

THE IMPORTANCE OF SETTING UP CIRCLES THAT ENCOURAGE CHILDREN AND TEENAGERS TO LEAD HEALTHY LIVES

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Annotation: The article discusses how students from medical and pedagogical faculties at medical universities organize classes and circles on healthy living outside of the classroom. It also focuses on enhancing students' understanding of disease prevention, healthy living, and the rules that govern it, as well as how to put this knowledge into practice at meetings and at school, district, and local events.

Keywords: students in medical and pedagogy faculties at medical institutions, secondary school students, healthy lifestyles, appropriate nutrition, and circles that support healthy lifestyles.

Relevance of the topic. In modern society, attitudes toward health have begun to change, such as eating right, not smoking, not using alcohol and drugs, and doing regular sports. Many people understand that health makes it possible to implement social plans, start a family, and give birth to healthy children. Health is important for everyone at any age. In order to maintain and strengthen health, it is necessary to lead a healthy lifestyle. Health is a normal psychosomatic state of a person, reflecting normal physical, mental and social well-being, ensuring the full performance of work, social and biological functions.

Human health is, first of all, the development of his mental and physiological qualities, maintaining an optimal level of work ability and social activity for the maximum duration of his life. According to many scientists, the functional capabilities of the human body and its stability to unpleasant factors from the external environment change throughout its life, because maintaining health is a dynamic process that improves depending on age, gender, professional activity, and living environment. Human life and health are the highest social wealth. This puts the issue of forming a healthy lifestyle in front of the family, school and other places dealing with human education and development [1,2,3,4,5]. The health of the nation is also naturally determined by a healthy lifestyle. Health is a balanced unity of biological, mental, physical conditions and labor activity of the human body. Good health is happiness for everyone. Its labor productivity is a necessary condition for the development of the economic power of the country and the well-being of the people. Conscious and responsible approach to health should be the standard of life and morals of society and all its members. To maintain and strengthen health, first of all, a person needs to know the structure of his body, the laws of normal functioning, growth, development and reproduction of all tissues and organs. Also, like all living creatures, it is necessary to know and create the necessary conditions for the preservation and further improvement of these biological characteristics characteristic of humans [6,7,8,9,10].

A healthy lifestyle is an individual system of human behavior that ensures physical, mental, and social well-being in the real environment (natural, man-made, social) and active longevity. A healthy lifestyle creates the best conditions for the normal development of physiological and mental processes, which reduces the likelihood of various diseases and increases the life expectancy of a

person. A healthy lifestyle helps us to fulfill our goals and tasks, to successfully implement our plans, and to cope with difficulties. Health, maintained and strengthened by the person himself, allows him to live a long and happy life. Health care is an invaluable asset of each person and the entire society.

The formation of a healthy lifestyle should begin with the birth of a child. A healthy lifestyle is a factor that helps to stay healthy as well as prevent various diseases and accidents, and it is permissible to follow it strictly from the teenage years. "Protect health from youth!" - this proverb has a deep meaning. Factors that have a positive effect on human health are: strict adherence to the daily routine, proper nutrition, exercise, sports, good relations with adults, parents and friends. Health risk factors include: lack of physical activity, disordered diet, smoking, alcohol, drug and other toxic substance intake, emotional and mental stress at home, school, with friends, as well as environmental risk factors[11,12,13,15,16].

By following simple rules, leading a healthy lifestyle, reading health articles and following their recommendations, we can avoid many serious health problems, even diseases like cancer, and simply add a few years to our lives. [21,22,23,25,26].

There is no person who does not want to be healthy. German philosopher Arthur Schopenhauer said: "Nine-tenths of our happiness is based on health. With it, everything becomes a source of pleasure, but without it, absolutely no external benefit brings pleasure, not even subjective benefit: the qualities of mind, soul, temperament are weakened and lost [14,24,33,35,36]. It is not without reason that we, first of all, ask each other about health and wish it to each other: it is really the main condition of human happiness. What is health and a healthy lifestyle? Health is defined as "not only the absence of disease and infirmity, but also a state of physical, mental, spiritual and social well-being." Unfortunately, in the rhythm of modern life, people cannot take time to pay attention to their health. Therefore, we should all have a good idea of how to live and behave in society. One of the main factors of health care is the individual lifestyle, which plays an important role in the formation of health, which largely depends on the person himself and his behavior. In raising the energetic young generation striving for a healthy lifestyle, full adherence to the rules of proper nutrition, avoiding bad habits, relying on the main components of health: spiritual and physical condition, knowing and taking into account the dominant factor - individual lifestyle, observing a healthy lifestyle, strengthening the health of a person to carry out propaganda work among teenagers about the need not to forget that it is in their hands, to strive to be physically and mentally healthy[36,37,38,39,40].

The purpose of the work: to form the concept of a healthy lifestyle in the minds of teenagers with the help of students of the medical and pedagogical faculty of medical universities, to promote a healthy lifestyle, to explain the rules of the law on the observance of a healthy lifestyle in schools, to develop personal characteristics necessary for a healthy lifestyle.

Material and methods. With the help of students of medical and pedagogic faculty, medical universities organized healthy lifestyle lessons and clubs in schools outside of class hours. and learned to apply the knowledge and results they have learned in these lessons and in the circle to the general public, and encourage them to lead a healthy lifestyle. After seeing these results, students have a great desire to lead a healthy lifestyle, and they also have a desire to do sports and lead a healthy lifestyle.

Summary. Thus, a healthy lifestyle does not only consist of harmful habits, work activity and rest regime, nutrition system, various training exercises; perhaps, it embodies the system of attitudes

towards oneself, other people, life, as well as the meaningfulness of existence, life goals and values, and a number of other concepts. Skillful use of all types of factors that affect various components of health care (physical, mental, social, spiritual), health, restoration, refraining from harming nature. A healthy lifestyle largely depends on the outlook, social and moral experience of teenagers. Social norms, values of a healthy lifestyle are considered personally important by them, but do not always coincide with the values developed by the public consciousness. Analyzing the above and promoting a healthy lifestyle, organizing healthy lifestyle classes and clubs will help children and teenagers to deeply understand that leading a healthy lifestyle is important for their health and future, and to promote it.

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