

The Importance of Physical Activity in Improving Public Health

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Abstract. This article discusses the importance and value of exercise in promoting public health.

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We all know that regular exercise creates a healthy image for our children and youth.

Heals their will so that they grow up to be brave and courageous people, able to bravely overcome various trials and tribulations.

creates a solid foundation. The most important thing is that we are children who are friends with sports. Does not join completely alien and harmful currents.

In order to form an immune system against the disease in Uzbekistan by involving all segments of the population in regular physical education and sports, on October 30, 2020, President Shavkat Mirziyoyev issued Decree No. PF-6099 "On the large-scale introduction of a healthy lifestyle". lifestyle and the public Decree No. PQ-4063 of December 18, 2018 on Measures for the Further Development of Sports and Support for the Prevention of Noncommunicable Diseases, Healthy Lifestyles and Physical Activity of the Population. In accordance with the Decree "On measures to increase the level of industrial gymnastics" in state institutions and organizations during the working day. In order to ensure the implementation of the specified resolution and resolution, from January 1, 2021, the position of "Sports Promoter" was introduced in state bodies and organizations. The role of a sports promoter is to organize the performance of industrial gymnastics by employees depending on working conditions. For this, special breaks are included in working hours.

The main task of a sports promoter is to organize a "Health Day", which provides for the participation of employees in physical culture and mass events at least once a week, as well as regular sports competitions and other physical education events among employees. calculated.

Production gymnastic exercises are performed for 5-10 minutes during the day, taking into account the peculiarities of the work process.

Industrial gymnastics is a set of exercises performed during the working day in order to improve health and increase productivity.

Health is also a balanced unit of biological, mental, physical states and labor activity of the human body. Health is happiness for everyone.

A healthy lifestyle is a cultural, physical development of a person, a cocktail to increase productivity and creative activity. The main components of a healthy lifestyle are effective work,

personal hygiene, giving up bad habits, proper nutrition at the appointed time, physical activity, regular physical activity.

Physical training is systematized with exercises and mass sports through exercise or physical activity at the level of physical maturity, the body's ability to withstand the adverse effects of the external environment and diseases, an adequate attitude to the requirements of life, life activity is understood.

In secondary schools, the health and performance of students is improved and strengthened on the basis of the correct organization of student behavior, which allows students of schools, academic lyceums and vocational colleges to study every day. reform requirements and covers rehabilitation work. The provision of these health-related activities, combined with classroom activities, ensures a high level of physical activity for students. This significantly reduces the fatigue of students and increases the effectiveness of educational activities.

The content of physical education, its means and age, gender, health status and physical training of participants Depending on the application, methods of application are developed separately. Notably, it is widely used. Among them - health-improving physical training, applied means and methods.

Physical exercise has a positive effect on the human body and pay attention to the design features of the above was found. That is why physical education is so straightforward. It is worth dwelling on the concept. According to the great scientist Abu Ali ibn Sino, the famous Russian scientist M.I. Sarkisov Sornzi and talented Uzbek scientist T.S. Usmonkhodzhaeva, the treatment of physically weak, sick children and adults with the help of physical exercises, as well as a variety of exercises used in the physical development of healthy people, therapeutic methods of their use are understood as physical culture.

From this comes content and meaning, which only heals. institutions, not just hospitals. but first of all, the whole family, kindergartens, schools, residences, recreation and amusement parks, sports facilities organization of mass physical culture and sports events

reveals the essence of physical therapy.

In general, the physical and mental activity of people engaged in physical activity are exercises that ensure working capacity, various games, excursions, etc. promotes good health.

Only special exercises are used to ensure the physical fitness and skills of civil servants. without it, physical culture is used effectively and purposefully. This, in turn, promotes health and is an expression of developmental properties.

Healthy physical activity in different people different in their health, gender, physical condition by layers and categories training and interest in exercises and beliefs The corresponding designation was noted above. Healing physical full understanding and assimilation of the benefits and essence of education some artists who received home conditions in the morning, in the afternoon 2-3 times in the process of work, again after work in sports facilities or the habit of training in fitness centers It should be noted that Some people pass in the morning at least 5-6 km or more. running distances, some of which are different means (dumbbells, springs, elastic bands, etc.). Self 14 and some healthy football fans 1-2 times a day with peers and peers (in the workplace and in the community) to play football. A group of people from different areas (business) or neighborhood) to form teams (teams) and play football, argue like a competition (lay something in the middle) is possible) has become a habit in many places. Remedial activities include:

1) Traditional sports events - sports festivals that are attended by all citizens, which has become a national tradition in the primary grades. New Year sports events; Sports event dedicated to Women's Day on March 8; Sports event dedicated to the holiday "Navruz" on March 21 and others.

2) Non-traditional activities, events held during the year on the basis of the annual calendar plan of the educational institution.

3) Daily wellness activities, morning physical training, exercise, pre-workout gymnastics, long break games, extended hours.

In a word, sports competitions of various forms, content, goals and objectives are aimed at increasing the physical fitness of the population, the formation of physical fitness, as well as increasing their interest in sports, the importance of physical culture and sports for human life. , sociocultural, educational - consciously leads to a conscious understanding of one's place in education and other areas.

Among the recreational activities held in an educational institution are physical education classes, classes in sports sections, sports competitions and sports holidays, as well as mass tourism.

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