

### The Role of a Healthy Lifestyle in Ensuring Health of Society

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#### ABSTRACT

*This article discusses the role of healthy lifestyle in the formation of a flourishing society. In addition to this it is noted that today the reforms are being implemented regarding the way of living of the population of Uzbekistan and the formation of a healthy lifestyle among them.*

Living a healthy lifestyle is important for anyone who wants to feel their best and stay healthier as they get older. However, we are presented with such a huge amount of advice every day it can be confusing to work out what is best when it comes to health, and preventative healthcare can be a baffling topic. Different messages are conveyed about wellbeing and figuring out what advice to follow can be a struggle. But living a healthy lifestyle doesn't need to be complicated.

Starting a healthy lifestyle can involve eating nutritious foods, engaging in regular physical activity, and prioritizing your mental health. Now we will see basic components of healthy lifestyle.

What is and isn't healthy to eat is probably the most discussed topic when it comes to living a healthy lifestyle, and to diet or not to diet is a big question, especially for people who want to lose weight. The media often bombards us with various new and popular diets, but most healthcare professionals will advocate for a simple, healthy, and balanced diet rather than a strict diet plan that restricts certain foods. Ensuring your body receives all the nutrients it needs and isn't being saturated with unhealthy, sugary foods is what you should be aiming for. Eating balanced meals three times a day and keeping hydrated will ensure your body is healthy and will improve other aspects such as your mental health, concentration and productivity [1].

You probably already know that when you sleep well, you feel better. Most people understand the benefits of sleeping well but can struggle to rectify poor sleep. Good sleep hygiene helps and it's good practice to follow a bedtime routine every day. This should include going to bed and waking up at a regular time. Once you identify how many hours of sleep you personally need to

feel well-rested, you can work out what time you should be asleep, to get up the next day at the right time and feel refreshed. Other ways to promote good sleep include making sure your bedroom is comfortable in terms of heat, light and noise, and being clutter-free can help too.

Stop using devices at least an hour before you go to bed and avoid caffeine and alcohol in the evening. If sleeping is still a struggle, then try mindfulness before going to bed or there are several good meditation apps now on the market which have been designed to help you drift off.

With long working hours sat at desks and more of our free time spent on devices, as a society, we have been moving towards a more sedentary lifestyle for a while. The Covid-19 pandemic and lockdown have likely exacerbated this as gyms and leisure facilities have closed and working from home has meant even our daily commute has largely disappeared. Being sedentary, or spending long periods of time without moving, is damaging for several reasons. It can increase the likelihood of high blood pressure, cardiovascular disease, diabetes, and obesity. A general lack of physical activity also has a similar impact on the body and it is a common misconception that engaging in physical activity alone mitigates against the impact of a sedentary lifestyle [2]. To be as healthy as you can be, you need to engage in both physical activities and reduce the time you spend being sedentary. Aiming to be physically active every day and engaging in at least 150 minutes of moderate-intensity activity, or 75 minutes of vigorous-intensity activity each week will help you to be healthier. It's really important that you are proactive when it comes to your own healthcare. Healthcare providers and medical professionals now generally recognise that people are experts in their own health. Any issues with your health should include a discussion and agreement between yourself and your medical professional about what the best course of action is, for you. Having this input not only means you feel part of your own care and treatment, but it also places a responsibility on you to be proactive.

Recent researches shows that, 36.6% of the population of Uzbekistan add extra salt to food, 32.9% are overweight and 23.5% are obese, 38% have high blood pressure and 8.4% have high blood sugar, and 26 percent were found to have low levels of physical activity [3]. This is provided for in the state program for the implementation of the development strategy of Uzbekistan for the years 2022-2026 in the "Year of attention to people and quality education." Accordingly, from 2023, to prevent non-communicable diseases among the population, to promote a healthy lifestyle, and to increase the level of physical activity, a nationwide movement "Proper nutrition and healthy lifestyle" will be launched.

Also, teaching the population to monitor their health and nutrition using smartphones and mobile applications, creating a mobile app on healthy eating, unhealthy food and drinks for children, and requirements for advertising of children's food products and energetics, medicines, and biologically active substances will be strengthened. Approval and consumption of the list of products that are not recommended for children and young people in educational institutions, including food products with a high content of sugar, salt, trans fats, flavoring, and coloring additives reduction are intended.

Far too many people don't book appointments when they feel something might be wrong with their health because they don't want to waste anyone's time, or they feel they should just put up with whatever they are feeling. Waiting to seek the help of a professional can lead to some people being diagnosed with illnesses or diseases at a stage where they have progressed and haven't been caught early enough to treat effectively[4].

Having access to doctor's appointments with timely diagnostics and regular health screens is great for ensuring your body is in good working order. They will help identify any changes or issues early on and are key to good clinical outcomes.

As conclusion we can highlight that deciding to make a change in your life is never easy.

Breaking old habits and creating healthy ones can be challenging and even discouraging at times. However, it's not impossible. Whether you are looking for a positive outlook on life, wanting to change your diet and eat nutritious foods or you need a new workout plan. Setting healthy goals is one way to come up with a plan on how to kickstart your new healthy lifestyle. Setting goals gives you something to work for and helps keep you motivated to work hard. By setting goals for yourself you give yourself something to focus on. Additionally, goals allow you to measure your progress and see how much you have achieved. When setting your goals, be realistic with yourself. If you want to quit smoking, lose 50 pounds and run a marathon it's not going to happen overnight, or it might not even happen in a few months or a year. When those goals just become part of your weekly routine add a new small goal such as only eating out twice a week or adding a weight lifting class to your routine.

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