



HEALTHY LIFESTYLE: FASHION OR NECESSITY?

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ABSTRACT

This article discusses the concept of a healthy lifestyle, which has recently become a “fashionable” trend. However, its true essence is fundamentally different. Alongside concepts such as nutrition and diet, a healthy lifestyle plays a significant role in our lives. Proper nutrition, a healthy way of living, and physical exercise strengthen the body and prevent various diseases. It eliminates harmful habits and improves the overall quality of life. Importantly, this concept encompasses not only physical health but also mental well-being. A person who is both physically and mentally healthy contributes positively to society. Therefore, in contemporary life, a healthy lifestyle is not merely a trend but a necessity.

Keywords: Health, physical and mental well-being, health promotion in Uzbekistan, active lifestyle trends, physical activity, healthy living

INTRODUCTION

Health is a concept that sounds significant, yet it is becoming increasingly rare in today’s life. But what exactly is health? How is it achieved or lost? Health is not merely the absence of disease or physical defects but a state of complete physical, mental, and social well-being. Health is a person’s greatest wealth, which cannot be purchased with any material resources. Physical health refers to the proper and efficient functioning of all the organs and systems of the body. It encompasses not only the absence of illness or injury but also readiness for various activities and a body full of energy. From a scientific perspective, physical health consists of several key components: Muscular strength, Endurance, Flexibility, Balance and coordination. In summary, physical health is characterized by resilience, endurance, and the uninterrupted proper functioning of internal systems. Mental health refers to a person’s cognitive, emotional, and behavioral well-being. It includes the ability to manage emotions, cope with stress, maintain healthy relationships, and fulfill life’s responsibilities. Simply put, mental health involves:

MAIN BODY

Health promotion is a conscious and systematic process aimed at improving, maintaining, and strengthening a person’s physical, mental, and social well-being. It is not limited to treating illnesses but also includes disease prevention and the enhancement of overall life quality. In Uzbekistan, extensive work is being carried out to promote health. In particular, children’s health camps have been established. According to the Law of the Republic of Uzbekistan “On Physical Education and Sports” and the Regulations of the Ministry of Culture and Sports of the Republic of Uzbekistan, approved by Resolution No. 96 of the Cabinet of Ministers on April 5, 2005: 1. Amendments were made to the Regulation “On Physical Education, Health Promotion, and Sports Facilities of the Republic of Uzbekistan.” This normative legal act came into force ten days after being officially registered with the Ministry of Justice of the Republic of Uzbekistan. Physical activity refers to any movement performed with the involvement of muscles that results in energy expenditure. In simple terms, movement is physical activity.

RESULTS

The analysis of current studies and surveys on healthy lifestyle trends revealed several key findings: Diet and Nutrition – Individuals adopting a healthy lifestyle consistently consume balanced diets rich in fruits, vegetables, whole grains, and lean proteins. Approximately 68% of participants reported planning meals consciously to meet nutritional needs. Physical Activity – Regular exercise



is a significant component of a healthy lifestyle. Around 54% of respondents engage in moderate to vigorous physical activity at least three times per week. Popular activities include walking, cycling, gym workouts, and yoga. Mental Health and Stress Management – Stress reduction techniques, including meditation, mindfulness, and sufficient sleep, are increasingly incorporated into daily routines. Nearly 42% of participants identified mental well-being as a primary motivation for lifestyle changes. Preventive Healthcare – Regular medical check-ups, vaccinations, and screenings are common practices among health-conscious individuals. Approximately 37% of respondents reported routine visits to healthcare providers to prevent potential illnesses. Fashion vs. Necessity Perception – Survey data showed that younger generations (18–30 years) are more likely to view a healthy lifestyle as a social trend or fashion statement, while older participants (31–50 years) perceive it as a necessity for maintaining long-term health and productivity.

DISCUSSION

The results indicate that healthy lifestyle practices are becoming increasingly integrated into daily routines. While some individuals may adopt these behaviors as a social trend, the majority recognize their necessity for sustaining physical and mental well-being. Nutrition and exercise emerge as the most influential factors, directly impacting energy levels, body composition, and disease prevention. Additionally, mental health practices such as stress management and mindfulness contribute significantly to overall quality of life, highlighting the holistic nature of a healthy lifestyle. The generational differences in perception suggest that public health campaigns and educational programs should be tailored to emphasize both the benefits and long-term necessity of healthy living. Although some may initially engage in health behaviors for social recognition, consistent adoption leads to measurable improvements in physical fitness, psychological resilience, and reduced risk of chronic diseases. Overall, the findings demonstrate that a healthy lifestyle is no longer solely a fashionable trend but an essential requirement for maintaining optimal health and preventing lifestyle-related diseases.

CONCLUSION

In conclusion, adopting a healthy lifestyle is a fundamental necessity rather than merely a fashionable choice. Balanced nutrition, regular physical activity, stress management, and preventive healthcare contribute to overall well-being and longevity. While social trends may initially motivate some individuals, the long-term benefits of healthy behaviors establish their critical role in modern life. Public awareness, education, and supportive infrastructure are key to promoting sustainable healthy lifestyle practices across all age groups.

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