

### **Regular exercise leads to good health**

*Ilhomova Madina Yusupovna*

*graduated from the 11th grade of the 24th general education*

*school of the Olot district of the Bukhara region*

Sport is one of the most necessary factors for human life. Sport has many beneficial aspects for mankind and it leads people to a healthy lifestyle.

Everyone knows that today there are thousands of sports. The best examples are boxing, football, taekwondo, judo, gymnastics, tennis, basketball and a number of similar types. People who regularly do sports do not have health problems. In addition, such people are less likely to be overweight. They don't worry and complain about it. They keep themselves refreshed after playing sports. Also, people who love sports are energetic, confident in their abilities, and have a healthy mind. Because sports arouses people's interest in life, inspires people, motivates them, and even encourages them to reach higher heights. Today, almost 60-65% of the population regularly do sports. Due to the fact that many sports fields have been built in the cities, almost more than half of the city's population go to play sports. Because these situations are one of the most convenient ways for them. In addition, a healthy generation will recover from people who are regularly engaged in sports. Because sports destroys diseases and viruses in the body. Also, many people who choose a healthy lifestyle love to do sports and look for opportunities to go to sports clubs and gyms. People who do not have the opportunity to participate in offline marathons they may try to participate in online sport clubs through phones or computers.

But on the other hand, busy people, that is, those who work every day, do not have free time to do sports. Therefore, they can only work on days off or on weekends. However, this may mean neglecting health. In some cases, people do not regularly engage in sports and do not pay serious attention to a healthy lifestyle because there are no sports clubs or sports and fitness centers in their

places of residence. . As a result, they develop health problems and face many problems. For example, people have the problem of excess weight. In addition, anemia, decreased immunity, weakness and dizziness, and various diseases are also caused by lack of movement.

But you should not ignore sports because it is the most necessary factor in our life. If you want to choose a healthy lifestyle, do sports at least 3-4 times a week.

In conclusion, you cannot count the positive effects of sports on human life. This is the biggest opportunity in our life to stay healthy.