

Studying the Formation of The Foundations of a Healthy Lifestyle in Preschool Children

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Abstract: Formation of the foundations of a healthy lifestyle (HLS) in childhood is one of the key priorities of the public health system. The risks of developing chronic non-communicable diseases in adulthood largely depend on the eating habits and physical activity established in childhood. According to the World Health Organization (WHO), childhood obesity is recognized as one of the most serious medical and social problems of the 21st century. On the one hand, there are still pockets of malnutrition and stunted growth in children in the world, especially in rural and low-income communities. At the same time, the prevalence of overweight among school-age children in the region is approaching the indicators countries. Thus, medical and social factors influencing children's lifestyle (nutrition, physical activity, prevention) require a comprehensive study to develop effective preventive measures.

Keywords: Health states, childrens, world health organisation, activity, physical, foundations.

Introduction: Today, health is a vital component of a person's life, whether they be adults or children. Childhood is a unique period during which health is formed. It is important to teach children to understand the value of health and the importance of striving for a healthy lifestyle. This is not simply a set of acquired knowledge, but a lifestyle and appropriate behavior in various situations. A child's approach to their own health is considered the foundation upon which the need for a healthy lifestyle can be built. This begins and develops as a child develops self-awareness and self-understanding as a person. Children's attitudes toward health are directly related to the development of this concept in their consciousness.

Healthy Lifestyle: Concept and Essence

Preschool age is an important and crucial period. During this period, the functioning of various systems in the child's body is restructured, so it is imperative to foster in children of this age the habits and needs for a healthy lifestyle, maintaining and improving their health. This is one of the priority tasks facing parents and teachers. It is precisely at this time that it is necessary to begin developing the foundations of a healthy lifestyle in preschoolers.

"Developing the Foundations of a Healthy Lifestyle in Preschoolers."

Currently, one of the priority tasks facing educators is maintaining children's health during their upbringing and education. The issue of early development of a healthy culture is relevant, timely, and quite complex. It is well known that preschool age is crucial in laying the foundations of physical and mental health. After all, it is before age 7 that a person undergoes a significant developmental process, which is not repeated throughout life. It is during this period that intensive organ development and the development of functional systems of the body occur, and fundamental personality traits and attitudes toward themselves and others are established. It is important at this stage to develop children's knowledge and practical skills for a healthy lifestyle, as well as a conscious need for systematic physical education and sports. The development of a healthy lifestyle should begin in kindergarten. All child activities in preschool should be aimed at maintaining and improving health. The foundation is weekly educational, physical education, and integrated classes, as well as collaborative activities between the teacher and child throughout

the day. The goal of health-promoting work in preschool is to create a lasting motivation for maintaining one's own health and the health of others. Therefore, it is crucial to properly design the educational process across all areas of a child's development and select modern programs that foster values, and above all, those of a healthy lifestyle. A healthy lifestyle is a complex of conditions that ensures and maintains a high level of human health.

The basic principles of a healthy lifestyle are:

- a balanced regimen
- proper nutrition
- balanced physical activity
- strengthening the body
- maintaining a stable psycho-emotional state.

These components should form the foundation of a preschooler's healthy lifestyle.

The main components of a healthy lifestyle

1. A balanced regimen A daily routine is generally understood to be a scientifically based life plan that provides for rational time management and a consistent pattern of various activities and rest.

When followed correctly and strictly, a clear rhythm is developed in the body's functioning. This, in turn, creates the best conditions for work and recovery, thereby promoting good health. A daily routine must be followed from the first days of life. Health and proper development depend on it.

When implementing routine processes, the following rules should be followed:

- Full and timely satisfaction of all children's organic needs (sleep, nutrition). Sound sleep is the key to harmonious development and is one of the most important elements of a person, especially a child. It is during sleep that the most complex work occurs, resulting in the formation of the brain and the development of the body. It is necessary to strive to maintain a regular sleep-wake rhythm as much as possible.
- Thorough hygiene care, ensuring the cleanliness of the body, clothing, and bedding.
- Involving children in feasible participation in routine processes.
- Developing cultural and hygienic skills.
- Emotional communication during routine processes.
- Consideration of children's needs and the individual characteristics of each child.

