

# WAYS TO CREATE A HEALTHY LIFESTYLE IN THE FAMILY

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## Abstract

This article explores effective strategies for fostering a healthy lifestyle within the family setting. It emphasizes the importance of balanced nutrition, regular physical activity, mental well-being, and positive communication habits. The study highlights how consistent routines, mutual support, and shared goals contribute to long-term health benefits for all family members. Special attention is given to the role of parents as role models and the influence of home environments on children's habits and development.

**Keywords:** Healthy lifestyle, family health, nutrition, physical activity, mental well-being, parenting, habits, well-being, communication, role modeling.

## Introduction

At the heart of a healthy lifestyle are, firstly, the physical health and development of a person, and secondly, the spiritual and ideological health of a person, his full development as a person. The development and popularization of family sports in our republic, the wider involvement of the population in sports that improve the health of each family, the restoration of their health, the strengthening of the nation's gene pool, and the physical and mental health of young people are among the urgent tasks in the field of healthy lifestyle.

The main goal of popularizing family sports is to strengthen the health of family members, the full formation of a healthy lifestyle, physical and medical culture in each family.

To strengthen family health, it is recommended that each family pay attention to the following:

- each family member should do morning physical education for 5-7 minutes;
- family members should do a healthy run in the morning;
- perform 3-5 minutes of refreshing exercises during work and study;
- after dinner, take a family walk, that is, walk at least 1-2 km.

Only if each family includes the above physical skills in its daily routine, the health of family members will be strengthened and 50-55% of lifestyle-related diseases will be prevented. Undoubtedly, each of us intends to raise our children healthy and well-rounded, to see their happiness and a bright future.

Today's globalization process is affecting all aspects of social life, and young people in particular are not exempt from these processes. On the one hand, this is a general natural process. Because young people are also becoming aware of the current information society environment through various factors. However, their level of ideological immunity to values may be different. In the opinion of some young people, local branches of the Youth Union



should actively work to prevent behavior, unhealthy ideas, and inclinations to values that are incompatible with the national and spiritual values of our people.

In recent years, efforts have been consistently carried out to form a healthy lifestyle among the population. It is important to note that this direction has become one of the priority tasks of state policy. Since the concept of a healthy lifestyle is based on human health, and in particular the future of youth, it is natural that it will play a key role in the development of society.

The fundamental reforms being implemented in Uzbekistan are aimed at protecting the interests of society and the state, raising a spiritually mature generation that will work selflessly for the prosperity of the country and the well-being of the people, and building a democratic legal state based on national and universal values.

Strengthening the cooperation of the family-neighborhood-educational institution in raising a healthy generation in our country is a guarantee of results. The directions being implemented by our government in this regard are as follows:

- Improving the legal framework for ensuring cooperation between the family, neighborhood, and educational institutions, strengthening methodological support aimed at strengthening cooperation;
- Increasing the social activity of young people and parents in the family;
- Providing material and moral support to families in need of social protection;
- Improving the content of spiritual and educational activities aimed at raising a harmonious generation, creating a mechanism to increase its effectiveness;
- Effective use of mass media and modern information technologies in raising a healthy generation.

If the family is healthy, the society is strong, if the society is strong, the country is stable.

### Conclusion

We offer the following methods for forming a healthy lifestyle:

- first of all, try to get rid of your harmful habits. To do this, deeply imagine and critically evaluate their harm and consequences. Look for ways to get rid of harmful habits;
- make a habit of moderation in eating. Achieve a normal body weight. Put an end to excessive and disorderly, haphazard eating;
- ensure daily physical activity. Make it a habit to walk, walk, run in the morning. Let your daily exercise program consist of regular, even if small, exercises. You can start with exercises performed at home;
- make it a habit to go to bed early and get up early every day. Go outside during breaks in study;
- observe the norms of honor, respect, morality, decency, and the laws of society in mutual relations and interactions;
- family relationships are also a continuation of mutual relations. Therefore, the above requirements apply here as well. When choosing a family partner, try to solve the main requirement not based on external factors such as beauty, position, wealth, but from the point of view of medical-biological and socio-psychological factors;
- make cleanliness a habit;



- let caution be the main requirement of your daily life. When using each technique and mechanism, think about its consequences before doing something, even speaking;
- make friends with people who lead a healthy lifestyle. Their conversations will help you form a healthy lifestyle and enrich your knowledge in this area. Be sure to have books on healthy lifestyle issues at home. Let your actions on the path to a healthy lifestyle serve to follow your family members, friends, and acquaintances.

We believe that the following systematic work should be carried out to form physical culture in families and we include them as a proposal.

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