

PREVENTION OF OVERWEIGHT IN STUDENTS THROUGH HEALTHY NUTRITION AND PHYSICAL ACTIVITY

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Аннотация

В данной статье раскрывается значение здорового питания и физической активности в жизни студентов, а также их роль в профилактике избыточного веса и других проблем со здоровьем. Отмечается, что студенческий период является самым активным этапом жизни человека, в течение которого неправильное питание, гиподинамия и вредные привычки могут привести к ожирению, сердечно-сосудистым и другим неинфекционным заболеваниям. Научные источники подчеркивают положительное влияние физической активности на иммунную систему, профилактику онкологических заболеваний и укрепление общего состояния здоровья.

Ключевые слова: Здоровье студентов, здоровое питание, физическая активность, профилактика избыточного веса, здоровый образ жизни, спорт, иммунитет.

Annotation

This article highlights the importance of healthy nutrition and physical activity in students' lives, as well as their role in the prevention of overweight and other health problems. It is emphasized that the student period is the most active stage of a person's life, during which poor nutrition, physical inactivity, and harmful habits can lead to obesity, cardiovascular diseases, and other non-communicable illnesses. Scientific sources underline the positive impact of physical activity on the immune system, cancer prevention, and the strengthening of overall health.

Keywords. Student health, healthy nutrition, physical activity, overweight prevention, healthy lifestyle, sport, immunity.

The student years are one of the most active periods of human life, during which not only intellectual potential but also physical capabilities are shaped. Most young people, while

studying at higher education institutions, are unable to maintain consistency in sleep, nutrition, and daily routines. Physical inactivity, excessive interest in fast food, overconsumption of carbonated drinks, and psychological pressures—all of these contribute to health problems among students [4–8].

Studying the experiences of combining nutritional culture with regular physical exercise in the formation of a healthy lifestyle among students is both scientifically justified and practically necessary. In this direction, large-scale initiatives are also being carried out in the Republic of Uzbekistan. Projects such as “Youth Register,” “Popularization of Sports,” and “Five Thousand Steps for a Healthy Life” are aimed at strengthening youth health and contributing to their physical and spiritual development [1–3].

According to the analysis of surveys conducted among students, when asked the question: “What do you think a healthy lifestyle is?”, the answers were distributed as follows: adherence to healthy eating rules – 4.5%, physical activity – 0.5%, work and rest balance – 2%, absence of harmful habits – 6.5%, and all of the above – 86.5%. To the statement “Due to physical education and adherence to a healthy lifestyle, my self-confidence and physical condition have improved,” responses were: fully agree – 66.5%, partially agree – 26%, undecided – 3%, partially disagree – 3%, and completely disagree – 1.5%. A healthy lifestyle is one of the main factors that prevent the development of various diseases in the human body. According to the literature, 50–60% of human health depends on lifestyle.

Physical exercise has a beneficial effect on the functioning of the immune system. It protects us not only from external threats such as bacteria and viruses but also from internal “malfunctions” that may lead to cancer. A strong immune system enables the body to detect and destroy the first tumor cells in time. Scientists recommend engaging in at least 150 minutes of moderate-intensity physical activity per week. Cardiovascular diseases are the leading cause of death worldwide, and obesity is one of the main factors in their development. To prevent such problems, it is necessary to follow the principles of healthy nutrition.

Thus, by shaping a culture of healthy eating and engaging in regular sports and physical exercise, students can ensure not only their present health but also a prosperous life in the future.

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