
The importance of sports tourism in promoting a healthy lifestyle in the development of tourist destinations in Uzbekistan

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Abstract: The article examines the importance of sports tourism in promoting a healthy lifestyle in the development of tourist destinations in Uzbekistan.

Key words: Tourism, tourist destination, sports tourism, wellness, education, healthy lifestyle, outlook, medical field.

INTRODUCTION

Sport is of incomparable importance in introducing the country to the world, along with raising a healthy generation in all respects. One of the most important strategic directions of Uzbekistan's independence is the stabilization of society and physical health of citizens and improvement of lifestyle. In other words, it is to make a person healthy both physically and spiritually. That is why the reforms being carried out in our country are primarily aimed at humanity, its interests and the realization of all material, moral, legal and moral needs. The development and future of any society depends on its spiritual strength and healthy social and political environment. This means that spirituality is inextricably linked with a healthy lifestyle, and together they serve as a criterion for the development of society. "Spirituality is a complex of behavior, activities and relationships of all aspects of human life in his soul. A healthy lifestyle is a way of life of people formed from certain socio-legal, political, spiritual, moral, cultural aspects, which is manifested in their relationships, culture, physical health, thinking, manners, worldview, talent. ladi".

The impact of tourism on the education of children and adolescents Since ancient times, children have always been interested in tourism and camping trips. Tourism is an excellent and effective means of educating a healthy and hardened person. Although it doesn't provide as much muscle development as other sports, many hikers can be jealous of a hiker's health. He is not afraid to get his feet wet, he is not afraid to get cold in the wind, he is not afraid to get wet in the rain. Tourism is not like other sports. Tourism forms a number of very valuable qualities in a person. A tourist knows how to walk properly, light a fire, cook porridge, navigate properly and not get lost in the forest, quickly fix clothes. During tourist trips of schoolchildren, a lot of knowledge acquired in the lessons of geography, biology, mathematics, astronomy comes to life and takes on a completely new sound, they are sometimes taken formally and become heavy memory ballast, unusable. But tourism is not only a means of physical and practical education. Tourism has a great

role in moral and spiritual upbringing, socialization and development of communicative qualities of teenagers.

Tourism is a means of broadening the worldview of teenagers and enriching their spiritual life. The ability to overcome difficulties develops during the hiking trip, young people learn collectivism not in words, but in practice. Regular tourism develops conscious discipline, determination and responsibility in teenagers. The contacts established during the trip help to establish mutual understanding and cooperation between the participants of the trip. This concept defines the main goals, tasks and ideas of youth tourism development. deals with etc...

Methodology. The methodological basis of the research was the legal and regulatory documents in the field of sports tourism development, presidential decrees and decisions. Also, the methods of induction and deduction were widely used in the analysis of views and opinions related to the research work. Data grouping, comparative analysis, sample observation methods were used. Scientific abstraction and other methods were used to enrich the content of the work and give it concluding thoughts.

Results. A healthy lifestyle helps the health of the peoples of the East to be physically and mentally strong and spiritually mature. In turn, spiritual maturity serves to form and improve a healthy way of life, to increase people's health, happiness, and the well-being of the people. Physical culture, as well as sports, arise from the need to increase the country's defense power, and also serve as a basis for strengthening interstate relations and strengthening independence.

"If you exercise, you don't need medicine." These lines belong to our great grandfather, Abu Ali ibn Sina, who laid the foundation stone of the field of medicine. Although this opinion was expressed 10th century ago, modern medicine scientifically proved how correct this opinion is. Science has proven that a person who follows a healthy lifestyle and regularly does sports can live up to 100 or even 120 years.

Today, promotion of a healthy lifestyle among the population, raising the medical and nutritional culture of citizens is an urgent issue facing not only our country, but the entire world community. In this regard, it is important to develop preventive measures for compliance with sanitary and hygienic rules, reasonable eating habits, to promote a culture of nutrition and physical activity in order to form a healthy lifestyle in working groups.

Sports and wellness tourism is very popular. With the development of mountain and water sailing tourism, the number of professional staff must also increase to ensure the quality and safety of all tourist trips.

What is a WORKOUT? In recent years, widespread involvement of the population in mass sports, increasing the indicators of the healthy lifestyle of citizens, maintaining and improving the health of the population, and creating conditions for raising a healthy generation have become one of the priority directions of state policy. As a result, the average life expectancy of the country's population increased from 73 to 75.1 years. Also, the widespread promotion of a healthy lifestyle has shown its positive results even during the pandemic, which is a difficult test for all countries of the world. Our citizens, who got used to a proper and healthy lifestyle, saved their lives and the lives of their loved ones during the pandemic, and made a worthy contribution to the timely recovery of Uzbekistan from the strong impact of the pandemic. It is noteworthy that such efforts are being systematically and consistently continued. In particular, on October 30, 2020, the Presidential Decree "On measures for the wide implementation of a healthy lifestyle and further development of mass sports" was signed. According to the decree, "Workout" (neighborhood and street fitness) is one of the priority sports along with walking, running, mini-football, cycling, badminton, streetball in the development of mass sports and promotion of a healthy lifestyle among the population in the republic. was defined as

At the same time, it can be seen that a number of tasks have been defined in the State program of 2021 - "The Year of Youth Support and Public Health Promotion" in order to achieve high results. In particular, item 207 of the State Program aimed at the further development of sports sets special measures to increase the coverage of physical education and sports participants from the current 19% to 25% in 2021 by involving the population in mass sports. In order to implement this clause, mass sports competitions covering all sections of the population will be organized. "Samarkand Half Marathon", "Yangi Nafas Marathon", "Navruz Marathon", "Save Aral" marathon (half marathon), "Olympic Movement" dedicated to June 23 - International Olympic Day in order to develop the Olympic movement among young people. sports festivals are among them.

