



MAIN ASPECTS OF ENSURING A HEALTHY LIFESTYLE AND CONTRIBUTING TO THE WELL-BEING OF ALL AGES

Mirzakulov Isazhan Musazhanovich

Associate Professor of the Department of Physical Education and Sports of the Tashkent State Transport University

Axmedova Dilbarxon Ravshanbek qizi

Student of the LA-4-24a group of Tashkent State Transport University

Abstract This work is dedicated to the study of a healthy lifestyle and ways to contribute to the well-being of people of all ages. The study examines theoretical approaches to health and well-being, formal and informal strategies for behavioral change, as well as the role of social, economic, and cultural factors.

Keywords: healthy lifestyle, well-being, disease prevention, behavioral changes, age groups, medical education, social support, healthcare infrastructure, program effectiveness assessment.

Аннотация Данная работа посвящена изучению здорового образа жизни и способов содействия благополучию людей всех возрастов. В исследовании рассматриваются теоретические подходы к здоровью и благополучию, формальные и неформальные стратегии изменения поведения, а также роль социальных, экономических и культурных факторов.

Ключевые слова: здоровый образ жизни, благополучие, профилактика заболеваний, изменения поведения, возрастные группы, медицинское образование, социальная поддержка, инфраструктура здравоохранения, оценка эффективности программ.

Introduction. Physical culture and sports occupy a priority place in the policy of modern Uzbekistan. In recent years, the state has been actively implementing a policy aimed at forming a healthy lifestyle and developing mass sports. The adopted «Development Strategy of New Uzbekistan for 2022-2026» defines the main goals in

the field of sports - increasing physical activity of the population, modernizing infrastructure, and strengthening personnel potential. Dozens of programs and decisions aimed at the development of sports have been adopted in Uzbekistan. Among them, the Decree of the President of the Republic of Uzbekistan dated January 5, 2022 No. PP-5283 «On Measures for the Further Development of Physical Culture and Mass Sports» and the State Program for the Implementation of the Development Strategy for 2022-2026 are of particular importance. These documents provide a comprehensive approach to youth education, the construction of sports facilities, and support for professional athletes.

Uzbekistan's strategy in the field of physical culture and sports reflects the state's aspiration to form a healthy and active society. The implementation of the programs will allow for improving the quality of physical education, strengthening personnel potential, and creating a system for supporting athletes. Together, these measures contribute to strengthening the country's international image and raising a harmoniously developed generation.

Special attention is paid to physical education in schools and universities. The Ministry of Sports and Education is implementing modern programs and methods aimed at improving the physical condition of students and developing sports skills. Within the framework of youth policy, conditions are being created for attracting boys and girls to sports, holding championships and festivals.

A healthy lifestyle (HEL) is a set of behavioral and environmental factors that reduce the risk of chronic diseases and improve overall well-being. In modern society, people of different ages face specific difficulties: in children and adolescents - the influence of school and social networks, in adults - stress and work, in the elderly - the need to maintain resilience and independence in chronic conditions. Effective methods of promoting HEL should take into account age characteristics, cultural context, and availability of resources.

Systematization of existing methods of promoting a healthy lifestyle and well-being of people of different age groups and assessment of their effectiveness in real practice. The work examines psychological, social, and behavioral approaches, which are tested in conjunction with educational programs, motivation, and public and health support. Data from the literature and empirical research of the last decade were used. The results show that a comprehensive approach, including the development of personal feedback, the use of healthcare resources, social support, and health management skills, increases the level of physical activity, sleep quality, nutrition, and psychological well-being. Contributes to the practice of developing comprehensive programs of a healthy lifestyle, adapted to the age-related needs of the population.

A healthy lifestyle and well-being are key aspects of the sustainable development of societies. In the modern world, people face challenges that require a systematic approach: it is important to form useful habits from early childhood to adulthood, develop self-control skills, and ensure access to quality healthcare services and community support.

Contributing to the healthy lifestyle and well-being of people of different ages requires a comprehensive and contextually flexible approach. Effective programs include education, practical training, community support, and access to quality healthcare services. Practical recommendations for program implementation should take into account regional characteristics, cultural values, and societal resources. Applying such approaches can lead to persistent behavioral changes, improved health, and improved quality of life at different stages of life.

A comprehensive approach to a healthy lifestyle, especially considering the infrastructure of education, social support, and services, is more effective than separate interventions.

The effectiveness of age-oriented programs is confirmed by the need to adapt to the characteristics of the psychological and physical state, motivations, and obstacles of each group.

Social inclusion and environment play an important role: parental involvement, school involvement, a unified health policy on the ground, and employer support enhance outcomes:

development and implementation of multi-level programs, including educational modules, practical training, monitoring and public support;

formation of a healthcare infrastructure that ensures access to preventive, counseling, and physical culture and health improvement measures, taking into account regional characteristics;

Implementation of engagement programs for children and adolescents based on the principle of «study and practice» with the participation of gamification elements and families;

creation of workplace approaches for adults: short training courses, flexible training modes, a convenient system for enrolling in motivational programs and preventive examinations;

development of adapted, safe training and social support services for the elderly, expanding access to volunteer support networks, transport services and remote consultations;

Implementation of a real-time assessment and monitoring system for timely correction of programs and presentation of results to stakeholders.

Physical education and sports are truly a strategic resource for achieving stability. If necessary measures are taken at the state, public, and individual levels, sports can become an important tool not only for a healthy lifestyle, but also for social and environmental sustainability.

Increasing investments by the public and private sectors in the field of sports and physical culture in Uzbekistan; expanding the geography of sports facilities, creating equal access in cities and villages.

Integration of physical education lessons at the school and university levels with modern pedagogical methods, technologies, and environmental education.

Assessment and minimization of environmental impact when planning sporting events: energy saving, renewable sources, waste management.

Promotion of physical activity: taking into account different age groups, people with disabilities, gender equality, and differences between cultures.

List of used literature:

uxammadiev K.B. Sport mashg'ulotlari jarayonida talabalarning jismoniy sifatlari, funksional tayyorgarligi, organizm fizologik holatining o'sish va tiklanish dinamikasi // Xalq ta'limi – Toshkent, 2020. 6-son, – 78-84 б.

ролова, Н. Н. (2021). Психолого-педагогические аспекты физического воспитания студенческой молодежи. Журнал психологии и педагогики,