

THE ROLE OF PHYSICAL ACTIVITY IN DAILY ROUTINE AND HEALTH

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Komilova Mokhitabon

lecturer,

Fergana Medical Institute of Public Health,

Fergana, Uzbekistan

Annotation

This topic examines the importance of physical activity in daily routine and its impact on human health. It highlights how regular exercise contributes to physical fitness, mental well-being, and the prevention of various diseases. The study also emphasizes the role of maintaining an active lifestyle in improving overall quality of life and supporting long-term health. In addition, it discusses how integrating physical activity into daily habits helps reduce stress, increase energy levels, and strengthen the immune system.

Keywords

physical activity, daily routine, health, exercise, healthy lifestyle, fitness, well-being, prevention, mental health, active living

INTRODUCTION

Physical activity is an essential component of a healthy lifestyle and plays a significant role in maintaining both physical and mental well-being. In modern society, where many people lead sedentary lifestyles due to technological advancements and desk-based work, the importance of regular exercise has become even more relevant.

A well-structured daily routine that includes physical activity helps improve overall health, increase energy levels, and prevent various chronic diseases such as obesity, diabetes, and cardiovascular disorders. It also has a positive impact on mental health by reducing stress, anxiety, and depression.

Therefore, studying the role of physical activity in daily routine is important for understanding how healthy habits contribute to improving the quality of life and ensuring long-term health.

From a medical perspective, a healthy lifestyle is one of the most important factors for maintaining human health, and it is directly influenced not only by proper nutrition and physical activity but also by the organization of daily routines. The human body functions according to specific biological rhythms, and any disruption of these rhythms can lead to the development of various diseases. Therefore, a well-structured daily schedule is considered one of the key foundations of health preservation and improvement.

A daily routine refers to the balanced distribution of time for sleep, meals, work, and rest. It has a positive impact on the nervous system, cardiovascular function, and metabolic processes. In contrast, an irregular lifestyle increases the risk of fatigue, stress, and various chronic diseases.

In medicine, a daily routine is considered an important preventive factor in maintaining and strengthening human health. All organs and systems of the body function according to specific biological rhythms. For example, the sleep-wake cycle, hormone secretion, heart rate, and body temperature change throughout the day. A daily schedule aligned with these natural rhythms improves the body's adaptability and stabilizes the functioning of internal organs.

MAIN PART

Physical activity is one of the most important factors in maintaining a healthy body and mind. Regular exercise improves blood circulation, strengthens muscles and bones, and supports the proper functioning of the cardiovascular and respiratory systems. As a result, individuals who engage in physical activity on a daily basis are less likely to develop chronic diseases such as obesity, hypertension, and diabetes.

In addition to physical benefits, exercise also has a strong positive impact on mental health. It helps reduce stress levels, improves mood, and increases the production of endorphins, which are known as "happiness hormones." This makes individuals feel more energetic, motivated, and emotionally stable.

Integrating physical activity into a daily routine does not necessarily require intensive training. Simple activities such as walking, cycling, morning exercises, or taking active breaks during work or study can significantly improve overall health. Consistency is more important than intensity, as regular moderate activity provides long-term benefits.

Promotion of a healthy lifestyle should be carried out in different directions. On the one hand, it is aimed at providing students and adults with certain medical and hygienic knowledge about healthy living, awakening their ideas about how a healthy lifestyle affects the development of the body, and on the other hand, it is aimed at teaching them to follow hygienic rules in education, to protect themselves and the health of those around them. It depends on building the skills to make it a daily habit.

Each period has its own stages of development, and a healthy lifestyle is important. Physical education and sports are the main process in the development of public health in the maintenance of public health, prevention of diseases, promotion of national and regional sports and formation of a healthy lifestyle.

The formation of a person's living environment is directly related to his valueological culture, ability to resist the influence of physical, psychological and social pressure. The main condition of a healthy lifestyle is a complex of healthy activities that ensure the harmonious development and strengthening of health, increase the working capacity of people, and prolong their long creative life.

An active lifestyle, exercise, physical education and sports are important factors of a healthy lifestyle. Active movement, i.e. exercise, plays an important role in a healthy life of a person.

Daily routine is a continuous process that takes place from the day a person comes into the world. Naturally, the agenda cannot be the same for everyone and it is created in accordance with the age, health, work ability and household living conditions of a person, and his general requirements: the correct distribution of practical work and physical labor in the development of the agenda, the replacement of work with rest at the right time, every day include eating certain foods, going to bed at a certain time and getting used to waking up early, and going for walks in the open air.

A person's healthy and unhealthy lifestyle also depends on the correct and incorrect organization of the daily routine.

A properly organized agenda is a comprehensive organization:

- proper development;
- strengthening of the will;
- labor productivity is much higher, and the ability to work is well preserved for a long time;
- plays an important role in disease prevention.

From a pedagogical point of view, a daily routine is not only a means of maintaining health but also an important educational factor in the comprehensive development of an individual. A properly organized daily schedule helps children and adolescents develop discipline, responsibility, and the ability to manage their time effectively. This, in turn, improves their academic performance and strengthens their preparation for independent life.

Regularity and structure play a significant role in the educational process. Clearly defined times for studying, resting, eating, and sleeping help students establish a stable learning rhythm. This contributes to better concentration, improved memory, and more effective knowledge acquisition.

In addition, in pedagogy, a daily routine is also viewed as a воспитational tool. It helps develop positive qualities such as self-control, time appreciation, and goal orientation in children. An irregular lifestyle, on the other hand, may lead to fatigue, lack of attention, and decreased learning efficiency.

The role of physical activity in daily routine and health is widely recognized in both medical and educational research. The findings show that an active lifestyle significantly contributes to improving overall health status and reducing the risk of non-communicable diseases. However, despite its known benefits, many individuals still struggle to maintain regular physical activity due to busy schedules, lack of motivation, or sedentary work environments.

One of the key issues is the increasing dependence on technology, which has led to reduced physical movement in daily life. Long hours spent sitting at computers, using smartphones, or watching television contribute to physical

inactivity, which negatively affects both physical and mental health. This highlights the need for awareness programs that encourage people to integrate movement into their everyday routines.

Another important point is that physical activity should be adapted to individual needs and capabilities. Not everyone requires intense workouts; even moderate activities such as walking or stretching can provide significant health benefits if performed regularly. Therefore, personalization of exercise routines is essential for long-term adherence.

In addition, the role of schools, workplaces, and public health institutions is crucial in promoting active lifestyles. Creating supportive environments, such as providing sports facilities or encouraging short exercise breaks, can greatly increase participation in physical activity.

CONCLUSION

In conclusion, physical activity is a fundamental component of a healthy daily routine and plays a vital role in maintaining overall health. Regular exercise improves physical fitness, strengthens the immune system, and supports mental well-being by reducing stress and enhancing mood.

The study shows that integrating even simple forms of physical activity into everyday life can significantly reduce the risk of chronic diseases and improve quality of life. However, achieving these benefits requires consistency, motivation, and a supportive environment.

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