



FORMATION OF A HEALTHY LIFESTYLE AMONG WOMEN THROUGH THE WIDE PROMOTION OF MASS SPORTS IN OUR COUNTRY

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Abstract

This article analyzes the issues of forming an active and healthy lifestyle among women through the development of mass sports in the Republic of Uzbekistan. It scientifically illuminates the role of physical activity in strengthening women's health, social, psychological, and spiritual aspects of promoting a healthy lifestyle. The importance of the widespread promotion of mass sports in state policy and its role in increasing the social activity of women are also shown.

Keywords:

mass sports, women's health, physical activity, a healthy lifestyle, social activity, spiritual development, a healthy generation, sports culture.

Input

Today, in the Republic of Uzbekistan, the issues of increasing the physical activity of the population, especially women, and promoting a healthy lifestyle are defined as one of the priority areas of state policy. The development of mass sports is an important factor not only in achieving sports results, but also in the process of forming a healthy, active, and spiritually developed personality in society. Women's health, family well-being, and raising a healthy generation are inextricably linked with sports and physical culture.

Main part

Mass sports is the most effective means of forming a healthy lifestyle culture among the entire population, especially women. Women's physical activity has a positive impact not only on their health, but also on their mental state, social activity, and family stability.

In recent years, systematic work has been carried out in our country to attract women to sports and create the necessary conditions for them within the framework of such republican programs as "Healthy Lifestyle," "Action - Life," "Healthy Woman - Healthy Society." Local sports centers, health facilities, and special programs for women are expanding women's participation in sports.

Regular participation in sports activities increases stress resistance in women, strengthens willpower, strengthens self-confidence, and forms a conscious attitude towards a healthy lifestyle. Physical exercise improves the cardiovascular system, nervous system, muscle function, and overall body condition. At the same time, through sports, women will have the opportunity to improve their quality of life, develop social activity, and independent thinking skills.

Scientific research shows that sufficient physical activity leads to a decrease in chronic diseases among women, strengthening mental stability, and increasing family harmony. Also, the presence of a healthy mother is a guarantee of the health of future generations.

The educational significance of sports deserves special attention. It forms such qualities in a woman's personality as responsibility, determination, diligence, patience, and collectivism. Increasing the social



activity of women through mass sports, directing them to a healthy life, and creating conditions for their active participation in public life is one of the important factors in the country's development.

Conclusion

In conclusion, the widespread promotion of mass sports in our country is an important guarantee of the formation of an active and healthy lifestyle among women. Increasing women's physical activity not only strengthens their health, but also creates a healthy environment in society, ensures family stability, and plays a decisive role in raising a healthy generation. Therefore, the transformation of sports into a lifestyle should be considered for every woman not only as a choice, but also as a necessity.

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