



## THE IMPORTANCE OF TOURISM IN PROMOTING A HEALTHY LIFESTYLE

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Annotation. A healthy lifestyle is a hygienic behavior that is aimed at maintaining and strengthening health, ensuring a high level of working capacity, active longevity, based on scientifically based medical and hygienic standards, that is, a lifestyle aimed at maintaining and strengthening people's health. This article describes the role of tourism in promoting a healthy lifestyle among people, the work done in this regard and its role in human health.

Keywords: sports, wellness, human health, tourism, physical education and conditioning, tourism facilities.

The main aspects of a healthy lifestyle:

- health-promoting lifestyle, proportionality between physical and mental strain;
- physical education and tempering;
- balanced diet;
- harmonious relationships between people;
- proper sex;
- personal hygiene and responsible hygienic behavior in work and lifestyle;
- negative attitude towards bad habits.

Compliance with a healthy lifestyle applies to all people without exception: both healthy and those who have certain health defects.

A person himself can strengthen his health by following a healthy lifestyle, but with the growth and aging of the body, the necessary actions increase. Unfortunately, health, as an important vital need to achieve one goal or another, is realized by a person when old age becomes a close reality.

The value of any action is determined by the importance of the goal, the probability and Tartary of achieving it. A person's behavior or lifestyle depends on biological and social needs that need to be satisfied (for example, satisfying hunger and thirst, completing a work assignment, resting, starting a family, raising children, etc.).

It is known that the diseases of a modern person depend, first of all, on his lifestyle and daily behavior. Currently, a healthy lifestyle is the basis of disease prevention.

The formation of a healthy lifestyle is carried out through information received by a person from the outside, by verifying the lifestyle with the help of feedback, analysis of one's own feelings, dynamics of objective morphofunctional indicators, interaction with valeological knowledge that one has.

The formation of a healthy lifestyle is a very long process that can last a lifetime. Feedback from changes that occur in the body as a result of adherence to a healthy lifestyle does not work immediately, the positive effect of switching to a rational lifestyle is sometimes delayed for ears.

A healthy lifestyle provides for the provision of many pleasant living conditions that have come together commonplace (overeating, comfort, alcohol and hok), and, on the contract, for a person who is not used to them, constant and regular tension and a lifestyle in which there are strict restrictions. In the first period of transition to a healthy lifestyle, it is extremely important to provide the necessary advice to support a person's aspirations, to show positive changes in his health, functional indicators.

In the transition of an individual to a healthy lifestyle, the following indicates the effectiveness of the origin:

- positively and effectively when reducing or eliminating the effects of risk factors, morbidity and, consequently, reducing treatment costs;
- when contributing to the health and endurance of human life;
- when providing good family relationships, children's health and happiness;
- the basis for the satisfaction of the individual's need for self-realization, when ensuring high social activity and social success;
- when it leads to a high working capacity of the individual, a decrease in fatigue at work, high labor productivity and, on this basis, great material wealth;
- when it allows you to rationally organize and distribute the time budget with the effective use of means and methods of abstinence from bad habits, active rest;
- when providing cheerfulness, good mood and optimism.

Human health depends on many factors and, in most cases, on a person's lifestyle:

- genetic factors – 15-20%;
- environmental condition – 20-25%;
- medical supply – 10-15%;
- living conditions and lifestyle of people – 50-55%.

The influence of risk factors on a person is purely individual, and the likelihood of developing a particular disease depends on the body's ability to adapt.

Physical education on hiking trips. Walking all day and a few days will also exhaust any fit and tire someone weaker. And also the stretching of the processes of sleep, rest, food throughout the night leads to sedentary work. On this basis, two cases are taken into account when practicing and practicing physical education tools, namely:

1. Relaxation of exhausted, tired posture (body) organs, the use of exercises to restore activities (rest. Stroking, stroking, slow movement).

2. Performing complex (complex) exercises independently or as an organized (group), providing rapid mobility (running, jumping, hanging, lifting a boulder, performing special exercises on their own scvgan), when writing (Waking up) the tangles of the members of the torso, with movements fading. For this purpose, travelers must have practical skills previously acquired. In the process of trips, it is advisable for each participant to know the criteria for hitting the arm vein, breathing and exhalation procedures, rest between exercises and the practical activity associated with them, to conduct an experiment on their own. J is obliged to be held by a teacher-instructor or responsible person in the group, to carry out constant supervision when organizing and conducting certain exercises related to Islamic exercises, sports games, Action Games, relay and tourism techniques. And this will be a guarantee that some unexpected events will not happen, preventing.

