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THE ROLE OF SPORT IN A HEALTHY LIFESTYLE

Mamatkulova Farangiz Nuriddin qizi

Faculty of General medicine.Samarkand State Medical University, group 153

Correspondence: farangizmamatkulova9@gamil.com

Scientific supervisor: Asatullayev Rustam Bahtiyarovich

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This article discusses the importance of sport in maintaining a healthy lifestyle. Regular physical activity improves physical health, strengthens mental well-being, and helps prevent many diseases. Sport also develops discipline, teamwork, and confidence. The paper highlights how integrating sport into daily life can significantly enhance the overall quality of life.

Introduction

In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever. One of the key elements of a healthy life is regular participation in sports. Sport is not only a form of physical activity but also a way to improve mental and emotional health. Physical Benefits of Sport Engaging in sports regularly helps to strengthen the body. It improves cardiovascular health, increases muscle strength, and enhances flexibility. Activities such as running, swimming, and playing football help maintain a healthy weight and reduce the risk of diseases like obesity, diabetes, and heart problems. Mental and Emotional Benefits Sport plays a crucial role in improving mental health. Physical activity

reduces stress, anxiety, and depression by releasing endorphins, also known as “happy hormones.” It also improves concentration, memory, and overall mood. People who participate in sports often feel more energetic and confident. **Social Benefits of Sport** Sport encourages social interaction and teamwork. Team sports like basketball or volleyball teach communication skills, cooperation, and leadership. It helps individuals build friendships and feel a sense of belonging

Sport and Discipline Regular participation in sports develops discipline and time management skills. Athletes learn to set goals, work hard, and stay committed. These qualities are useful not only in sports but also in everyday life and academic success. **Economic and Social Impact of Sport** Sport is not only beneficial for individuals but also for society. It creates job opportunities, promotes tourism, and strengthens community bonds. Major sporting events bring people together and encourage cultural exchange. **Technology and Modern Sport** Today, technology has changed the way people engage in sports. Fitness apps, smartwatches, and online workouts make it easier to track progress and stay motivated. However, excessive screen time can reduce physical activity, so balance is important. **Barriers to Physical Activity** Despite its benefits, many people do not participate in sports due to lack of time, motivation, or access to facilities. Raising awarene

Conclusion

In conclusion, sport plays a vital role in maintaining a healthy lifestyle. It benefits physical, mental, and social well-being. Therefore, everyone should include some form of sport in their daily routine to live a healthier and happier life.

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