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PHYSICAL EDUCATION AND SPORTS-AN IMPORTANT CONDITION FOR A HEALTHY LIFESTYLE

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Annotation

This article talks about the fact that physical education and sports are as the main factor in the implementation of a healthy lifestyle and its peculiarities.

Keywords

Physical education and sports, healthy lifestyle, morning Gymnastics, hypokinesia, exercise.

Аннотация

В данной статье речь пойдет о том, что физическая культура и спорт являются основными факторами реализации здорового образа жизни, а также о его специфических особенностях.

Ключевые слова

Физкультура и спорт, здоровый образ жизни, утренняя гимнастика, гипокинезия, физические упражнения.

It is a fact that today it is clear to everyone that preserving and strengthening human health, and, moreover, a guarantee of longevity is a healthy lifestyle. After all, each of us, first of all, is reluctant to think about our own health. It is then that we will have lived a calm and prosperous life, preventing many serious illnesses. Scientists believe that a healthy lifestyle is based on following six basic conditions,

- Proper nutrition;

- Always being in motion;.

- Organization of the agenda and work on the basis of the biological regime;

- Ensuring spiritual tranquility;

- abstinence from harmful habits such as drinking, craving, addiction;

-The issue of tidiness, adherence to restlessness, attitude to the environment.

Of these, physical education and sports are reflected in the second condition by always being on the move. When a person is more engaged in physical exercise, sports games, body conditioning treatments in everyday life, physiological, biological processes in the body are activated. As a result, the mood rises and the ability to work increases. Obviously, this is important in strengthening health.

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In order to perfect movement and vegetative functions and maintain their high level, it is necessary to constantly carry out movement activities. Physical exercise should be performed to maintain a high level of mental and physical performance in order to strengthen health not only children, but also older people. In the present period, labor in production and household work are performed by people with little effort (hypoknesia). From year to year, the automation and computerization of Labor mechanization is causing the number of physical workers to decrease. The effect of low mobility on the functions of the body. It negatively affects the functions of the organism of a person with little effort in production and farming. People can also live motionless. But their movement apparatus and vegetative functions deteriorate, Hypoknesia (low mobility) causes musculature to atrophy and degeradasia. Muscle fibers thin out. Their weight decreases. Hypoknesia also negatively affects the function of the central nervous system. This results in impaired coordination function. As a result, systemality and one-on-one consistency are disrupted in movement. After a long period of hypokenesis, several negative changes also occur in the cardiovascular system. Including the mass of the heart systolic blood, and the volume of minutes the duration of blood circulation around the body-decreases. Athletes who are engaged in intensive muscle activity will not have significant changes in their cardiovascular system if they have exhausted their movement for a certain period of time.

And in people who are engaged in sports, negative changes in the cardiovascular system occur during the period of hypoknesia. In people with impaired muscle movement, the volume of pulmonary ventilation in a calm state decreases. The Basic Exchange is reduced by 5-20%. When people with hypokinesis perform physical work, the thrifty functioning of the vegetative organs decreases the demand for oxygen and the oxygen debt increases. If sick people are done work for an hour and a half hours hypokinesia may not develop even if it develops it may not adversely affect the body so that exercise reduces the negative effects of hypoknesia in the body ensures that the ability to work is maintained at a high level.

As a result, the productivity of work sharply decreases. If a person is engaged in other activities in a certain period of time, namely Gymnastics, the previously worked center will rest, and his recovery process will accelerate. Its productivity will be further restored if the previous started work is continued after the physical education pause. If exercise is carried out outdoors, the resistance of the human body to unfavorable factors increases. If the production gymnastics performed is performed in an emotional way more effectively than simple Gymnastics exercises, that is, the ability to physical work is restored a little faster. When physical education pauses are carried out in an emotional way for a very long time, it weakens the effectiveness of work by negatively affecting the work to be carried out in the future. The intensity of the production gymnastics to be performed is determined by the level of training of the workers to their health.

In conclusion, large-scale work on the formation and promotion of a healthy lifestyle in our country, the Prevention of various diseases, the strengthening of women's health, the upbringing of a healthy generation is carried out in all directions with the active participation of the women's Committee of Uzbekistan, the foundation for the development of children's sports and other organizations.

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