

Physical Education And Sports Training Are An Integral Part Of A Healthy Lifestyle

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Annotation: "movement is so important that with its influence it can replace any factors, but not all the healing factors of the world can compensate for movement," wrote Torquato Tasso, a famous Italian poet. The concept of a healthy lifestyle deeply covers the maturation of human behavior and physical maturation, and all aspects of this life. The main content of a person's self-knowledge is highlighted, such as compliance with sanitary and hygienic rules and requirements, being complimentary to those around him, being able to control his own psychic States, eating right, physical education and sports, giving up harmful habits.

Keywords: healthy living tarsi, muscles, normosthenic, hypersthenic, asthenic, running time

In the formation of a healthy lifestyle, it is important not to give in to the agenda, rational nutrition, personal hygiene, mental and physical labor hygiene, harmful habits (tobacco smoking, flirting, alcohol consumption, addiction and hakoza). Each of the muscles in the human body is a kind of support for the heart: when the muscles contract, the blood in the small blood vessels (capillaries) in them passes into the large venous blood vessels and is poured into the heart. This means that movement first has a positive effect on the movement of blood in the heart and vessels; secondly, as a result of the regular movement (contraction and relaxation) of the body muscles and heart muscle, their fibers become larger and the force of contraction increases.

Therefore, the famous scientist of France Pomore expressed the opinion that "movement builds a human body," walking is the simplest and most accessible means of movement activity for everyone. At the beginning, the distance in one day is 1.5-2 km, after a month – 2.5-4 km, it is possible to gradually reach 10-12 km. The walking speed is initially 70-80 steps per minute, gradually reaching 100-110 steps. This corresponds to a speed of 5-6 km / h. Self-control is necessary in walking exercise. To do this, the speed of the vein is determined as soon as you stop walking. To do this, the stroke of the vein is multiplied by 4, counting 15 seconds. If there are more than 120 strokes per minute and do not slow down to 70-80 times after 10 minutes of rest, then the distance and walking speed will be known to weigh on the heart. So the next day, the distance should be reduced and the walking speed should be slowed down. In a walking exercise, the heel of the shoe should not be higher than 3 cm. A thick duck should be placed inside the shoes.

Practicing running exercise is recommended only to a healthy person on the advice of a doctor. The first days are running 20-30-50 meters after walking 50-100 meters, then running the same distance

again after walking 20-30-50 meters again. Over the course of two weeks, the walking distance is gradually reduced and the running distance is extended. After two to three weeks, running training can be practiced without interruption if the person feels better.

The running time at the beginning of the exercise is 10, 15, 20 minutes, the running speed is 120 steps per minute, in the following days it is brought to 160-180 steps.

Running technique. When running, it is necessary to keep the torso upright, keep the head upright, look forward 10-15 meters, keep the torso upright, arms bent to form an angle of 90° in the elbow joint, paws free, written.

When stepping while running, first the front part of the palm of the foot and then the heel part are placed on the floor. Running time. After sleep, when running in the morning, a person is refreshed and adapts to today's rhythm of work. A person who does the morning badantaria exercise in moderation is better to do the running exercise before dinner or 1-2 hours after a meal. It should be noted that the number of stroke after a run should not exceed 140 times per minute. Also, after the run is stopped and 10 minutes of rest, the stroke should slow down to 90 times per minute. If the stroke is faster than 140 times when the run stops, it does not slow down to 90 after 10 minutes of rest, then the day before, the distance and speed of the run will have to be slightly reduced. During running, it is necessary to breathe only through the nose. Breathing may be through the nose and mouth. Signs such as increased breathing during running, shortness of breath, weakness of the leg muscles, progressive contraction of the step, sweating indicate fatigue and dictate that the run is stopped.

A person who is interested in activating movement can deal with those who are comfortable with the exercises themselves. For example, walking, running, cycling can also be engaged in "health groups" on the advice of specialists.

Health is an invaluable wealth of every person, Society, country.

Official World Health Organization documents state that while a person's health is assumed to be 100 percent, 20 percent depends on offspring, 20 percent on external environmental conditions, 10 percent on medicine, and finally 50 percent on lifestyle. So, the main part of health depends on the lifestyle of each person. Movement activity accounts for the bulk of a healthy lifestyle.

Torquato Tasso, the world-renowned Italian poet, wrote: "locomotion is able to compensate for any healing factors by its effects, but cannot replace the positive effects of locomotor activity even when all the healing factors known in the world are added together".

In fact, in the course of millions of years of evolution, the organism of our ancestors has adapted to hard physical work, tireless movement. Only in the result of a complete mobilization of muscle strength in the fight against predators, against the impotent influence of nature, did our ancestors manage to protect themselves and remain as a species.

The biological evolution of Man will end about a hundred thousand years ago. However, during this time, the anatomical structure of the human body has practically not changed. Therefore, the human organism, as it was a hundred thousand years ago, is now prone to constant physical labor, tireless movement, and is demanding. Due to the development of Science and technology, the improvement of social living conditions, in the activities of people of the current era, the volume of physical labor in the process of marriage has sharply decreased. It's no secret that nowadays most men do not crack wood, do not chop Yant, do not worm the roof of the house every autumn, do not dry out the snow on the roof in winter. Our urban women do not transport water and do not wash laundry in their hands, do not bake bread by burning yantak or Acorns. Hiking has also declined dramatically. The fact that the reduced role of the volume of physical labor should be filled with an increase in the activity of movement, that is, with physical culture and sports training, has already been proven by scientists. Despite the fact that many recommendations have been created about this, most people are losing their

health, preferring to move little. It should be noted that an athlete, even an Olympic champion, should regularly engage in general physical training. Because, in each type of sport, more attention is paid to the performance of specific standard training. For the body, however, physical exertion is required in every possible way. In the opinion of the famous gerontologist scientist, academician Alexander Bogomolets, “an important factor in rational living is movement activity. All tissues of the body – organs need to be regularly actively trained. Due to lack of movement, tissue-organ regeneration, rejuvenation are disrupted, and the aging – aging process is accelerated”.

Another manifestation of violations of the rules of a healthy lifestyle, in addition to low mobility of adults, is that as soon as the baby comes home from the maternity hospital, he is diapered to the point where he cannot move with several layers of fabrics, laid in a crib and tied for several hours. According to the World Health Organization, the number of diseases that occur in a person is more than ten thousand. Almost all of these use curative physical activities.

Separation of student-students into health groups in a physical education class.

Students of schools, colleges, lyceums and higher education institutions are divided into 3 health groups at the beginning of each school year, subject to medical supervision and attending a physical education lesson:

The first main Health Group - healthy children and adolescents, whose physical development is in moderation. They complete all classes on the curriculum of physical education, take tests and exams;

The second preparatory Health Group - children and adolescents with weak physical development, some kind of chronic disease. They attend a physical education class with a core group. But, they are exempted from high-speed training that requires great effort. They also provide relief from the testing and examination of this subject. They remain under the supervision of an academic doctor. They are given occasional wellness activities. After physical development and health recovery, they can be transferred to the first basic health group, according to the conclusion of the medical examination for the next academic year;

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