

Khadzhiakhmatova Rano Yuldashevna.

Department of General Hygiene,

Andijan State Medical Institute

A HEALTHY LIFESTYLE IS A GUARANTEE OF QUALITY LIFE

Abstract: In this article, the main issues of healthy lifestyle are discussed, based on scientific evidence that a healthy lifestyle is a guarantee of quality life. The author gave useful recommendations for organizing a healthy lifestyle.

Key words: healthy lifestyle, quality life, sports, physical education, proper nutrition

A healthy lifestyle is a set of habits and actions that help strengthen and maintain immunity and physical capabilities, eliminate factors that negatively affect well-being and the body as a whole. A strict concept of healthy lifestyle is not formulated, so people often perceive it in their own way. For some, this is a sport seven times a week, and someone believes that he began to lead a healthy lifestyle, giving up alcohol and cigarettes.

The concept became widespread in the 1970s, when people began to think that progress inevitably led to a decrease in physical activity, dietary costs and bad habits. Doctors began to note the genetic predisposition to health problems and the ability to avoid complications by following certain daily rules.

From a medical point of view, a healthy lifestyle is a way of life that allows you to maintain health and reduce the risk of non-communicable diseases, primarily heart attack and stroke.

When we say “preserve health”, we mean everything that medicine puts into this concept today. The fact is that the concept of health changes from time to time, since humanity has not yet given a single answer to the question of what it is (and some medical philosophers believe that it will never be found). Today, the World Health Organization (WHO) defines health as “a state of complete mental, physical and social well-being and not merely the absence of disease or

infirmity”. Thus, a healthy lifestyle is aimed at physical, social and mental well-being, as well as reducing the suffering from diseases.

Harvard University conducted a large-scale study of the impact of health habits on life expectancy. The scientists looked at data from more than 78,000 women from 1980 to 2014, and 40,000 men from 1986 to 2014. The researchers took into account information about diet, physical activity, body weight, smoking, and alcohol consumption from regular questionnaires. Based on the data obtained, conclusions were drawn about the impact of the above criteria on well-being, illness and life expectancy of people, a correlation was traced between healthy lifestyles and quality of life.

“A healthy lifestyle is aimed at preventing disease and promoting health. This is the basis for the development of all aspects of a person's life, which helps them to achieve active longevity, the full performance of social functions, and allows them to maintain physical and psychological health. A person who adheres to the basic principles of a healthy lifestyle lives a long, active, harmonious and happy life.

Recently, the relevance of a healthy lifestyle is due to the increase and change in the nature of stress on the human body. This is due both to the complication of social life, the increase in risks of a technogenic, environmental, psychological nature, as well as to changed nutritional conditions, physical inactivity, and chronic stress. Together, all this provokes negative changes in the state of health. A conscious attitude to oneself, which is based on the basic principles of a healthy lifestyle, helps to mitigate these risks.”

Healthy habits are of great importance. According to the above analysis, people who met the criteria for a healthy lifestyle lived significantly longer. Those who did not maintain a healthy lifestyle were much more likely to suffer from cancer and cardiovascular diseases. The researchers also calculated life expectancy from how many healthy habits the respondents had. Even one of them, for example, the complete rejection of alcohol and smoking or proper

nutrition, increased the life expectancy of men and women by an average of two years.

In addition, the consequences of the pandemic, both physical and psychological, cannot be discounted. People began to think more often about health and how to support immunity. There is no more effective preventive measure than regular exercise. In addition, after the lockdown, people began to value freedom of movement and social activity more. This also inspired many to go to fitness clubs. Another factor is stress management. In society, they are increasingly talking about healthy lifestyles already at the state level, instilling in people the idea that physical activity is the norm, and being beautiful and healthy is not just fashionable, but necessary for a fulfilling life.

A healthy lifestyle contributes to:

- reduce the number of relapses of chronic diseases;
- increased endurance: a person is full of energy, less likely to experience physical and emotional fatigue;
- improved appearance: healthy skin, hair and nails;
- normalization of weight, which has a positive effect on the figure and quality of the body, physical capabilities;
- reduction in the incidence of acute respiratory viral infections; disease progresses faster and easier.

“Healthy lifestyle does not guarantee the absence of diseases. There is no such thing as a guarantee in medicine. Nevertheless, it can be said that a healthy lifestyle provides an opportunity to lay the scientifically proven foundations of long-term health. It helps reduce the risk of non-communicable diseases.

In the middle of the 20th century, when antibiotics began to be widely used in medicine, the average life expectancy of a person began to increase. However, it then became clear that cardiovascular and oncological diseases, injuries, road traffic accidents and violent crimes, as well as chronic lung diseases can prevent an increase in life expectancy. Many diseases are

noncommunicable, but they can cause epidemics or pandemics. For example, obesity.

The medical community was not ready to accept the fact that these causes of shortened life expectancy are problems. So, one of the presidents of the United States was treated for high blood pressure and heart failure with massage and sedatives, because at that time medicine believed that blood pressure should be high in people of normal age. Many doctors smoked right in their offices and could even prescribe cigarette smoking, for example, to relieve stress.

Then a revolution happens: the US Department of Health launches the Framingham Heart Study. Its essence is as follows: a typical American city becomes the object of close study of medical scientists. With the help of mathematical statistics, regular laboratory and instrumental, as well as periodic medical examinations, a list of factors that increase life expectancy and reduce health risks is formed. Over 65 years of research have shown that high blood pressure, smoking, unhealthy drinking, high cholesterol, and being overweight are negative factors for maintaining health and longevity.

Please note that here we have listed only modifiable factors, because both the patient himself and his doctor can affect them. There are non-modifiable factors of low life expectancy and poor health, such as gender (men are more at risk than women), age (aging cannot be stopped). Medicine has learned to improve the lives of already sick people with the help of various technologies. For example, just recently, myocardial infarction was treated with 21 days of bed rest, and today, if the patient and doctors respond in time, this disease can be reversed with therapy.

When it comes to beauty, there is currently no scientifically proven medical tool to influence appearance. However, the beginnings of evidence-based cosmetology have made a great contribution. The problem is that humanity does not have any single standard of beauty. Think of the paintings of Rubens and the fashion for models whose body sizes are more likely to be on

the verge of anorexia than the average level of health. Nevertheless, today you can choose two options for yourself - these are, let's call them conditionally, “forever young” and “beautiful aging”.

A healthy lifestyle includes several important rules, the observance of which allows you to achieve a positive effect. Pay attention to various areas of life and adjust them if necessary.

Sports activities help to improve cognitive abilities, reaction speed and mood, get rid of stress and speed up metabolism. Even adhering to household activity, you can significantly improve health indicators. It is not necessary to buy a gym membership and sign up for yoga classes, although consulting a trainer, determining your body type and an individual training program will definitely not be superfluous. Hiking, morning exercises, favorite outdoor games or dancing will help to add movement to life. You can buy a couple of machines for home gym equipment, stretch and do simple exercises without getting out of bed.

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