In the process of walking (excursion), the active movement of participants is reduced to a certain extent, and sometimes not at all, due to the fact that physical education is carried

out on the sidewalks (excursion) mainly in various mounts. For this reason, in the process of walks, it will be advisable to use the means of physical education, to apply the most convenient method. The plug can be made in the following forms:

1. Independent performance or organization of morning hygienic Gymnastics exercises in the form of a group (leader or hotel, turbase employee).

2. Performing 4-6 exercises on posture movements (walking, bending, turning, sitting, jumping in place, breathing and exhaling) at that address while the exit from travel addresses or performances are stretched. In this case, it will be necessary to perform in an independent state or in an organized manner (group) depending on the age of the people.

3. In free times there are alleys, picturesque places, walking in sports facilities, running, jumping, various games (football, volleyball, basketball, table tennis, badminton, action games, various relays) and movement perform independently or in an organized manner (group).

4. Walking in shady, top-up and picturesque places, performing exercises when taken to health centers, tourism facilities (base) and mountainous conditions. The current era of socio-cultural living conditions necessitates everyone to fight for their health. For this reason, participants in the journey and ulami need to know the complexes (complexes) of educational exercises and ways to perform them. On this basis, it will be necessary for them to get used to not kanda to engage in physical education on walks.

In modern society, sports tourism is one of the most important types of tourist activity, which for many is an integral part of life, an effective means of restoring physical and mental health, as well as a prerequisite for spending their free time.

Sports and wellness tourism, which initially arose as a need, soon established itself as one of the perfect and effective methods of education, since it is a condition for the comprehensive solution of pedagogical problems in tourism: education, education, wellness and sports. Sports tourism is amateur and amateur, as it is carried out in their free time from study and work.

It is difficult for children, young people and adolescents to overestimate the educational impact of sports and wellness tourism. Physical education and sports bring up such valuable qualities as perseverance in achieving the set goal, passion for sports, humanity, friendly attitude, patience, tolerance, respect and self-esteem.

In the process of dealing with various types of sports and wellness tourism, the social activity of the individual develops, a completely new perception of the world occurs, the range of real values and priorities expands, consciousness and morality develop. and communication is improved and polished. Professions in sports and wellness tourism in many ways contribute to the labor education of a person, since they provide physical preparation for labor activity, thereby increasing its effectiveness.

In sports trips, competitions, tourist rallies and other forms of sports tourism, the processes of mastering new knowledge, self-improvement, self-education, self-development are actively stimulated. Sports-wellness tourism in many ways contributes to the development of a person's creative activity, his creativity.

The upbringing of an individual in the system of sports and health tourism includes: a directed influence on spirituality, morality, mentality; the use of the influence of a combination of social, economic, humanistic means on the process of comprehensive, holistic and harmonious development of an individual; the formation of ecological culture, aesthetic taste, moral principles using various forms, tools and methods of sports; the use of all the



knowledge accumulated in the pedagogical science of a person and his upbringing in the process of forming a concrete personality, developing his abilities, satisfying his needs, expanding the sphere of interest. Sports and wellness tourism is one of the most effective wellness technologies, unlike other sports. Sports and wellness tourism is not one of the sports, but a broader concept. This is a whole social movement, the most important goal of which is the formation of a healthy lifestyle for each individual and society as a whole.

The uniqueness of sports-wellness tourism is that, unlike any sport, almost everyone can engage in it, so sports-wellness tourism is one of the most mass movements. Its specificity, also in the highest motivation, is aimed at achieving the goal, thanks to which sports tourism can be considered a natural laboratory of the abilities and abilities of people who are not sports specialists, but, nevertheless, develop perfect and very accurate coordination.

The conclusion is that all forms and types of Tourism serve to promote the physical fitness of the engaged and participants, to expand theoretical knowledge in the process of travel, to develop practical skills. Especially on hiking trips, Mountain Tourism, cave tourism, rock climbing tourism, sports chamalab finding (спортивное ориентирование) and other types are used for their intended purpose. In this, it is necessary to fully comply with the rules of travel of each person, the correct functioning of the organs of the Body (Body-organism), especially the physiological, psychological, biomechanical, which is associated with blood circulation, breathing and their connection. provides knowledge and understanding of biochemical processes

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