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THE ROLE OF A SPORT IN A HEALTHY LIFESTYLE

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ARTICLE
INFORMATION

ABSTRACT:

ARTICLE HISTORY:

Received: 22.05.2026

Revised: 23.05.2026

Accepted: 24.05.2026

KEYWORDS:

*healthy lifestyle,
sports, physical activity,
health, prevention,
proper nutrition, daily
routine, exercise, mental
health, stress reduction,
active lifestyle, healthy
generation*

In this article, the role and importance of sports in the formation of a healthy lifestyle is widely covered. It analyzes the fact that regular physical activity promotes human health, its role in the Prevention of diseases and its positive effect on physical and mental state. Also, through sports, the possibilities of increasing a person's ability to work, reducing stress and fatigue are considered. The article evaluates the combination of proper nutrition, agenda, and exercise as an important factor in leading a healthy life. Finally, recommendations are given for applying sports to everyday life.

Introduction: The issue of preserving and strengthening human health in the current era of globalization and the rapid development of technologies is gaining relevance. In the modern way of life, alertness, improper nutrition, excessive stress and harmful habits negatively affect the human body. Therefore, the formation of a healthy lifestyle is becoming one of the most important tasks for every individual. As an integral component of a healthy lifestyle, sports and physical activity occupy a special place. Sports not only serve the physical development of a person, but also stabilize his mental state, strengthen his volitional qualities

and increase the overall quality of life. Regular exercise improves the cardiovascular system, activates metabolism, and helps prevent various diseases. Today, promoting a healthy lifestyle among young people, involving them in sports, and integrating physical activity into their daily lives is one of the important social tasks. Especially the healthy development of students and students, the effectiveness of their future labor activity is directly related to physical education and sports. In this article, the role of sports in a healthy lifestyle, its positive impact on human health and its importance in the life of society are scientifically-theoretically analyzed. Issues and practical recommendations for the formation of a healthy generation through sports are also covered.

Main part: The role of sports as an integral part of a healthy lifestyle is multifaceted and important. First, physical activity has a positive effect on the body's main systems. Regular exercise strengthens the cardiovascular system, improves blood circulation, develops lung function, and strengthens the muscular and skeletal systems. At the same time, exercise speeds up metabolism, helps control excess weight, and prevents various chronic diseases, such as diabetes, hypertension, and obesity. Secondly, the impact of Sports on mental health is also of great importance. Physical activity reduces the amount of stress hormone — cortisol, increases the production of endorphins. As a result, a person's mood improves, fatigue decreases, and social activity increases. Therefore, sports are a means of stabilizing a person's not only physical, but also mental state. Thirdly, sports can also help integrate into social life. Through sports, youth and adults are involved in team activities, social skills such as responsibility, discipline, leadership and cooperation are formed. In addition, sports competitions and tournaments foster a healthy competitive spirit and enhance a person's ability to think logically and make strategic decisions. Sports are also closely related to other factors that support a healthy lifestyle. Proper nutrition, adequate sleep, and physical activity combined with a daily routine will give maximum results. For example, a morning jog or evening gymnastics not only wakes up the body, but also increases energy and focus throughout the day. At the same time, doing sports with family or friends brings people together and increases motivation. In modern life, the role of sports is becoming even more important. With the development of technology, people spend more time in front of computers, phones, and televisions, which leads to a sedentary lifestyle. Therefore, integrating sports into daily life, making physical exercise a habit, and involving the younger generation in sports are important prerequisites for a healthy social and personal life. As a result, the role of sports in a healthy lifestyle is multifaceted, serving to promote human health, provide mental stability, develop social skills in society, and improve overall quality of life.

Conclusion: The article extensively analyzes the role and importance of sports in a healthy lifestyle. Sports not only ensure physical development and health, but also strengthen mental stability, reduce stress, and improve overall quality of life. At the same time, sports develop social skills, instill responsibility and discipline, and encourage the younger generation to lead a healthy and active life. In the conditions of modern life, alertness and improper habits negatively affect human health. Therefore, it is necessary to introduce sports into everyday life, perform physical exercises regularly and support a healthy lifestyle. The combination of proper nutrition, sleep, and exercise helps to maximize a person's physical and mental well-being. In conclusion, sport is the main foundation for a healthy lifestyle. It serves as an important tool for strengthening the health of an individual, improving mental and physical abilities, as well as the formation of a healthy and active generation in society. Therefore, it is necessary for every person to pay special attention to the regular and systematic practice of sports in their lives.

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