

## **The Influence of Health Exercises on the Functional State of the Organism**

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**Abstract:** this article highlights the importance of classifying, systematizing and recommending the theory of health training tools and their use, and the tools that use them in practice.

**Keywords:** health, wellness, exercise, sport, Healthy lifestyle, organism.

The scientific proof of the emergence of specific biologically active substances as a result of regular exercises in the body of those with a healthy lifestyle culture is considered an achievement of the last 10 years of research. They showed that the body can resist various diseases and the harmful effects of the external environment, and it is also useful with the improvement of the protective function. [1]

In particular, certain mutual structures in the brain, that is, alcohol and narcotic drugs, interact with the registers that give pain-like sensations, resulting in a natural state of happiness, good mood, openness, clarity of thinking, or it creates natural impulses like its opposite. A similar situation occurs in those who are engaged in systematic fitness training. This is a physiological condition and is related to the creativity of the body of the person who exercises.

The endorphins created in the blood block the pathological stimuli produced by alcohol and drugs and gradually suppress them. This is the specific role of physical exercises in relation to harmful conditions in the human body.

Those involved in health training should have some knowledge about the transmission of the most common, and in some cases hidden, infectious diseases that have a negative effect on athletes. [2]

It has now been proven that chronic angina, dental caries, furunculosis, gall bladder infections, and other diseases develop without realizing it in some cases.

Physical exertion or activity naturally accelerates blood circulation in the body, which in turn washes away hidden infectious disease germs and spreads them to other organs in the fast-flowing blood. It is possible to create new outbreaks of disease. In addition, during chronic diseases, when the body spends its protective energy against the disease, it has to spend that energy on muscle work (exercise), which causes the body to decrease in its functional state. [3]

As a result, the health benefits of exercise may not occur. It is clear that such a situation is harmful to health. In some cases, hidden diseases of the heart, kidney, gall bladder and other organs are considered as diseases caused by physical exercise, and exercise is stopped. Accordingly, any deterioration of the functional state requires medical supervision.

An important factor in the health effect of training sessions is compliance with the condition of non-limit loads. Therefore, the problem of strictly dosing the size and intensity of the load comes to the fore. Solving this problem requires the ability to theoretically analyze the quantity and quality of the

energy process in the human body. Therefore, there is a problem of studying muscle biopower, and research has been launched to solve it.

The positive effect of physical exercises in fitness classes is not only in improving the functions of the most important organs and structures of the human body, but also in increasing endurance, mood, and well-being after exercise. This, in turn, stimulates the energy of activity (tonus), prevents the body from being affected by various unfavorable factors of the external environment, including infectious diseases, overcomes the disease, increases endurance, and others. is showing its effect.

As a result of today's scientific researches, special literature, studying the problem of aging and its prevention, they provide valid evidence and information about the fact that "many are dying prematurely, before the appointed time" and their conclusions about its causes. are giving [4]

First of all, natural physiological and pathological old age, that is, the aging of the organism, the activity of all its organs and structures, first of all, occurs as a result of the weakening of the function of the activity of the central nervous system. It was found that there is premature aging.

According to the research conducted by a group of scientists, most of the current 20-59-year-olds have a very low level of knowledge about their health, physical development, and physical maturity (-3- (around 7%), they came to the conclusion that they don't know that doing physical exercises, living with moderate movement activity, is a means of living a long and healthy life.

The famous professor Volkov L.V. He wrote that 15 professors, whose health he was monitoring, died prematurely, and pointed out that the reason for this was that intellectual workers were mostly sedentary and did not have the necessary level of physical activity.

Even today, and a few centuries ago, movement, physical labor, in longevity, diseases, especially hypertension, angina pectoris, atherosclerosis, characteristic of older people. its positive effect in the prevention of scleroderma has been proven.

In conclusion, "We found out through the analysis of literature that physical loads during health training can delay the passing of hidden diseases and cause them to be severe. The effectiveness of fitness training is closely related to the functional state of the body. It has been proven in practice that neglecting such a situation leads away from the intended goal.

Computer fitness programs. The development of computer fitness programs began in the 80s of the last century, and they were mainly focused on independent training.

There are following types of computer software:

- Educational (training of personnel to improve physical education).
- Technical (computer training equipment, fitness centers)

With the help of computer programs, it is possible to determine the level of individual health, physical condition, physical development, and the level of disease risk.

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