

HEALTHY LIFESTYLE

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Abstract: The article breaks down the sound way of life, its part in raising a solid age, and gives a few definitions connected with this idea. These ideas are breaking down by giving data about sound way of life and the ideas remembered for it. The connection between the ideas of sound way of life and wellbeing is thought of. A socio-philosophical examination of the parts of a sound way of life connected with the strategy completed in Uzbekistan has been made, and pertinent suppositions have been advanced.

Keywords: Sound way of life, solid age, physical and otherworldly development, culture, parts, mental and moral wellbeing.

Introduction: In Uzbekistan, the issue of teaching an equipped age is critical in the development of a popularity based lawful state and common society. The issue of raising an experienced age is straightforwardly connected with the choice of a sound way of life in the public eye. A solid way of life is the premise of the relative multitude of cycles of progress and recharging in the existence of society.

Guaranteeing human wellbeing in the public eye is a cycle straightforwardly connected with public activity and human schooling, alongside the condition of the common habitat. Rationally, in the event that an individual is considered a biopsychosocial framework, guaranteeing an individual's organic, mental and social wellbeing is done based on a sound way of life in the public eye.

Numerous arenas, repositories, sports buildings and royal residences are being worked inside the structure of five significant drives to instruct our childhood as genuinely solid and profoundly mature individuals, says President Shavkat Mirziyoyev, - The main thing is standard games among our kids. The quantity of young fellows and ladies who have made a supportable, sound way of life their labor of love is expanding. A solid way of life is a singular arrangement of human way of behaving, which remembers active work for the genuine climate (normal, man-made and social),, guarantees mental and social prosperity and life span.

A sound way of life makes the best circumstances for the ordinary course of physiological and mental cycles, which diminishes the probability of different infections and builds the future of an individual. A solid way of life assists us with understanding our objectives and targets, effectively execute our arrangements, and beat challenges. Great wellbeing, upheld and reinforced by the individual himself, permits him to carry on with a long and cheerful life. Wellbeing is the precious abundance of each and every individual and society all in all.

In the existence of society, wellbeing is the first and most significant need of an individual, it decides his capacity to work and guarantees the full improvement of an individual. This is information on the encompassing scene, self-assertion and human joy is the main condition. A sound way of life is a daily existence that depends on the standards of moral, dynamic, difficult work, and persistence, and simultaneously, safeguards against the adverse consequences of the climate, and permits to keep up with moral, mental and actual wellbeing until advanced age. There are three sorts of wellbeing: physical, mental and moral (social) wellbeing. The pith of

actual wellbeing is that in the event that all organs and frameworks function admirably, the entire human body (self-administration framework) works and grows appropriately.

Psychological well-being relies upon the condition of the mind, which is described by the level and nature of reasoning, the improvement of consideration and memory, the degree of close to home solidness, and the advancement of determination. Moral still up in the air by moral rules that are the premise of human public activity. Indications of an individual's ethical wellbeing are, most importantly, a cognizant mentality to work, digestion of social fortunes, and dynamic dismissal of propensities and customs that are in opposition to the typical lifestyle.

A sound way of life is an important condition for the improvement of different parts of human existence, a functioning long life and the full execution of social capabilities. The pertinence of a sound way of life is connected with the increment and change of weights on the human body because of the intricacy of public activity, the expansion in man-made, environmental, mental, political and military dangers that cause negative changes.

A solid way of life is an individual it is an important condition for the improvement of different parts of life, a functioning long life and the full execution of social capabilities. The importance of a sound way of life is connected with the increment and change of weights on the human body because of the intricacy of public activity, the increment of man-made, natural, mental, political and military dangers that cause negative changes.

A solid way of life incorporates the accompanying fundamental components: "successful work, sensible work and rest mode, end of negative behavior patterns, ideal development mode, individual cleanliness, work out, sane nourishment, and so on" Powerful work is a significant component of a solid way of life. Human wellbeing is impacted by organic and social factors, the primary of which is work.

A sensible system of work and rest is a vital component of a solid way of life. With a right and stringently noticed system, a reasonable and essential work cadence of the body is created, which makes ideal circumstances for work and rest, and in this way assists with reinforcing wellbeing, further develop work capacity and increment work efficiency.

As indicated by Lisitsyn, human wellbeing generally relies upon way of life and rest. At present, the most incredibly complete meanings of this idea can be recognized in the logical arrangement of information about an individual, and the accompanying definitions are given comparable to a sound way of life:

- sound way of life - an arrangement of perspectives on medical issues that create during life affected by different variables as an unmistakable articulation of an individual's capacity to accomplish any objective he sets;
- sound way of life - an approach to sorting out useful, homegrown and social parts of life, which is shaped in an individual and permits to understand one's imaginative potential to some even out;
- solid way of life - a socially and generally characterized thought of medical care, as well as means and techniques for incorporating it into down to earth life;
- solid way of life - normal structures and techniques for everyday exercises of an individual, which reinforce and further develop the hold capacities of the living being, subsequently guaranteeing the effective presentation of social and expert capabilities, paying little heed to orientation, monetary and socio-mental status.

The fundamental errands to be executed in Uzbekistan based on the improvement technique are to raise human pride and lay out a human well-disposed state through the further advancement of a free polite society; making the standards of equity and law and order the most essential and vital state of improvement in our country, quick improvement of the public economy and guaranteeing high development rates; directing a fair friendly strategy, creating human resources, guaranteeing otherworldly turn of events and carrying the business to another level, moving toward widespread issues in view of public interests; reinforcing the security and safeguard capability of our nation, leading an open realistic and dynamic international strategy it, first of all, is completed based on fostering a solid way of life for the residents of Uzbekistan.

A sound way of life is the course of development of an individual who effectively works, approaches work based on imagination, effectively kills solid physical and mental tensions, very risky and hurtful factors, and creates in all perspectives. Subsequently, the reasoning and wellbeing of the residents living in Uzbekistan will prompt positive outcomes in their perspectives on property and virtues. In modernizing Uzbekistan, the development of a sound way of life is done based on the arrangement of the perspective of residents in light of common information, moral and otherworldly training in view of strict qualities.

Philosophical writing as of late given a great deal of consideration to the issue of sound way of life, financial, political, profound instructive, otherworldly mental, clinical clean, individual persuasive parts of a solid way of life. angles are being investigated. Systemic issues of a solid way of life, financial measures, perspectives connected with the way of life of the populace, strict and mainstream values are regions that should be examined according to a socio-philosophical perspective today.

A sound way of life controls and speeds up the most common way of framing solid connections and excellent way of behaving between individuals during the time spent recharging that is being completed in Uzbekistan. The inspiration factor is likewise significant in the development of a sound way of life, and inspiration implies that an individual begins to play out a specific action, moves it, legitimizes and makes sense of its significance.

Conclusion

A sound way of life addresses complex social cycles, and the models of a solid way of life remember an individual's liveliness for public and work processes, taking part in useful imaginative exercises, praiseworthy living in the family and regular day to day existence, endeavoring to acknowledge physical and profound capacities, living as one with the normal and social climate, endeavoring to step by step foster one's character to turn into a solid and balanced individual, normal for an unfortunate way of life to live attempting to safeguard oneself from falling affected by hurtful propensities, to be happy with the way that one day to day routines accurately and to experience with delight, to pick a sound way of life as an objective for one's life and on this way it is feasible to incorporate significant human characteristics and qualities like direct of exercises.

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