

GETTING YOUNG EDUCATORS USED TO A HEALTHY LIFESTYLE

Malika Rakhmatullayeva Azimjon kizi
Yeoju Technical Institute in Tashkent
4th Year Student of "Primary Education" Faculty

Annotation

This article explains what a healthy lifestyle should actually be like, what laws parents should follow to make their children grow up healthy and fit and stay active in classes, and what aspects should not be overlooked. In addition, in the performance of this responsible task, we have been covered in detail about how educators should behave, in what way they can help parents, through what techniques to instill in the minds of young educators the ability to lead a healthy lifestyle, and the relevant conclusions are presented.

Keywords: healthy lifestyle, human, proper nutrition, agenda, tranquility, neatness, sleep, sports, emotional, Thomas Jefferson, Abu Ali ibn Sina.

Introduction

A healthy lifestyle is a social phenomenon that ensures the establishment of vital activity and the achievement of a high level of Health on the basis of acquiring skills that serve to ensure the safety of a person's life and health. Human health is a social value. It is a powerful social, economic, Labor, Defense, demographic, cultural and spiritual potential of any society.

For each child, the most important role model and motivator in life are parents who strive to be similar in everything, so it is necessary to start promoting a healthy lifestyle from them. That is, we educators should help parents to successfully implement this important aspect. To do this, we need to convey to the minds of every reader in our upbringing the concepts of the importance of this lifestyle, how it is practiced and the results that will be obtained after its implementation through various methods and techniques in an understandable and interesting way to them! It is imperative and necessary that we constantly remind these concepts that we need to focus on in parallel in the course processes! It is also required that we constantly communicate with parents on this topic. What should be paid attention to for the growth and development of young educators, humanity as a whole, in a healthy lifestyle?

- Scientists believe that a healthy lifestyle is based on the observance of six basic conditions.

-**The first** of them is proper nutrition, which is the selection and consumption of foods consumed daily based on the physiological, biological requirements of the body. Proper nutrition should be organized in such a way that it does not weigh on the human body with its physical, chemical and biological properties, but, on the contrary, quickly and easily digested, providing the body with the necessary nutrients.

The second condition is to always be on the move. When a person is more engaged in Physical Activity, Sports Games, body conditioning procedures in everyday life, physiological, biological processes in the body are activated. As a result, the mood rises and the ability to work increases. Obviously, this is important in promoting health.

The third condition is the organization of the agenda and work on the basis of the biological regime. In the universe, natural phenomena are repeated according to a certain order. In particular, the fact that the sun rises and sets every day at a certain time, the annual repetition of the seasons of the year is a sign that all actions in nature are subject to a certain order. And man is no exception.

For example, activity in the human body increases during the day, and decreases at night. Therefore, the working day, the rest time should be properly planned.

The fourth condition is to ensure mental tranquility. As you know, the activity of our body, internal organs directly affects the nervous system. Their normative activity determines our state of mind, mood. In this sense, thinking about good things and thinking rationally, refraining from evil, not giving free rein to lust, being kind, polite is a guarantee of Health and strengthening.

The fifth condition is the avoidance of harmful habits, such as drunkenness, addiction. There is no need to emphasize the fact that these vices are harmful to health and marriage. After all, it has been observed a lot in life that such people become vulnerable people who are indifferent to life, who live for the day to pass, who do not think about their own health and future. It's sad.

The sixth condition is the issue of neatness, adherence to orastality, attitude to the environment. In the essence of everyday life, a person has a certain impact on the environment. For example, it is extremely natural for waste to be generated from the food we need for our lives.

You know, the environment is polluted due to the fact that the excretions are thrown in the right place: in water, soil and air, factors that negatively affect health arise. That is why strict adherence to neatness should become the norm in our daily routine.

Health can be considered a gift of nature, but its preservation throughout life depends on man and society. Ignorance and sometimes misunderstanding of the importance of Health for a person's full life is not only a sign of low general culture, but also a sign of real social infantilism.

EATING ROUTINE

Rule 1. It is considered strict to follow the eating routine. Both eating too little and eating too often or constantly doing light snacks are harmful. It is most optimal for a healthy person to eat 4-5 times a day, without exceeding the interval between meals by 5 hours. When the meal intake interval is too much, the metabolism slows down and the body gets to the austerity order. Thanks to this, fat begins to accumulate in the body. In addition, you should not eat in front of the TV or at work, because in this case the brain perceives satiety later;

Rule 2. Eating fresh vegetables and fruits every day. The recommended amount of each is 300 g. In this way, the body will have all the necessary vitamins and fiber. Sliced fruits can also be placed in a container and taken to work or study.

Of course, it is very difficult to immediately and completely change habits and give up a delicious cake with a cup of bitter coffee. It can take a lot of willpower and effort. For this reason, it is also possible to keep eating a sausage sandwich or cake from time to time. The main thing is that it does not turn into everyday food.

