



SPORTS AND PHYSICAL ACTIVITY, PROPER NUTRITION AND LIVING STANDARDS

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Annotation: *This article presents opinions on the peculiarities of dietary nutrition of patients with various nosologically forms of diseases. The principles of rational nutrition in life and the role in a healthy lifestyle.*

Keywords: *nutrition, healthy lifestyle, propaganda, population, disease, patient, diet therapy.*

President of Uzbekistan Sh. Mirziyoyev approved the concept and program of measures to prevent noncommunicable diseases, support a healthy lifestyle and increase the level of physical activity of the population for 2019-2022 by a decree dated December 18. The document says that there is no effective system in the country for coordinating preventive measures to protect the health of the population, which does not allow the use of coordinated measures to lead a healthy lifestyle, maintain a healthy diet and physical activity of citizens.

Due to the low level of medical and sanitary-hygienic culture of the population, the main attention is paid to the treatment of diseases, rather than their prevention, the resolution emphasizes. In accordance with the document, a Center for supporting a healthy lifestyle and increasing physical activity of the population, which is part of the Ministry of Health, with territorial departments in all regions of the country, will be created on the basis of the Republican Educational and Scientific Center of Dietetics at the Tashkent Medical Academy.

The World Health Organization on Arterial Hypertension, Diabetes mellitus, bronchial asthma, chronic obstructive pulmonary disease and other non-communicable diseases. Additionally, mechanisms for continuous assessment and improvement of the quality of medical services to the population through a system of supportive supervision will be introduced. Electronic health profiles on risk factors and non-communicable diseases will be conducted for each patient.

The less we move, the greater the risk of getting sick. It's good if you have a lot of free time. You can attend sports clubs, exercise in the gym or dance. There are a lot of options. But what to do if you are a busy person and have almost no free time? Then it is necessary to start the day with morning exercises, which will help to move from sleep to wakefulness, will allow the body to actively engage in work. It is necessary to perform the exercises in a certain sequence: first stretching, then exercises for the arms and shoulder girdle, then the trunk and legs.

They finish charging by jumping and running, after which they do an exercise to restore breathing. Devote 10-15 minutes to charging and your body will always be in excellent condition. In addition to charging, physical education includes active outdoor activities: outdoor games and/ or daily walks on roller skates, bicycles, etc. Physical labor, gymnastics, walking, running, etc. improve blood circulation, give energy, good mood, health.



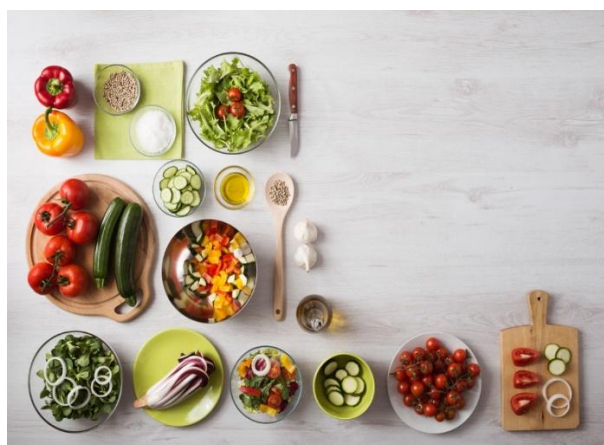
It is clear that adults prepare food for children. It is clear that children need a lot of strength to grow and grow up. And they should get everything they need from food rich in trace elements, minerals and vitamins. The lack of a balanced full-fledged diet can turn into a spoiled health for life. Therefore, you need to try to eat everything useful that your parents offer you. The rules of healthy eating are quite simple and do not require special skills.

Eat vitamin-rich vegetables and fruits. Do not give up those vegetables and fruits that once seemed tasteless to you, try them again, suddenly you will like them. Fresh vegetables and fruits will not only satisfy hunger, but also replenish the lack of nutrients.

Use fermented milk products (kefir, yogurt, cottage cheese, sour cream, etc.). They contain healthy protein and promote normal digestion.

Eat porridge. They contain complex carbohydrates that allow the body to be energetic and alert for many hours. As a side dish, this dish perfectly harmonizes with meat, fish and vegetables.

Don't give up meat. Meat contains a huge amount of useful substances, such as iron, potassium, phosphorus. They give the body the strength and opportunity to develop properly and fight diseases. The Council. Take your time while eating, chew your food well. This is salvation for the stomach and the entire digestive system. Experts recommend chewing food at least twenty times.



Nutrition experts advise not to load dinner with proteins, but to include protein in your diet evenly with the main meals and snacks throughout the day.

Protein is vital for every person, but there are some groups of people with an increased need for it:

- Pregnant and lactating women-the need for protein increases to support changes in the mother's body and ensure the normal development of the fetus
- Adolescents-in adolescence, the need for protein is high and is due to energy costs and the need to maintain a growing body
- Athletes and people who lead an active lifestyle-endurance during heavy training requires additional protein intake to cover a small part of energy costs, as well as to recover from physical exertion.

People with some injuries and diseases-Protein helps in repairing body tissues and maintaining the immune system.

If you need to lose weight urgently, the first thing people usually give up carbohydrates. And they make a huge mistake. If the body lacks carbohydrates, it immediately reacts, and as a result, other important processes do not work correctly.



Glucose stops flowing, there is no energy, there is no way to fully burn fats and the body converts them into ketones. They accumulate in the urine and blood, causing ketosis. Its symptoms are lethargy, irritability, lack of appetite, dehydration and headaches. Therefore, a carb-free diet is considered one of the most difficult for the body.

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