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HEALTHY LIFESTYLE: IN THE EYES OF STUDENT YOUTH

Abstract: This article analyzes the important factors in the formation of a healthy lifestyle of students. A healthy lifestyle includes proper nutrition, physical activity, sleep regulation, and stress management. The achievements of students in these areas help to improve not only their physical health, but also mental activity, attention and concentration. The article also discusses the social and economic impact of a healthy lifestyle on improving student academic achievement, maintaining social and psychological health, stress management, and a healthy lifestyle.

Annotatsiya: Mazkur maqola talaba yoshlarining sog'lom turmush tarzini shakllantirishdagi muhim omillarni tahlil qiladi. Sog'lom turmush tarzi o'z ichiga to'g'ri ovqatlanish, jismoniy faollik, uyquni tartibga solish va stressni boshqarishni oladi. Talaba yoshlarining bu sohalarida amalga oshirgan yutuqlari nafaqat ularning jismoniy salomatligini, balki aqliy faollik, diqqat va konsentratsiyani ham yaxshilashga yordam beradi. Shuningdek, maqolada talabalarining o'qish jarayonidagi muvaffaqiyatlarini oshirish, ijtimoiy va psixologik salomatlikni saqlash, stressni boshqarish usullari va sog'lom turmush tarzining jamiyatga bo'lgan ijtimoiy va iqtisodiy ta'siri haqida so'z boradi.

Аннотация: В данной статье анализируются важные факторы формирования здорового образа жизни студентов. Здоровый образ жизни включает в себя правильное питание, физическую активность, регулирование сна и управление стрессом. Достижения студентов в этих областях способствуют улучшению не только их физического здоровья, но и умственной деятельности, внимания и концентрации. В статье также рассматривается социально-экономическое влияние здорового образа жизни на повышение успеваемости студентов, поддержание социального и психологического здоровья, управление стрессом и здоровый образ жизни.

Today, a healthy lifestyle has become a necessary factor not only to maintain health, but also to create a prosperous and successful lifestyle. Students play an important role in establishing a healthy lifestyle during their physical and mental development. This is the most active and dynamic period in the life of young people, and their health and well-being directly affects their education, work and personal life. Student years are often associated with adapting to a new environment, preparing for exams, and fulfilling personal and social responsibilities. In such conditions, healthy eating, physical activity, proper sleep regulation, and stress management may be neglected. However, these factors increase not only the student's health, but also his academic success.

A healthy lifestyle is a set of correct habits and attitudes necessary to ensure the general health, physical and mental well-being of each person. A healthy lifestyle for young students is of great importance in improving not only their physical condition, but also their mental activity and social activity. A healthy lifestyle and habits based on it are one of the most important tools for learning, self-awareness and social interaction at this young age.

The basis of a healthy lifestyle of students is proper nutrition. Food should provide the necessary vitamins, minerals, proteins, fats and carbohydrates to meet all the needs of the body. Students often choose fast food, convenience foods, or unhealthy fast foods. However, such foods can have negative

health effects in the long run. For a healthy diet, students should focus on fruits and vegetables, whole grains, protein-rich foods (eg, meat, fish, nuts, beans) and low-fat dairy products in their diet. In addition, drinking plenty of fluids, especially water and natural drinks, is important in cleansing the body and increasing energy levels.

Physical activity is also important for students. The resulting lack of physical activity can in turn lead to various health problems, such as obesity, cardiovascular disease, and stress. Regular exercise not only improves physical health, but also improves mental health. Through sports and exercise, student youth can reduce stress, improve their mood, and improve their overall well-being. For this, physical activities such as light running, cycling, swimming or training in the gym are very useful. One of the unique benefits of sports is that it helps to manage time effectively and reduces stress.

Healthy sleep is very important for the physical and mental health of students. Many students, especially during the exam period, are sleep deprived or sleep less, which reduces their focus and concentration. Good sleep restores physical and mental health, helps to remember new information and improves mood. An average student needs 7-9 hours of sleep. To improve the quality of sleep, it is important not to use the phone or other electronic devices at night, maintain a regular sleep pattern and create a relaxing environment.

Students often struggle to manage the stress of studying and other social responsibilities. Stress can worsen not only the mental state, but also the physical health. Effective stress management techniques include meditation, breathing exercises, exercise, and nature walks. Maintaining mental health, self-awareness, and finding balance in social relationships are also important in building a healthy lifestyle for students. Communicating with friends, spending time with family, and spending time on hobbies can reduce stress and increase overall well-being.

A healthy lifestyle not only improves individual health, but also brings about important social changes in society. Healthy student youth play a key role in creating a healthy society. Promoting a healthy lifestyle inspires not only oneself, but also those around, which improves general well-being. A healthy lifestyle not only improves individual health, but also has a positive impact on society at large. When a society consists of people who follow a healthy lifestyle, it contributes greatly to its economic, social and cultural development. A healthy lifestyle is a force that shapes the basic values and well-being of society. Following a healthy lifestyle directly affects the economic status of society. First, healthy people suffer less from diseases, which reduces the demand for medical services. Also, healthy people are more efficient at work and achieve higher productivity in manufacturing and service industries. A healthy lifestyle ensures the social stability of society. Forming a healthy lifestyle strengthens social relations between members of society. Promoting a healthy lifestyle among people promotes harmony and mutual respect.

A healthy lifestyle is important in improving the physical and mental health of students. Establishing a healthy lifestyle for students not only helps them succeed in their studies, but also helps ensure that they live a happy and prosperous life in the future. Physical activity is essential for improving student health, increasing energy levels, and managing stress. Many students are busy with studies and other activities and neglect physical exercise. A young student's life is full of stress related to studies, exams and social responsibilities. Such conditions can have a negative impact on mental and physical health. It is necessary to use effective methods to manage stress. Mental health has a major impact on the overall well-being of student youth. Stress, anxiety and lack of sleep can weaken not only physical, but also mental health. Adopting a healthy lifestyle increases psychological stability and helps students solve their problems.

A healthy lifestyle of students improves not only their physical health, but also their mental well-being. Proper nutrition, physical activity, proper sleep regulation, and stress management help students lead successful and happy lives. Forming a healthy lifestyle is not only a way to maintain

your own health, but also to have a positive impact on society. Adopting a healthy lifestyle for students not only improves their physical health, but also improves their mental, psychological and spiritual well-being. Proper nutrition, physical activity, sleep regulation, stress management, and psychological well-being all increase academic success in students, help them feel good about themselves, and ensure successful future lives.

A healthy lifestyle is a comprehensive concept that includes not only physical, but also mental health. Student youth can improve their mental and physical well-being through healthy eating, physical activity, sleep, and stress management. This creates a foundation not only for current success, but also for a happy and healthy life in the future. A healthy lifestyle is important in ensuring the physical and mental well-being of students. Forming a healthy lifestyle for students will help not only to achieve success in the study process, but also to improve their overall quality of life. Proper nutrition, physical activity, sleep regulation, stress management and maintaining mental health improve not only physical, but also mental and psychological health of students. Adopting a healthy lifestyle among students increases their academic performance, reduces stress, and improves mood. On the other hand, a healthy lifestyle can strengthen social ties in society, increase economic prosperity and create positive changes in society.

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