

## INFLUENCE OF DAILY ROUTINE AND PHYSICAL ACTIVNESS ON HEALTH

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**Abstract:** *This article is about healthy lifestyle and being physical active an all day. Also, this article mentioned advantages of daily routine.*

**Key words:** *Daily routine, health, hypodynamia, ability, hygiene, body, arterial, blood and etc.*

The daily schedule is a constant that has been in place since the day a person was born. The process is considered, the activities of a person in different content are work, rest, eating, doing sports, etc., at a certain time, in an orderly manner, in a row is done.

Naturally, the agenda cannot be the same for everyone, and it depends on the person's age, health, is made in accordance with work ability and household living conditions and its general requirements: the correctness of practical work and physical work in the development of the agenda distribution, replacement of work with rest at the right time, every day is specific eating, going to bed at a certain time and getting used to waking up early, such as outdoor walks. A person's healthy and unhealthy lifestyle depends on whether the agenda is organized correctly or incorrectly. A properly organized daily routine is comprehensive for the body:

- proper development;
- strengthening of the will;
- labor productivity is very high, the ability to work is good for a long time storage;
- plays an important role in disease prevention.

In order to live a healthy life, the first thing is to have a reasonable schedule explaining the importance of planning and always following it, the agenda is mental optimal unit of work and body movement and normative indicator, daily regime, its physiological foundations are important. In the process of education, mental and physical work is correct on the basis of hygienic requirements planning, proper organization of rest, observance of sleep hygiene, child's sleep prevention of disorders and insomnia, attention to children's movement regime and health such as giving, hygiene of educational work, prevention of burnout and burnout attention is paid to the issues. Physical activity is the second fundamental component of a healthy lifestyle. Man constantly striving to develop physical qualities such as strength, dexterity, speed, endurance must Each of us has many things that require physical strength and reliable training we will have work. Not only in the process of regular exercise health will be strengthened, well-being and mood will improve, a feeling of freshness and cheerfulness appears. Currently, modern production and living conditions significantly reduce human

movement activity. Lack of movement has a negative effect on human health. Physical education and sports regular exercise, morning physical education, physical exercises, walks aimed at compensating for hypodynamia.

Musculoskeletal apparatus is successful during physical training strengthening, reduction of body weight, improvement of fat exchange, arterial normalization of blood pressure, improvement of the central nervous system, it has been proven that the body is resistant to various extreme effects

Avicenna attached great importance to the age and health of the healthy depending on the condition, susceptibility to diseases, characteristics of the seasons, etc was looking. Avicenna for the first time physical exercise the human body has scientifically substantiated its effect on strengthening. Avicenna described physical exercises as "small and large, very strong or weak, fast or "slow" exercises, he said that "there will also be quiet exercises". To physical exercises tug-of-war, hand-to-hand combat, archery, galloping, javelin, fencing, both waving hands, flying a pony, rowing boats, lifting stones and introduced others. According to Avicenna, two conditions must be followed before a person starts exercising it is necessary: firstly, the body should be clean, and secondly, the food consumed should be digested should be done. Open up to exercise, especially vigorous exercise it is not recommended to start on an empty stomach, because they "lose strength". Physical and hygienic recommendations are separate for children, young men and "Older" people it will be very reasonable and appropriate.

Human health is a category of quality of life, physiological mechanisms, external it is determined by the ability to adapt to the environment, self-organization, self-development and self-preservation. The need for health has a general meaning, both for an individual and for others it is characteristic of the society as a whole. Health affects all areas of people's lives have an effect. It is the high potential of a person's physical, mental and intellectual abilities determines and serves as a guarantee of his full life. of the population health has a great influence on the dynamics of the economic development of society and it will be a measure of his social and ethical maturity. It's all up to the individual his own health, the health of his descendants, and he can help and imposes a certain responsibility on the health of the necessary people. Own pay attention to health, provide individual prevention of its disorders getting, a healthy lifestyle, a person's place in society and himself and his loved ones will be an indicator of understanding the responsibility in front of him In order to live a long and peaceful life, a person needs to be healthy, fresh and energetic, he tries to preserve his youth, his dignity and his ability to work. To this one of the main factors of achievement is physical activity.

Establishing a healthy lifestyle in our society is at the level of state policy raising and at the same time raising a physically mature and healthy generation in our country fundamental reforms are being implemented. "Physical on education and sports" and the Cabinet of Ministers "On Uzbekistan This is in the decision on measures for further development of

physical education and sports the tasks planned to be implemented in the direction have been expressed.

As a result of physical exercise, the body's defenses are good develops. Exercises starting from childhood and adolescence, especially is useful. It is necessary to cultivate the habit of following a solid regime in everyone. To engage in physical education, to walk in the fresh air, to participate in sports games, is one of the factors that ensure longevity and health. Every person is regular respectively, physical activities corresponding to a certain level of physical ability should be used to perform. In addition, it is traditional in our hot climate . It is more appropriate to train the body with non-traditional methods than traditional methods. That is various foot baths, walking on salt and stone paths, as well as exercising methods such as walking in the open air before and after sleep strengthens the activity of the immune system.

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