

HEALTHY LIFESTYLE IS THE KEY TO THE BEST DEVELOPMENT OF THE PHYSICAL AND PSYCHOLOGICAL PROCESSES OF THE BODY OF WOMEN OF FERTILE AGE

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Annotation: The article discusses the issues of organizing healthy lifestyle offices in polyclinics for women of fertile age, as well as strengthening women's knowledge about a healthy lifestyle, the rules for their implementation and the practical application of these skills in the family.

Key words: health of women of fertile age, healthy lifestyle, proper nutrition, healthy lifestyle rooms at polyclinics.

Relevance of the topic: In today's developed society, the emphasis on health has begun to change, which includes eating right, not smoking, not consuming alcohol and drugs, and regular exercise. 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 a person 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, development of his mental and physiological qualities, ability to work and maintaining social activity. 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[1,2,13,16]. 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 organism. Good health is happiness for everyone. Its labor productivity is a necessary condition for the development of the country's economic power and well-being. 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 [4,12,14,15].

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.

It is a well-known fact that a healthy child is born from a healthy mother. Promoting a healthy lifestyle among women of childbearing age in order to improve medical culture in families is one of the urgent tasks of today. On October 30, 2020, our President Sh. Mirziyoyev's government decisions No. PO-6099 emphasized the approval of programs of measures aimed at strengthening a healthy

lifestyle among women, involving them in mass physical education and sports, embodying the idea of "A healthy woman - a great future". As a result of such activities, the number of diseases observed in women of childbearing age was drastically reduced, and unpleasant situations such as the birth of babies with various defects and the death of mothers and children were prevented. Also, promotion of a healthy lifestyle among women, their application of this knowledge in the family, and serving as a pledge of the health of the whole family. Because the motherland begins with the family. As long as the family is strong and healthy, our country will flourish. As long as our children are healthy and well-rounded, our future will be bright.

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 strictly follow it 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 [3,5,6,11,17].

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.

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. It is not for nothing 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? The Charter of the World Health Organization states that health is "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.

The purpose of the work: to promote a healthy lifestyle among women of fertile age, to fully follow the rules of proper nutrition, to avoid bad habits, to rely on the main components of health: spiritual, physical condition, to know and take into account the dominant factor - individual lifestyle, to follow a healthy lifestyle to do, not to forget that it is in one's own hands to strengthen one's health, to carry out propaganda work among women of childbearing age about the need to strive to be physically and mentally healthy. To form the concept of a healthy lifestyle in the minds of our women of fertile age, to promote a healthy lifestyle, to carry out explanatory work on the rules of the law on the observance of a healthy lifestyle in city and rural family polyclinics, to develop personal characteristics necessary for a healthy lifestyle.

Material and methods. Rules for organizing healthy lifestyle rooms in urban and rural family polyclinics and attaching qualified senior nurses there to lead a healthy lifestyle to women of childbearing age, regularly playing sports, as well as teaching students about healthy lifestyle and the rules for following it during the lesson, training, and acquire knowledge about disease prevention and learn to apply this knowledge and results to family members, children, and the general public, encouraging them to lead a healthy lifestyle. Women who see these results also have a great desire to lead a healthy lifestyle, and they also have a desire to do sports and lead a healthy lifestyle.

Summary. A healthy lifestyle largely depends on the outlook, social and moral experience of our women of childbearing age. Analyzing the above, in promoting a healthy lifestyle among our women of fertile age, healthy lifestyle rooms to be established in urban and rural family polyclinics, as well as qualified senior nurses working there, to deeply understand the importance of leading a healthy lifestyle in women for their health and future, and he can fully show his practical support in spreading the knowledge he has acquired in his family.

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