A rational routine should be stable and at the same time dynamic to ensure constant adaptation to

changing conditions of the external social and biological environment. The more this routine is based on the characteristics of the child's "biorhythmic portrait," the better their physiological systems will be, which will inevitably be reflected in their health and mood.

2. Proper nutrition. Nutrition plays a particularly important role in childhood, when eating patterns are formed and the typical characteristics of adulthood are established. Therefore, a child's health largely depends on a properly organized diet during childhood.

Basic principles of a balanced diet:

- Ensuring balance
- Meeting the body's needs for essential nutrients, vitamins, and minerals.
- Maintaining a regular diet.

A balanced diet for children is one of the key environmental factors determining a child's normal development. It has a direct impact on a child's vital functions, growth, and health, and increases resilience to various adverse influences. Due to the importance of regularity in nutrition, parents should be encouraged to adhere to the same mealtime routine on weekends and holidays as in preschool.

3. Rational physical activity. A healthy lifestyle and a healthy lifestyle are two interrelated components in a child's life. Active motor activity, in addition to its positive impact on health and physical development, ensures a child's psycho-emotional well-being.

Motor-focused tools

Physical exercises;

- Physical education breaks;
- Emotional release;
- Gymnastics (health-improving after sleep);
- Finger exercises, visual, breathing, and corrective exercises;
- Active and sports games help improve the functioning of all organs and the body as a whole.

The motor culture of preschoolers begins with the formation of a structure of natural movements and the development of motor abilities, creating conditions for children to creatively master movement patterns in various situations, developing motor imagination, and the ability to emotionally experience movement.

The main conditions for developing a motor culture are:

- Fostering in children a conscious attitude toward performing motor actions.
- Developing imagination during motor actions.

- Integrating sensory systems in developing a motor culture.
- Creating optimal conditions for each child during the process of mastering motor experience. Fostering a motor culture is a reciprocal process; its success requires the organization of a targeted system of upbringing and education in the kindergarten and family.

Through the process of fostering a motor culture, children acquire the knowledge necessary for conscious motor activity, mastering the methods of activity and the experience of implementing them, and also develop their creativity, cognitive abilities, willpower, and emotional development. In kindergarten, a healthy lifestyle is typically promoted, in particular, through regular physical activity. Daily exercise, physical education and dance classes, and outdoor games are mandatory in almost every preschool. Weekends should be no exception.

In addition to actively developing the skeletal and muscular systems, rational physical activity teaches preschoolers to be aware of and control their bodies. Furthermore, movement stimulates appetite, improves metabolism and digestion, trains willpower and character, and provides the child with a wealth of positive emotions.

4. Hardening the body

Hardening promotes a wide range of health benefits. It not only increases resilience but also the body's ability to develop compensatory functional capacities and improve performance. To develop the hardening process, repeated or prolonged exposure to various meteorological factors, such as cold, heat, or atmospheric pressure, is necessary. Through repeated exposure to hardening factors, conditioned reflexes develop more strongly. If hardening is carried out systematically and systematically, it has a positive effect on the child's body: the functioning of their systems and organs improves, resistance to various illnesses, especially colds, increases, the ability to withstand sudden fluctuations in various environmental factors without harm is developed, and the body's endurance increases.

5. Maintaining a stable psychoemotional state.

Experts note that a child's psychophysical health and emotional well-being largely depend on the environment in which they live and are raised. Mental health is an integral part of health and is considered a set of psychological characteristics that ensure dynamic balance and the child's ability to fulfill social functions.

Therefore, it is necessary to create conditions that

support preschoolers' psychological health, ensuring a humane attitude toward children and an individualized approach that takes into account their personal characteristics, psychological comfort, and an interesting and meaningful life in kindergarten.

Regarding the psychological environment during preschool age, two aspects are important: family relationships and the environment in the preschool. Family relationships are the foundation of a child's psychological state: they determine how confident a child is in their abilities, how cheerful and inquisitive they are, how open they are to communication, and how ready they are for true friendship. If a child knows that loving parents are waiting for them at home, with whom they can confide all their worries and failures, and from whom they will receive a new boost of love and warmth, they will be able to endure many troubles and adversities.

As for relationships in kindergarten, any conflict can usually be resolved. Communication difficulties with specific children can be resolved by consulting a psychologist and working with the teacher to plan a solution to the problem.

