

**HISTORICAL EXPERIENCES AND SCIENTIFIC APPROACHES IN THE
DEVELOPMENT OF A HEALTHY LIFESTYLE**

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Abstract: It is very important to study the scientific foundations of a healthy lifestyle and how the issues in its composition are resolved. Each nation has its own unique health and healthy lifestyle, therefore, national characteristics should be studied and put into practice. It is necessary to conduct a deep analysis of how views on health and healthy lifestyle have changed throughout human history. This plays an important role in clarifying the history and development process of the topic.

Keywords: humanity, historical periods, cultures and peoples, health.

In the process of studying a healthy lifestyle, research in our country and abroad is of great importance. These studies help to study the aspects of a healthy life and health issues specific to different historical periods, cultures and peoples. It is necessary to conduct a deep analysis of how views on health and a healthy life have changed throughout human history. This plays an important role in determining the history and development of the topic. It is very important to study the scientific foundations of a healthy lifestyle and how the issues in its composition are resolved. The scientific approach helps to study this topic in depth and determine its practical significance. To develop a healthy lifestyle, it is necessary to analyze the characteristics of pedagogical systems. This helps to study how pedagogical content, methods and tools are used. Pedagogical principles are important in determining which methods and techniques to use in teaching students a healthy lifestyle.

It is important to take into account global standards, criteria and recommendations in maintaining health and teaching a healthy lifestyle. Such an approach is based on international experience and scientific research. It is also necessary to take into account national traditions and characteristics. Each nation has its own unique health and healthy lifestyle, therefore, it is necessary to study and implement national characteristics. These approaches help to form a complete and comprehensive picture in the study of a healthy lifestyle. They serve to identify the scientific, historical and pedagogical foundations necessary for the development of health and a healthy lifestyle.

To protect the health of students and develop the concept of "health preservation", it is necessary to analyze, generalize and systematize global scientific and theoretical approaches. This process will allow for an in-depth study of all aspects of protecting the health of students and create favorable conditions for their implementation in practice. It is important to study how scientific and theoretical forms of "health preservation" and "health preservation" have developed around the world. This approach includes scientific approaches, methodological principles and theoretical foundations aimed at preserving and improving health. It is necessary to clarify what definitions of the concept of health preservation exist and what ideas, views and concepts are included in its structure. This is important for in-depth study of the scientific and practical aspects of health care.

It is also necessary to analyze the essence and pedagogical content of the concept of health care. This approach will help determine in which pedagogical systems, methods and tools it is used, as well as its importance in shaping a healthy lifestyle in students.

It is very important to collect information about pedagogical technologies, methods and tools used in the development of health-promoting thinking, as well as various pedagogical forms. This process helps to determine what methods and tools should be used to effectively implement health-promoting. The concept of health preservation is studied in the social sciences, including philosophy, cultural studies, history, political science, and pedagogy. It is necessary to analyze how views on health and a healthy lifestyle have developed in these areas. G.A. Pirogova: "Health preservation is the process of preserving, strengthening, and developing a person's health, in which individual and social factors participate together."

To protect the health of students, it is important to organize measures based on an individual and differentiated, or stratified, system. This means using unique approaches to protecting the health of students. E.A. Alekseev: "Health care is, first of all, an activity aimed at preserving and improving health, preventing diseases."

The concept of "health preservation" reflects all medical, physiological, physical and emotional knowledge, skills and competencies related to health in a rational way in the student's everyday life. This concept is one of the cognitive tools and basic conditions of activity necessary for maintaining health. M.A. Shumilov: "Health preservation is a set of actions aimed at creating a healthy lifestyle from a personal and social perspective."

The concept of "health preservation" includes scientific and theoretical views, ideas, knowledge, character, behavior and moral norms, lifestyle, actions and movements in the way of life. It is manifested in the harmony and protection of economic, social, educational and labor relations with the environment in the way of life of a person.

These principles and approaches help develop an understanding of health and organize effective systems for maintaining the health of students. This process combines the theoretical and practical knowledge necessary to improve the health of students and creates the opportunity to apply them in life.

Such approaches play an important role in improving students' health indicators and help shape a healthy lifestyle. By applying the acquired knowledge and skills in real life, students will be able to achieve tangible results in strengthening their health. This, in turn, will help increase the effectiveness of the educational process.

The concept of health is formed as a set of values, ethics, attitudes and behavior. It includes ethical and cultural approaches to health. It is the process of developing knowledge, awareness, thinking and skills about health in a purposeful manner. This process teaches theoretical and practical skills for maintaining health. The complex of socio-humanitarian knowledge, skills and abilities, as well as the functioning of social infrastructure, constitute the foundations of health. It includes the basic knowledge necessary for the preservation and development of health. Health care is a way of life organized on the basis of healthy values. It is associated with living conditions, norms and rules. It is a system of knowledge, thoughts, ideas and attitudes built on the basis of healthy values. It reflects a person's approach, thoughts and attitudes towards health. Maintaining the health of students and protecting human health is not only a personal duty, but also a social responsibility related to state policy. From this point of view, states around the world are paying attention to the development of health protection systems and the creation of the necessary infrastructure to protect the health of their citizens.

The term "valeology", introduced by V.I. Ivanov, A.A. Sokolov, and M.S. Orlov, comes from the Latin words "valeo" (health) and Greek "logos" (science, teaching). This term has the following meanings in various scientific works:

K.A. Petrov and L.N. Semyonova defined “Valeology as an integrative scientific discipline that includes knowledge of increasing the adaptive capabilities of the human body, the basics of hygiene, and proper nutrition.”

These explanations are close to each other, complement each other, and help to clarify the content of activities aimed at forming a healthy lifestyle in people. A number of modern scholars in the field of valeology, including D.M. Fedorov, I.S. Golubev, and E.R. Zakirov are conducting research, these studies are ongoing

The concept of health, according to the World Health Organization, is defined as not only the absence of physical defects or diseases, but also mental and social well-being.

Here, valeology is of particular importance. The main goal of valeology is to ensure the health of the individual and the people around him. This science provides the knowledge and skills necessary to develop a healthy lifestyle and maintain health. Valeology includes two important areas:

1. Individual valeology is an approach aimed at maintaining and strengthening the health of an individual. A healthy lifestyle is at the heart of this concept, and includes elements such as proper nutrition, physical activity, and stress management.

2. Social valeology is aimed at ensuring the overall health of society. This area focuses on the harmony of physical, mental, spiritual, and economic health. To improve the health of society, it is necessary to create a healthy social environment and ensure social justice. Valeology also provides scientifically based approaches to shaping a healthy lifestyle, which plays an important role in improving the overall health of society.

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