

THE IMPORTANCE AND ROLE OF FORMING A “HEALTHY LIFESTYLE” IN FUTURE HOSPITAL EDUCATORS”

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Abstract

In order to further strengthen the health of the population in our country, instilling a healthy lifestyle in the minds of our people, protecting social protection, family interests, increasing the status of women in our society and raising a healthy generation are among the priority areas of our government's policy. The results of the reforms carried out consistently in the public education and medical system at the initiative of our esteemed President are clearly visible. This is aimed at educating and educating our youth, protecting the health of mothers and children, forming a healthy lifestyle in every family, and improving health, is the effectiveness of the actions taken continuously to raise a healthy generation.

If a child who comes into the world is born physically healthy, mature, knowledgeable, strong-willed, loyal, flawless, and complete in every way, this brings endless happiness and joy not only to parents and family members, but also to society. After all, the future of the country largely depends on such a well-developed young generation. Therefore, in order to determine in advance the flawlessness of the fetus and find out at the 7th week whether it is a boy or a girl, maternal and child screening centers have been well established.

Another thing that prepares the ground for the birth of a healthy child is to achieve improved reproductive health. Currently, serious attention is being paid to this issue in all aspects of the healthcare system and social life. The resolution of the Cabinet of Ministers on measures to organize a medical examination of persons entering marriage is an important programmatic measure in this regard. According to it,

Young brides and grooms undergo a medical examination before starting a family. This, of course, serves to strengthen the health of parents, ensure the birth of a healthy child at the time of marriage, and prevent some mistakes and serious health problems that negatively affect the development of the future generation.

To instill and instill a healthy lifestyle in the minds of the population, we present the following ten secrets:

1. The first secret: The power of the mind;
2. The second secret: The power of breathing;
3. The power of physical exercise;
4. The secret of proper nutrition;
5. The secret of laughter;
6. The secret of getting along;
7. The secret of maintaining proper posture;
8. The power of the external environment;
9. The power of confidence;
10. The power of love.

The founder of APPLE, billionaire Steve Jobs, died of stomach cancer at the age of 56. His His last words:

" -I have achieved great results in the world of entrepreneurship. In the eyes of others, my life is full of luck and success. But I have almost no joy other than work. Wealth is just a support for the life I am used to. I am currently in my current state, that is, while I am sick, and I have come to understand that my wealth is meaningless. Especially in the face of death, it is worthless. You can pay money to buy a driver or a car. You can earn money to buy something for your needs. But you cannot buy the pain of another person feeling the pain of illness. You can buy material things, but you cannot buy life. As we grow older, we become wiser. When we get older, we realize that a \$300 watch and a \$30 watch tell the same time. Whether you drive a \$3,000 car or a \$30,000 car, we will get to the same destination and the roads are the same. Whether your house is 2 acres or 12 acres, if there is no one in the house,

you are still alone. Your life's meaning and happiness are not made up of worldly things. Whether you fly business class or economy class, if the plane crashes, you will still be with everyone. If you understand what I am saying, having friends or someone to talk to is true HAPPINESS. I will give you 5 recommendations:

- Don't raise your children just to be rich. Raise them to be happy. Then when they grow up, they will begin to understand the value of things, not their value.
- Those who love you will never leave you. Even if there are 99 reasons to leave, they will not find a reason to stay and leave you.

-There is a difference between being human and being human.

-If you want to go fast, go fast alone. If you want to go far, go together.

-I will tell you the 6 best doctors in the world: sunlight, rest, exercise, diet, self-confidence and friends. Hold on to these and enjoy life." Steve Jobs

A healthy lifestyle is a broad concept that includes productive work, active recreation, physical education and sports, physical training, personal hygiene, rational nutrition, avoiding harmful habits, annual medical check-ups, and many other components. Lifestyle is understood as a complex pattern of human behavior and activity formed in the process of historical development. Customs based on a specific historical development process are repeated over time. They, in turn, form actions, habits, and a lifestyle that have become necessary. The complex indicators of an individual's lifestyle include lifestyle, standard of living, and lifestyle. Standard of living refers to people's nutrition, education, employment, working conditions, living conditions, social security, recreation, clothing, use of free time, and rights. understood. Health promotion is a process that allows a person to improve and control their own health. The following are important areas of promoting a healthy lifestyle: personal hygiene; hygiene of rest; optimal movement regime; physical education and sports; rational struggle with stress, strain; physical training; psychohygiene; medical and social activity; promotion of factors that ensure health;

occupational hygiene; rational nutrition; environmental hygiene; risk factors that harm health. According to the definition of the World Health Organization (WHO): health is not only the absence of diseases and physical defects, but also a state of complete physical, mental and social well-being. The health of a person is not only the absence of diseases, illnesses or physical defects, but also the harmonious balance of the activities of all human organs and systems with the external natural and social environment, the harmony of the social, biological and mental state of a person. Healthy life According to the proponents of the method, there are the following conditions for people to be healthy, work actively, live long and live happily.

The first condition: Proper organization of nutrition.

The second condition: Physical activity, life is in motion.

The third condition: Organization of the day and work based on biological regimes.

The fourth condition: Ensuring mental peace or nervous balance.

The fifth condition: Refraining from habits such as alcoholism, gluttony and drug addiction.

The sixth condition: Observance of moderation, the issue of attitude to the environment. Proper organization of nutrition. Nutrition. Proper, rational nutrition and maintaining energy balance are the basis for the prevention of many non-communicable diseases. Rational nutrition, taking into account a person's gender, age, nature of work and other factors, is an active long life, high physical and mental performance, external environment is understood as a physiologically complete diet that increases resistance to harmful factors and helps maintain health. Healthy nutrition is a scientifically based diet for rational nutrition of various population groups, taking into account customs, traditions, and traditions, based on the consumption of various food products that ensure the satisfaction of needs, help

prevent diseases and strengthen health. Overnutrition is a systematic excessive consumption of food products (for example, salt, fat, sugars, etc.) or the energy content of the diet does not meet the physical needs. Insufficient nutrition is the intake of small quantities of low-quality food substances or individual components, the calorie content of the diet does not meet the physiological needs.

Physical activity, life is in motion.

The more a person engages in physical exercises, sports, and body-strengthening procedures in his daily life, the faster the physiological and biological processes in his body will be, and as a result, his mood will improve, and his activity will increase. Undoubtedly, this will serve to strengthen his health.

By the second half of the 20th century, a sedentary lifestyle became widespread. Currently, in economically developed countries, there are few jobs that require physical strength. The development of urbanization and automation has made human lifestyles less active, although millions of years ago, during the process of evolution, the main occupation of man was hunting, gathering plants and fruits. Physical activity is one of the key conditions for a healthy lifestyle. It not only makes a person physically fit, but also significantly improves his health, and has a positive effect on the duration of life, especially on its active part.

Organization of the day and work based on biological regimes.

Natural phenomena in the universe are repeated according to a certain order. In particular, the sunrise and sunset at a certain time every day, and the annual repetition of the seasons are examples of the fact that all movements in nature are subject to a certain order. Similarly, orderly movements

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