To develop a psychologically healthy personality, all possible methods should be used: creativity, in which the child enjoys the process of creating something new and learns to express their feelings and emotions; and interaction with peers.

6. Maintaining personal hygiene

Hygiene measures should become routine and subjectively necessary for preschoolers – this can be achieved through regularity and by introducing them as early as possible.

A good hygiene culture is as important for a person as the ability to speak, write, and read. Self-care gives a person a feeling of cleanliness and health: every cell in the body begins to function optimally, without causing distress to its owner. How much joy a person receives from the feeling of a well-functioning and harmonious body!

It is important for a child to learn that there are no unnecessary or unsightly organs or parts of their body, that all parts of the body require equal, constant care, and, above all, cleanliness. Don't make your body wait too long if you need to urinate, defecate, etc.

Teach your child to maintain personal hygiene: their own comb, their own bed, their own potty, their own handkerchief, their own towel, their own toothbrush.

Develop an understanding that maintaining personal cleanliness is important not only for their own health but also for the health of others. Organize this training not only in class but also in everyday life, whenever

situations arise that prompt children to make decisions about this issue.

Conditions Necessary for Maintaining the Health of Preschoolers

Protecting and promoting health and fostering healthy lifestyle habits are a top priority for educators. Therefore, it is essential to organize a variety of activities aimed at maintaining children's health, implementing a range of educational, health-improving, and therapeutic and preventive measures for different age groups. Methods, Forms, and Means of Developing the Foundations of a Healthy Lifestyle for Senior Preschool-Age Children in Preschool Educational Institutions

One of the priority tasks of modernizing Russian education is caring for children's health. The Federal State Educational Standard for Preschool Education prioritizes the protection and improvement of children's physical and mental health, as well as their emotional well-being. When developing understanding of the foundations of a healthy lifestyle in senior preschool-age children, teachers use various

Watching videos documenting children's activities during various routines, including hardening and health-improving procedures, helps develop preschoolers' self-esteem and reinforce correct understanding of the fundamentals of a healthy lifestyle. Verbal methods include the teacher's stories, discussions, explanations, and problem-based learning methods. Stories and discussions should be aimed at conveying essential information to preschoolers about the fundamentals of a healthy lifestyle, clarifying and systematizing existing concepts. Conversations can be accompanied by children's experiences and observations.

When introducing fiction, discussion questions should not only be reproductive in nature; a significant portion of them should be directed toward demonstrating the cause-and-effect relationships between lifestyle and health. Explanations are provided to clarify the influence of various environmental factors on health and to establish the relationship between various manifestations of a healthy lifestyle and health, as preschoolers often have difficulty independently establishing cause-and-effect relationships between everyday phenomena, including between health and lifestyle. Modeling children's behavior in the social environment of a large city is facilitated by presenting problematic situations, posing situational tasks, and asking problematic questions. This encourages preschoolers to independently choose alternative solutions and plan activities. The teacher, together with the children, analyzes the proposed answers to

problematic questions and evaluates the proposed solutions. Practical methods include experiments, exercises, practical activities, and children's productive activities.

For example, experiments with water help develop understanding of water's ability to dissolve various substances and, therefore, not always be pure and suitable for drinking, as well as its ability to penetrate various materials and change their thermal conductivity. Experimentally, using damp cotton pads, children can easily discover that playing with sand or working in the garden can make their hands dirty.

To develop the foundations of a healthy lifestyle in preschoolers, special exercises that strengthen children's health and a system of physical education are necessary. To this end, the kindergarten conducts morning exercises daily, the purpose of which is to create a cheerful, upbeat mood in children, improve their health, and develop dexterity and physical strength.

Morning exercises and special physical education classes in the gym are accompanied by music, which "has a beneficial effect on the older preschooler's emotional development, contributes to a positive mood, and shapes their understanding of a healthy lifestyle."

In addition to daily morning exercises, preschool-age children participate in special physical education classes. Physical education classes are the primary form of organized, systematic physical exercise instruction in the kindergarten. This form of work is considered essential for the development of proper motor skills and abilities, creates suitable conditions for mastering uniform principles and patterns in physical exercise, and promotes the development of children's diverse abilities. Classes are held in a special gym and are accompanied by music. When teaching older preschoolers, various multimedia presentations are used, offering significant pedagogical potential and fostering knowledge about a healthy lifestyle. The core program includes presentations on topics such as "Me and My Body," "Safe Behavior Rules," "Edible vs. Inedible," "Healthy and Harmful Foods," "If You Want to Be Healthy, Get Hardened!" and much more.

