



## HEALTHY LIFESTYLE

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<p><b>Received:</b> September 7<sup>th</sup> 2021  <b>Accepted:</b> October 11<sup>th</sup> 2021  <b>Published:</b> November 30<sup>th</sup> 2021</p>	<p>This study covers in detail the benefits of a healthy lifestyle, proper nutrition, exercise, and diet in the human body, healthy living involves more than physical health, it also includes mental and emotional health.</p>
<p><b>Keywords:</b> Healthy lifestyle, diet, energy, sports, heavy weight, proper nutrition, problems of ecology, be busy, physical health.</p>	

“A healthy mind in a healthy body”

**Abu ali Ibn Sino**

We have heard a lot about a healthy lifestyle. But we don't know what meaning these three words. A healthy lifestyle is not just about eating right, exercising sport or dieting. So what exactly mean these three words, which we always shout about as healthy lifestyle actually mean? Today nobody can say what I live in healthy lifestyle. Because we watch people which murmur own health. And someone murmur own weight, aches and others. These five areas were chosen because prior studies have shown them to have a large impact on risk of premature death. Here is how these healthy habits were defined and measured:

1. Healthy diet, which was calculated and rated based on the reported intake of healthy foods like vegetables, fruits, nuts, whole grains, healthy fats, and omega-3 fatty acids, and unhealthy foods like red and processed meats, sugar-sweetened beverages, trans fat, and sodium.
2. Healthy physical activity level, which was measured as at least 30 minutes per day of moderate to vigorous activity daily.
3. Healthy body weight, defined as a normal body mass index, which is between 18.5 and 24.9.
4. Smoking, well, there is no healthy amount of smoking. “Healthy” here meant never having smoked.
5. Moderate alcohol intake, which was measured as between 5 and 15 grams per day for women, and 5 to 30 grams per day for men. Generally, one drink contains about 14 grams of pure alcohol. That's 12 ounces of regular beer, 5 ounces of wine, or wine or 1.5 ounces of distilled spirits.

Researches also looked at date on age, ethnicity and medication use, as well as comparison data from the National Health and Nutrition Examination Surveys and the Centers for Disease Control and Prevention's Wide-Ranging Online Data for

Epidemiologic Research. Of course, unties of all these problems are healthy lifestyle. It is not easy what live in healthy lifestyle. Because we cannot win on our power. And healthy lifestyle dependent on other many states. For example, our agenda and other works expect plan, eating disorders, genetics and of course ecology. We must be busy with sport, eating orders and diet for live in healthy lifestyle. But we cannot begin these. Because always we have excuses. For example, we are going to begin be busy sport but we have not sport form we don't like gym or coach of sport. Or we have party when we begin diet and prolong the time of diet. Maybe it is a day or some month or a year. Of course pass that day or that year and we cannot feel how pass that time. So pass time and one day we see in mirror person which we don't want be. Today heavy weight is very peak problem for women and men. What reason of heavy weight? And answer also is healthy lifestyle. Virtually we eat foods for what foods are source of energy. Because foods are energy. And this energy spend for life activities. We consume a lot of foods but don't do some activities for spend these energy. That time form a lot of energy but we don't spend it. And these energy collect for stock, and we gain weight. We think false about diet. Because diet is the sum of food that is eaten by a person or another organism. Dietary habits are the usual decisions someone or a culture makes when choosing what foods to eat. Palate with green salad, onion, tomato, cucumber, carrot and a black olive. In discussing diet the key issue is the change in the work to office-type work, and to houses which have washing machines. This has happened usually without changes in eating habits got during childhood. This is the basic reason why people get fat, with all the problems which follow. With the word diet, it is often expressed the use of specific intake of nutrition for health or weight-management reasons. Although humans are



omnivores each culture and each person holds some food preferences or some food taboos, due to personal tastes or ethical reasons. Individual dietary choices may be more or less healthful. A proper nutrition requires a proper ingestion and also important the absorption of vitamins, minerals, and food energy in the form of carbohydrates, proteins, and fats. Dietary habits and choices play a significant role in health and mortality, and can also define cultures and play a role in religion. Diets are about eating the right quantity and type of food at the right time. When people talk about a diet, they are usually referring to a special kind of diet. A fad diet is a type of diet that becomes popular for a short time without any major health organizations recommending it. We think what diet is fed once in a day and don't feed in this day. No, because it is false thought. And diet is often fed in a day but a few. We cannot feed very heavy foods. Of course, foods be very profitable and be digested very easy. For example, fruits, vegetables, salads with vegetables and others. We cannot stop feed heavy foods because they have useful albumens. And albumens are very important in our life. With the word diet, it is often we must diminish their quantities. It is not very easy what live in healthy lifestyle. So first time we must answer following questions. Can I live in healthy lifestyle? Why must I begin live healthy lifestyle? When we begin healthy lifestyle we cannot live 3 or 4 days in this life. We must live end our life in this life. If we stop live in this life after a few days we cannot get goods. Oppositely our life get bads. Because our life is going to be order and it be in order but we break this order. Now there is not order in our life. Now our organism be in our disorderly. So if we going to live in healthy lifestyle we must live the end. And we cannot feel result very soon. In a few days we cannot win anything. Forget result our new attempts turn be customs. We must to pass medical examination. We must inform about our own health. And we must be busy sport which we like. Sport is very big way of life. There is may not what you don't like kind of sport in this way. Occupation of sport which you choose, be very interesting and you want be busy with it. But we cannot be busy very long with sport. All things are very good when they be in normal. Sport and diet are very useful when they be in normal too. It must be very slowly what change our menu. And sport is too. Healthy lifestyle is not only diet, be busy sport. Once you start a healthy lifestyle, you also need to learn to calm your nerves and achieve peace of mind. After achieving the above habits, we can easily say that we have achieved a healthy lifestyle. A healthy lifestyle is one which helps to keep and improve people's health and well-being and overcome a lot of stress.

Many governments and non-governmental organizations work in promoting healthy lifestyle. Healthy living is a lifelong effect. Being healthy includes healthy eating, physical activities, weight management and stress management. A lifestyle includes a balanced diet. This does not mean cutting out important food groups of your diet or limiting yourself on the number of calories per day. A well-rounded diet involves eating most food groups in every meal. Meats, dairy, fruits and vegetables are all important components of a meal that will ensure your body is healthy. Healthy lifestyle is a guarantee of longevity.

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