IMPROVEMENT OF THE CONTENT OF STUDENTS' HEALTHY LIFESTYLE BASED ON CREATIVE APPROACHES

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Abstract: A healthy lifestyle is not just a choice; it's an art form. An album designed to inspire and guide people on their path to a healthier lifestyle should be more than just a collection of facts - it should be a creative masterpiece.

Keywords: Healthy life, interactive, recreation, creativity, thematic sections

Introduction. In this article, we explore innovative ways to improve the content of a healthy lifestyle album, blending information with creativity to engage, motivate, and maintain a lasting impact on viewers.

In the Address of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev to the Oliy Majlis on December 28, 2018, it was noted that..."the establishment of a healthy lifestyle in society, the further popularization of physical culture and sports is an urgent task. We will continue to attach great importance to the accelerated development of sports, encouraging and supporting athletes who have achieved high results in international competitions."

A healthy lifestyle performs the following functions, which are directly related to the problems of sustainable health improvement: educational and recreational functions. Recreation is a set of health improvement measures carried out in order to restore the normal well-being and efficiency of a healthy, but tired person. It is a system that encompasses all types of recreation.[2, 155]

Every future physical education teacher should be able to find ways to interest students in the lesson based on a creative approach in the process of lessons. In this regard, the famous psychologist Dale Carnegie said: "There is only one way to motivate and interest a person in doing something. That is, awakening a genuine desire to do the work in that person's heart. Coercion and torture do not work..."[6], he emphasized, of course, not without reason. At this point, it is advisable to explain the concept of creativity. "Creativity" (from the English "create" - to create, "creative" - creator, creator) [8] represents a new high-level creative approach to the

solution of problems encountered by the future teacher in the process of lessons, the prompt adoption of appropriate decisions and their solution. In the dictionary of pedagogical terms, creativity is defined as follows: "Creativity is the ability to create something new, unique, a mental process that leads to thinking, an idea, and a solution"[8]. Creativity is the future teacher's readiness to create new ideas and positively solve existing problems aimed at ensuring the effectiveness of training, unlike the traditional approach and thinking of students in the process of training, the formation of the ability to find solutions to existing problems and eliminate them to achieve a specific goal, contributes to the rational, prompt solution of problems that arise by chance.

Research Methodology. Infographics and illustrations: Instead of filling your audience with text, use visually appealing infographics and illustrations to convey information. These creative visuals can simplify complex concepts, making them more accessible and appealing to viewers.

Photo reports: Show the journey to a healthy lifestyle through a series of interesting photo essays. Add images that evoke emotions, tell the story, and inspire action. Personalizing content through real-life imagery creates a deeper connection with viewers.

QR codes for exercises and recipes: Link QR codes to interactive items throughout the album, such as training videos or healthy recipes. This adds a dynamic and engaging aspect to the album, encouraging readers to actively engage with the content.

Digital challenges: Add digital challenges to the album, encouraging users to set and follow personal health goals. This interactive feature not only encourages participation but also gives users a sense of success in overcoming difficulties.

Podcast-style storytelling: Combine audio elements like podcast-style storytelling to guide viewers across different sections of the album. This approach provides a multisensory experience, making the content deeper and more memorable.

Music playlists: Create selected playlists that match various aspects of a healthy lifestyle, from training melodies to calming tunes that awaken the mind. Music can evoke emotions and enhance the overall experience of the album.

Personal success stories: Share personal success stories of people who changed their lives by adopting a healthy lifestyle. Use storytelling techniques to captivate viewers and show the real impact of making a positive choice.

Thematic sections: Divide the album into thematic sections, each with its own story arc. Whether it's a journey of physical change, mental well-being, or nutrition, structuring the content as a story increases consistency and engages viewers.

Worksheets that can be printed: Add printed worksheets and journals to the album so users can track their progress, set goals, and reflect on their travels. This practical approach makes the album a practical tool for personal development.
Interactive checklists: Divide healthy habits into interactive checklists, where users can mark each habit when they include it in their daily activities. This not only helps form habits, but also adds an element of success.

Summary.The transformation of a healthy lifestyle album into a creative work involves thinking beyond traditional content formats. By incorporating visual storytelling, interactive elements, audio components, and storytelling techniques, the album becomes a holistic experience. This creative approach not only provides information, but also encourages and inspires people to embark on their journey towards a healthy and vibrant life. Through this innovative combination of creativity and health education, the album will become a valuable companion on the path to well-being.
The acute need for the development of a healthy lifestyle culture among students requires taking into account the existing theoretical approaches in higher educational institutions, the development of pedagogical tools and innovative educational opportunities, the attitude of young people to the processes of maintaining and improving their health, their health, interests, and activity.

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