed that in those times when man did not rob and humiliate people, there was no falsehood, people lived in peaceful harmony, there was strong affection between them, and there was much mutual beneficence between them. Consequently, such a spiritual atmosphere had a positive effect on the healthy growth of young people and their upbringing. It should be emphasised that when nobility and humanity are established in society, it will be easy for these qualities to penetrate into the life activities of young people.

"Laws of Medicine" by the great thinker Ibn Sina for many centuries was taught as one of the main textbooks of medicine in the most prestigious institutions of higher education in Europe. This work served as a fundamental basis for the concepts of "medicine" and "healthy lifestyle". It follows that the promotion of a healthy lifestyle among the members of society was shown in the works of our ancestors, and there is every reason for this [2].

Based on the above, special attention should be paid to the formation of a healthy lifestyle in pupils:

actively engage in physical exercise, hardening, physical education and sport;

Rational planning of the agenda and constant adherence to it;

avoid physical and mental exhaustion;

proper planning of mental and physical labour on the basis of hygienic requirements;

proper and quality nutrition;

compliance with personal and general hygiene requirements;

environmental protection, achievement of ecological culture;

prevention of infectious diseases, injuries and accidents;

compliance with psychohygiene requirements (prevention of excessive nervousness and agitation);

not to give in to bad habits (not to use tobacco products, not to use alcohol and drugs) etc. to.

Based on the above criteria, we considered it appropriate to formulate the following opinion: a healthy lifestyle is a social phenomenon that ensures the establishment of life activity based on the acquisition of skills that serve to ensure the safety of human life and health, as well as the achievement of a high level of health.

The concept of "lifestyle" is also related to the main indicator defining a healthy lifestyle and the criteria for its definition in a general way.

A way of life is a certain form of human activity, expressing a certain idea and having the character of stagnation, stability.

An individual's definition of a healthy lifestyle depends on the extent to which he or she is equipped with basic theoretical knowledge and skills for healthy living.

Specialists believe that the level of a person's formation of healthy lifestyle skills is shown in the table below. Human healthy lifestyle skills can be divided into groups A, B, C.

A	B	B
active who try different exercises using the structure of the body-Resurrection, which, element, body-education, sports sports sports on a certain type of fit that a person communicating in the world constant	active action, using different exercises for body structure, only element, body-person training with the fulfilment of society	Harakatli stagnation, depending on the structure and favourable training conditions or disinterested badantarbiya perform, then the person,
who can and who will follow it strictly rational planning daily regime, your daily regime of forming healthy lifestyle skills, a person more knowledge of the importance of the	not to observe the order of the day on a regular basis, to a man who	indifferent to the order of the day, stares you in the face
know the rules and quality of food on a regular basis to his face,	remember proper nutrition and quality standards, however, it is not applied on a permanent basis personality	a person who has sufficient knowledge of the rules of good nutrition and quality of
personal and general hygiene rules with regard to the person who strictly follows these rules, full information and	have sufficient knowledge of the rules of personal and general hygiene, but also to the person who applies to him in some cases	personal and general hygiene, have some knowledge of the terms to follow its rules; however, that not having observed the rules

**Picture. Different levels of healthy lifestyle skills formation in a person**

Based on the above criteria, it is necessary for everyone to have even students test themselves. In the process of experiment-testing, if the number of answers of a person in group A is 85 per cent or higher, the lifestyle is healthy, if the number of answers of a person in group B is 55-85 per cent, partially healthy, and in these cases it is important to take into account the teacher's and parents' recommendations. If the number of answers of a person in Group V is below 55 per cent, it is necessary to organise individual lessons with a teacher on forming a healthy lifestyle. After all, only as a result of these efforts pupils will be able to create a foundation for future healthy personality and happy life.

As an option, the formation of a healthy lifestyle requires the systematic organisation of spiritual and moral activities with pupils. The process of extracurricular and extracurricular educational work is undoubtedly important in the spiritual and moral improvement of students. To solve these tasks, teachers are required to have deep knowledge, research, dedication and experience. First of all, it is very important for teachers to have a deep knowledge of the methodology of extracurricular and out-of-school educational work. At the same time, it is desirable to carry out extracurricular and out-of-school educational work in the following order:

- moral conversations;
- various sporting events;
- book exhibition;
- stage performances;
- literary tales;
- reader's conferences;

fun question and answer games (quizzes) [3].

To summarise, we can say that the role of the above-mentioned educational work in the formation of a healthy lifestyle in students is very important.

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