Until the end of 2021, implementation of Article 209 of the State Program is ensured, and in order to popularize and develop sports such as walking, running, mini-football, cycling, badminton, streetball and "Workout" in settlements, in each neighborhood and district (city) conditions will be created for education and mass sports. It is no coincidence that special emphasis is placed on "Workout" types in the development of mass sports among the population. Today, representatives of all generations strive to choose sports that allow for free movement and development. But not all citizens can find the time or economic opportunity to go to the fitness center after work. Here, Workout allows you to exercise anytime, anywhere, at no cost, in the area close to work and residence. Timely implementation of the tasks stipulated in the state program for the development of sports in our country will help citizens not only to strengthen their health, but also to create a healthy lifestyle in society. As a result of the work in this regard, the average life expectancy of the population will reach 76.4 years by 2025.

The family is an invaluable place that provides an important factor in our aspirations to achieve our noble dreams and goals. It is difficult to imagine a strong family without a healthy mother and children. As First President Islam Karimov said, "As long as there is life in this bright world, there is a family. As long as there is a family, there is a child, which is the eternity of life, a priceless blessing. As long as there is a child, a person always lives with good dreams and aspirations." It is not for nothing that the head of our state has repeatedly emphasized the need to pay special attention to the involvement of every family member in physical education through the development of mass sports. It is no secret that sport has a positive effect on the general physical condition of the body. For many years in a row, scientists from different countries have been conducting research that shows how the condition of the body improves after playing sports. Playing sports increases blood circulation, thereby strengthening the cardiovascular system. They help to improve metabolism, give a person strength and increase positive emotions. But this is only the tip of the iceberg, the role of sport in human life does not end there. Physical exercises have a positive effect on bones. If you exercise regularly, you can avoid osteoporosis in old age. Recently, Harvard conducted a study, as a result of which they came to the unanimous conclusion that sports improve sex life. Short exercise sessions are also effective. Muscles are destroyed much faster with age. Before one has time to control the eyes, his muscular corset resembles an elongated turtle. Exercise strengthens the muscles in the intestines, which improves digestion. Prevents cancer. Studies have shown that people who are physically active have a much lower risk of cancer. sport affects not only the body, but also the soul. Everyone knows that during exercise, the body produces the hormone of happiness, which allows a person to feel a slight euphoria.

Discussion. In addition, playing sports reduces the risk of developing old age and dementia. Studies have shown that sports improve the state of the brain, its cognitive functions and keep it in the right tone. Reduces stress levels. There are enough reasons for stress in today's world. Everyone copes with them differently, but practice shows that sports not only help to minimize the level of stress, but also help to understand how to move on.

Recently, sport has become especially relevant in human life. You can meet people on the streets (especially in the morning) who are sad from work. Often these are office workers, and for most of them, waking up with an alarm clock is a real torture, and they do not stop during the day. They cannot understand what happens when a person wakes up. Sports events are very useful for them. Physical activity improves human performance and keeps the body in good shape.

Exercise improves the quality of sleep, which means that it is easier to wake up in the morning. Also, playing sports can increase self-confidence, which undoubtedly leads to beneficial changes in all areas of life. Sport is a cure for everything: from feeling bad and ending up with self-doubt. The human body cannot fully survive without physical exertion, and the sooner a person realizes this, the more useful he will be.

The 21st century offers a lot of opportunities to a person, even now you can work remotely without leaving your home. Practice shows that more and more people prefer not to "go anywhere", and at the same time, the number of people participating in sports is decreasing. But the percentage of people who have serious diseases at a young age is increasing. Everyone's sport should exist, and the stats speak for themselves. Perhaps, the actively decreasing need for physical labor is the main trap of this century, and sports have become a kind of hobby and ceased to be a mandatory cultural element.

Amir Temur, a great entrepreneur, also paid great attention to physical education. In the East, the education of chivalry, that is, the education of courage and bravery in young people, is considered one of the main issues. From childhood, young men learned archery, horseback riding, swimming, hunting, fencing, and chess from skilled coaches and practiced in this regard. The great master says: "I followed three rules when creating and hiring Chirik: firstly, I paid attention to the young man's strength, secondly, to his ability to play the sword, and thirdly, to his intelligence and maturity. If these three qualities are combined, I will be able to become a servant. After all, a strong young man is resistant to all difficulties and sufferings, a person who can play with a sword can defeat his opponent, and a smart craftsman can use his intelligence everywhere and overcome difficulties. he paid attention to the fact that the soldiers were not only physically fit, but mentally as well.

Decree of the President of the Republic of Uzbekistan "On measures for the wide implementation of a healthy lifestyle and further development of mass sports" (PF-6099 No. 30.10.2020) aimed at wide implementation of a healthy lifestyle and further development of mass sports signed.

Conclusion. The main goal of the state policy on youth is to bring up a generation with intellectual potential, physically strong and mentally healthy. The organization of three-level sports competitions, the development of youth culture and art spheres indicate that the reforms in this regard have excellent strategic goals. In turn, solid legal foundations are being created for them, so that things are being carried out in an orderly manner. It is worth being proud of the achievements of our country's youth in the field of sports. The mass media has a great contribution in revealing that their conquest of the branches is based on hard work, and at the same time, they are role models for young people. It is precisely in the field of press that sports topics are leading. Despite the large number of specialized publications, one page of each press is devoted to sports topics.

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