



**FACTORS IN FORMING A HEALTHY LIFESTYLE IN  
PRESCHOOL CHILDREN THROUGH PHYSICAL  
EXERCISES**

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***Abstract:*** *This article analyzes the factors contributing to the formation of a healthy lifestyle in preschool-aged children through physical exercises. Morning gymnastics, breathing techniques, outdoor active games, and physical activity integrated with a healthy diet play an essential role in children’s healthy development. The article outlines methodological approaches for the effective organization of these factors.*

***Keywords:*** *Physical exercises, healthy lifestyle, preschool education, gymnastics, motor activity, healthy child.*

In the 21st century, increasing physical activity and forming a healthy lifestyle among children have become national policy priorities. The preschool period is characterized by rapid physical development, making it a critical stage for instilling habits that promote a healthy lifestyle. Children must become accustomed to morning exercises, daily routines, healthy eating, and active movement. This article aims to highlight these factors from a scientific and theoretical perspective.

A healthy lifestyle includes elements such as daily routines, proper nutrition, physical exercises, and adherence to hygiene rules. If these habits are instilled



between the ages of 3 and 7, children gain a lifelong foundation for maintaining health.

## The Role of Physical Activity

Physical activity:

- Accelerates muscle development,
- Strengthens the cardiovascular system,
- Enhances immunity,
- Stabilizes psychological well-being.

Gymnastic exercises serve the following functions:

- Wake up the body,
- Stimulate metabolism,
- Regulate body temperature,
- Restore muscle tone.

Exercises should be rhythmic, light, fun, and accompanied by music.

Preschool children are recommended to engage in 5–10 minute sessions.

## Importance of Outdoor Play and Fresh Air

Spending at least 1–1.5 hours outdoors daily and organizing active outdoor games:

- Improves oxygen exchange,
- Enhances children's mood,
- Promotes harmony with the natural environment.

Games should be age-appropriate, safe, and engaging. For example: “Tag,” “Ring Toss,” “Who Runs Fastest?”, “Dance with the Ball” – all provide substantial benefits.

## Nutrition and Hydration

A crucial aspect of a healthy lifestyle for children is proper nutrition. The daily diet should:

- Maintain a balance of proteins, fats, and carbohydrates,
- Include sufficient fruits and vegetables,
- Limit sweets to an appropriate amount.



Hydration is also important. Children should drink small amounts of water every 1–1.5 hours.

## The Role of Family and Educators

Both families and educators must collaborate to promote a healthy lifestyle.

Preschool institutions should:

- Develop schedules for physical activities,
- Conduct hygiene training,
- Promote healthy living.

Parents significantly influence their children by:

- Setting a personal example,
- Participating in morning exercises with the child,
- Encouraging healthy eating habits.

Establishing the foundations of a healthy lifestyle in preschool-aged children is a guarantee of the nation's future health. Physical activity, proper nutrition, hygienic habits, and collaborative efforts between parents and educators support a child's holistic development. Improving the quality of physical education in preschool institutions lays the groundwork for raising a healthy generation.

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