PROPER NUTRITION ROUTINE: REGULARITY

In addition to proper nutrition, it is also necessary to accurately calculate the time of feeding, since only timely nutrition fully covers energy consumption. For a healthy person, it is most rational to eat four times a day. In this case, the load on which the digestive system falls is evenly distributed, food is better digested and assimilated.

When eating twice a day with an interval of 7 hours or more, the level of cholesterol in the blood increases, fat begins to accumulate in the body, the intensity of thyroid activity decreases. In addition, after a long break, there is a lot of observation that a person eats more than the norm.

Consequences caused by inappropriate nutrition, especially in adolescence, at school age:

Anemia;

Obesity or weight loss;

Disorders of the functioning of the organs of the digestive system;

Lagging behind mental and physical development;

A person's overall strength is a decrease in immunity and a tendency to suffer from infectious diseases caused by it.

The decency of interpretation!

Literary first-the dish is eaten sparingly. And the dish is not eaten if the honest hunger does not happen, and again the dish is eaten, leaving a little hunger in taste;

The little ones don't reach out until the adults reach out to the food;

Eating and drinking is done on the right hand;

Takes the dish ahead of its time;

The bread is broken with both hands and eaten in pieces;

At the time of eating, although it is often divided into hungry, it is not eaten with shitob;

The bite is taken medium, not large or small, and in the mouth the bite is gently swallowed, rinsed well.;

It is impossible to sit raw over the dish from beginning to end. No food is discriminated against;

If it is possible that the food is not eaten secluded, then a dish with many hands extended is a blessed meal;

After some dishes, the tooth can be dug Hilal stick bian;

The hand is washed both before and after feeding;

When you eat, praise and Blessing are said, and then the owner of the meal is blessed.

[2]

How many hours a day should a child sleep?

Good sleep, nutrition and exercise are an integral part of a healthy lifestyle. Having rested enough, the child will be happier and healthier than his sleepy peers.

Preschool children should sleep 9-10 hours a day. School-age children and adolescents should sleep at least 8-9 hours a day.

Fresh air.

Daily walks in the fresh air have a beneficial effect on the body. Walking in any weather, being in places with a lot of plants, trees and flowers is beneficial for healthy development.

Mental emotional state.

The emotional state of children is largely determined by the psychological environment in the family. In the future, this will also affect their health. The main causes of many children's diseases are negative emotions, worries and stress, overwork and family problems.

Positive thoughts improve the hormonal background, strengthen the immune system. The child needs love, understanding and care. Good words, warmth and approval, care are the main factors of a healthy lifestyle for every child. Regardless of whether you are a teacher or a parent, remember not to turn children into a passive subject of your own measures. They can live with their mental or neurological health for the rest of their lives, and their ownership of Neurology is important for their well-being and self-esteem. Thus, over the years of child formation, it is necessary to focus on planning and strategies.

Playing sports.

Physical activity is one of the most important parts of a child's health, well-being and knowledge acquisition. Helping them incorporate this into their lives is a big priority in modern parenting. Thomas Jefferson said that a person of any age should take time to exercise for at least two hours a day, because "a strong body makes the mind strong."

When it comes to children, it becomes more correct - children's sports not only strengthen the young body, but they also contribute to the growth of intelligence.

Ibn Sina argued that "due to physical education and restraint, most people may not need medication." The scientist attached great importance to a healthy lifestyle in maintaining and strengthening health. Abu Ali ibn Sina believed that the protection of Health is equal to the art of living. Ibn Sina, like Hippocrates, compares medical science with art, raising it to this level not only due to its scientific basis, but also due to the systematized complex of a person's attitude to himself, to his health, as well as to his spirituality.[3]

All of the above are integral pieces of a healthy lifestyle! This is we must convey the concepts to our students of educators, their parents!

In addition to daily classes, the organization of small classes that promote a healthy lifestyle based on the plan and program developed in the sequence will be a novelty in this regard for the time being! These small lessons include videos, information, handouts that reflect the rules of the law, pictures related to a colorful topic, practical activities that are specific. Together with the fact that such new methods will help to organize classes with pleasure, they will be able to provide young educators with healthy formations from the initial periods!

In short, with the current development in the early age, along with innovations in technology and other fields, various diseases that bring problems to human life are developing at an accelerated pace! We are obliged and necessary to encourage every young generation from the earliest times to be careful, orderly, attentive, to live in pursuit of a healthy lifestyle, as a defense of humanity from a life-giving lifestyle, feeling in every possible way that educators have enormous responsibilities on our shoulders! It is far from true that this process can be done in one lesson or one day and fall into the system, but an effective action on a regular basis will definitely lead to the goal! We educators should not be able to seek in strong cooperation with parents and master the necessary Sciences on every page of life and share them!

List of Used Literature

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