



Experiences of Developed Countries on Organization of Health Corridors

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Abstract: *this article explores the experiences of developed countries on the establishment of health care corridors and covers several points such as the establishment of "Health corridors".*

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It happens during the life of a person in mental and physical activity. In the meantime, a person studies, receives education, works, builds a family, experiences physical labor and all sorts of stresses. As a result, a person loses health, due to a lack of attention to himself; there is stagnation in his work activity and clarity of thought. Many practical works, conditions and targeted plans are carried out by the state in order to ensure the health of the population, to ensure its free and comfortable living conditions. In particular, free medical examinations and multistage clinics, ambulance services, hospitals are serving the public. Great attention is paid to the health of each citizen not only from a medical point of view, but also to him from the point of view of urban planning. It can be said that the role of Nature, Fresh Air and the environment in human health is much greater. Therefore, it is considered for the health of man to create evergreen areas from the beginning, pay attention to cleanliness, plant trees and seedlings.

Together with the satisfaction of aesthetic pleasure of manyat to organize parks, alleys, garden-parklar, swimming pools and artificial water installations stands the task of improving their health, ensuring their rest. Because through the green areas, the Native Earth also breathes, ensuring that it's remote serves us. In addition to aesthetic and compositional functions in the organization of landscape zones, it is necessary to take into account human health. And the corridors of health are the main ones in the performance of this task.

After the independence of the Republic of Uzbekistan, we can see that in all areas there is a complete rise. It is no secret today those political and spiritual changes are being renewed in the system of universal values, that all personal needs, requirements and morals of a person are being prioritized, especially the moral and moral and physical capabilities of the growing younger generations are increasing. Many decisions and decrees were developed by our compatriots in the direction of formation of a healthy lifestyle in society, strengthening the health of the population, raising a healthy, spiritually rich younger generation, ensuring wide involvement of the population

in physical education and sports. On December 28, 2018, President of the Republic of Uzbekistan Sh.M. Mirziyoyev's appeal to the Oliy Majlis emphasized that "finding a healthy lifestyle in society, further popularization of physical education and sports" is one of the urgent tasks.

President Of The Republic Of Uzbekistan "2017 - Implementation of the state program on implementation of the strategy of action on five priority directions of development of the Republic of Uzbekistan in the "Year of development of Science, Education and digital economy" in 2021" PF-5953 on March 2, 2020 "on the implementation of the decrees of PF-6099 on October 30, 2020" on wide application of healthy lifestyle and measures, in order to attract women and the elderly to a healthy lifestyle and create additional conditions for them to increase their physical activity, a Cabinet decision was made. Ma'lumki, sog'lomlashtirish yo'laklarini tashkil etish bo'yicha rivojlangan davlatlar tajribalarini o'rganib, mamlakatimizda ham bunday loyihalarni joriy qilish dolzarb masalalaridandir.

In the organization of modern health care corridors should correspond to the following teachings:

- ✓ the total length of pedestrian and bicycle corridors is 3-5 kilometers and intertwined;
- ✓ modern, energetecamkor (equipped with motion sensors) lighting systems and full provision of light reflector, road signs indicating the start, range and end of pavements;
- ✓ the creation of separate mobility opportunities for the restoration of pedestrian and bicycle corridors, as well as the creation of an "unhindered environment" for persons with disabilities.

Together with the Ministry of Finance of the Ministry of economic development and poverty reduction, within the framework of the investment program for 2021, a total of 1.4 trillion soums have been allocated for the modernization of central streets from the account of centralized capital investments. During the 2021-th year of Tashkent City administration was considered as a center of special attention to the issue of establishment of "Health corridors" for walking on the pedestrians and cyclists with a total length of 50 kilometers on the streets, which are convenient for the population in all districts, and for these purposes an agreement was concluded on the interest-free allocation. From this experience, since 2022, an agreement was concluded on the establishment of "Health corridors" in Nukus, Bukhara, Nurafshan, Samarkand, Termez, Khiva, Shahrisabz and Kokand cities, as well as in all major cities of the Republic for walking on foot and cycling. The Ministry of construction, together with the Council of Ministers of the Republic of Karakalpakstan, regional and Tashkent City authorities until 1 January 2021, has approved the construction of newly renovated multi-storey residential areas in the regions, including the following amendments and additions to the current urban norms, taking into account the number of population and the location of housing, as well as the, it was determined to overcome some of the problems of such important issues as the construction of highways connecting districts and cities, the construction of "Health corridors" designed for the pedestrian and bicycle walking, the restoration of comfortable access places to the population at high traffic and large road intersections, and the creation of a landscape with unusual amenities.



1-picture. The photo shows the curvature of the roof-top racing track in Hangzhou.

Analyzing our attention on this issue by the example of foreign countries of the runways, the municipal government in the capital of chunanchi, Zhejiang province of Hangzhou has raised physical training to new heights, the unusual projects of the new runways at the top of the roof have been developed and the plastic corridor built on top of the bayezma Hall in the, while others are flat, the track designer at this proek has also been specially studied into some of the problems of people who may find it physically difficult to run along a slope. Yangi yugurish yo'lagi Xanchjouning G'arbiy Leyk okrugidagi yangi sport parkining bir qismidir. 20 000 kvadrat metr maydonni egallagan parkda trekdan tashqari ikkita kichik futbol maydonchasi, konkida uchish maydonchasi va boshqa mashq jihozlari ham mavjud.

Most runners don't get hurt when there's some holler to the users compared to running on hard ground running on plastic tracks. Therefore, here the plastic race tracks are combined with the rest of the park. We can see that the Bunda has developed a landscape with modern amenities for users.

As we know, running has become a popular sport in China. According to statistics, the Chinese General Directorate of Sports said that in 2015, the Chinese athlete spent on average 4000 yuan on training, such as marathon and running equipment.

Over the past period of this year, more than 500 marathons have been held throughout China, which has increased by at least 60 percent compared to 2016.

In conclusion, the construction of the runways, which today's developed countries are paying attention to, the implementation of these projects in our country on the basis of the experience of foreign countries provides effective results.

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