
CHARACTERISTICS OF HEALTH STRENGTHENING

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Annotation: Morning exercise can be done by people of all ages. Positive results are obtained only when the exercises are performed continuously and consistently. Long breaks, on the other hand, lead to a decrease in the impact of previous workouts.

Key words: Health, Physical training, gymnastics, tourism, exercise

If the teachings of Abu Ali ibn Sina, "Physical training is a glorious method of health," became the motto of any person's life, it would have a positive effect on the prevention and treatment of various diseases in our society.

Physical education and sports allow the younger generation to grow up harmoniously, as well as to use their free time productively.

Medicine shows that there are conditions such as a sharp decline in a person's health level due to a person's lack of physical activity, impaired visceral function, low ability to work, and physical development that is not at the required level.

Among physical training, gymnastics, tourism and sports are various forms of physical activity, the most important and widespread of which is morning is a physical education class. Morning exercise can be done by people of all ages. Positive results are obtained only when the exercises are performed continuously and consistently. Long breaks, on the other hand, lead to a decrease in the impact of previous workouts. So, harden your body, anyone who wants to live a long life on the basis of increasing labor productivity, strengthening health, will have to constantly organize physical activity, as well as carry out daily activities in a certain order.

Today's lifestyle does not require a person to be overly active. This is especially true of students, schoolchildren, mental labor workers, light physical the people involved in the activity are related to managers at different levels. We analyze our 49 agenda and make sure we don't actually get any physical load. For example, if we take schoolchildren and students, most of them do very little physical activity. They barely wake up and don't exercise regularly in the morning.

They go to school by public transport and sometimes by private car. They practice for almost 6 to 8 hours at school or 10 to 12 hours in college. That's it then return home in transport again. They prepare lessons, do homework, watch TV from 11 pm to midnight, and then go to sleep. This is the order of the day as the day progresses, the body is unable to exercise adequately.

Energy is needed for movement, and energy is obtained through the processing of fats and carbohydrates in food. Exercise - helps to improve the respiratory, vascular, digestive, blood

production systems. Therefore, people who are actively engaged in physical activity will be mentally light, alert, full of energy, clear heart, high mood and stable. As a result of exercise, the body's defenses develop well. It is worth noting the results of a study conducted by foreign physiologists with the participation of more than 200 people: The purpose of the study was to determine the level of emotions of people who exercise regularly and consistently. The researchers came to the following convincing conclusion: 72% of respondents considered themselves very happy, the reason being that they reported regular exercise they reach 28 percent of respondents said they were “happy, but not to that extent”. According to doctors who treat alcoholism, people who consume large amounts of alcohol can get rid of the pain if they exercise regularly.

Also included in the set of physical exercises are 15-20 minutes of morning physical training per day, 40-60 minutes of outdoor walking, night sleep

20-30 minutes walk in advance and so on. In addition, in our hot climate, with non-traditional methods than traditional methods

it is advisable to harden the organism.

Healthy living is one of the conditions that represent human happiness. In order to live a healthy life, it is necessary to harden the body to different natural environmental conditions.

There are so many things in life that some people get sick instantly. Health is a person's peace of mind and ability to withstand the harmful effects of the external environment. Strengthening the body, performing comfortable exercises, bathing in cold water are factors that increase the body's resistance to the harmful effects of the external environment.

The conclusion is that as long as we carry out our activities without being indifferent to the health of ourselves and our loved ones, the lofty goals we set for ourselves will undoubtedly open our hearts to us.

Today's pedagogy requires that in order for a child to develop as a free person in society, we must not only equip him with scientific and secular knowledge, but also fully shape his need for our rich and spiritual heritage. Oriental pedagogy relies on many sources in this regard. Farobi's “City of noble people”, Yusuf Khos Khojib's “Kutadugu bilig”, Alisher Navoi's “Mahbub ul-qulub”, Kaikovus's “Qobusnoma”, Hussein Voiz Kashifi's “Futuvvatnomai sultoniy” are unique masterpieces.

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