Using ICT in individual work with children not only helps develop intellectual abilities but also fosters strong willpower, such as independence, composure, and perseverance. When developing the foundations of a healthy lifestyle, it is recommended to use a combination of both traditional and specific physical education tools. These include games used to develop understanding of health and bodily functions, as well as practical activities for organizing a healthy lifestyle,

such as relay races and special game tasks. Travel games include all types of physical activity. Each game has a goal, a plot, and an outcome. Each of the physical exercises that make up this composition has a specific impact on the child and addresses specific program objectives. For example, when studying the theme "Autumn Joys," children go on a journey through an autumn forest. "The sun is shining (regular walking with closed umbrellas), it has started to rain (running with open umbrellas), jumping over puddles (jumping with open umbrellas), the wind is blowing in your face (walking backwards, leaning to the side with each step)." Playful self-massage is the foundation of strengthening and improving health. By doing it, children usually feel better. Such exercises also help develop a conscious desire to be healthy. Play-based exercises are based on an unconventional method for developing muscle strength and flexibility, incorporating elements of yoga therapy and stretching exercises. Finger exercises, which serve as the foundation for developing manual dexterity, fine motor skills, and hand coordination, have a positive impact on memory, thinking, and imagination. Creative exercises include unconventional exercises, special tasks, and creative games aimed at developing imagination, creative initiative, cognitive activity, thinking, and free self-expression. Thus, play-based activities are the foundation of the methodology for developing a value-based attitude toward health. All exercises, united by a single playful theme, quickly follow one another. The child enjoys imitating the actions of animals, birds, insects, natural phenomena, and social life. Breathing exercises are also organized in the form of a game (simulating blowing out candles, warming hands chilled in the cold, etc.). The teacher's personality plays a significant role: they must be sincere, emotionally open, artistic, capable of improvisation, possess self-regulation and relaxation skills, and be creative with children. The emotional tone of the lesson largely depends on the teacher. Active games are crucial for developing the foundations of a healthy lifestyle in preschoolers. They are conducted in groups, during special activities, during walks, and during transition periods between classes. Active games are also necessarily included in music lessons.

CONCLUSION

Developing preschoolers' views on a healthy lifestyle is directly linked to cultivating a love of cleanliness, neatness, and order. Particular attention should be paid to working with parents. The family plays a vital role; together with the preschool educational institution, it forms the primary social structure that ensures the preservation and improvement of children's health and their introduction to the

fundamentals of a healthy lifestyle. It is well known that even the best program and methodology cannot guarantee effective results unless its objectives are addressed collaboratively with the family, unless a child-adult community characterized by mutual support, consideration of each other's capabilities, interests, rights, and responsibilities is created. Experience shows that activities designed to foster a healthy lifestyle in preschool-aged children throughout the day, along with a well-designed routine, yield results: children are calm and active, avoid crying and agitation, do not refuse food, fall asleep calmly and quickly, sleep soundly, and wake up refreshed. Thus, the process of developing a healthy lifestyle in preschoolers is linked to developing habits of cleanliness, observing hygiene requirements, an active lifestyle, and understanding the environment and its impact on human health. The foundations of a healthy lifestyle are developed through lessons, routines, walks, play, and work. The kindergarten creates conditions for a favorable climate of interaction with parents. Parent-led sports and leisure activities are aimed at introducing children to sports, encouraging their participation in competitions, and fostering a need for movement and an active lifestyle. The kindergarten sets up displays and folders with recommendations on health and fitness activities, daily routines, and age-appropriate characteristics. Parent-teacher meetings, consultations, and seminars are held on developing the foundations of a healthy lifestyle, disease prevention, and the correction of developmental disabilities. Parents actively participate in physical education festivals and leisure activities. Thus, the development of a healthy lifestyle in preschoolers is achieved through individual discussions, physical education classes, festivals, and creative gymnastics. Other methods used include conversation, reading fiction, hardening, and various resources, including information and communication technologies (ICT), a developmental environment, games, fiction, and morning exercises.

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