

The Role and Importance of Healthy Gymnastics in Improving Women's Health

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Abstract. *This article discusses the role and importance of health-improving gymnastics in strengthening the health of women in our country. The development of women's sports has become a very urgent problem in recent years. The issues of our government's efforts to raise our youth as spiritually mature and physically fit generations are highlighted, as one of the first laws of our state, "On Physical Education and Sports", and one of the first awards established in the sports system is the Order "For a Healthy Generation".*

Key words: *sports, physical exercise, competition, family stability, healthy lifestyle, harmonious generation.*

INTRODUCTION.

Among the peoples of the world, attention and love for mothers are at the highest level. The Uzbek people have their own unique characteristics in respecting and serving their mothers and women.

In the family, all people, especially children, put the mother's respect above all else. Love for women is extremely strong. Especially girls are taught to get married, start a family and always be healthy, productive, and loyal to family members. Most women respond well to such attention and respect, patiently and contentedly justify their basic beliefs.

During the years of independence, great measures have been taken to restore national values, enrich the population spiritually and educationally. There are shifts in the acquisition of national pride and dignity not only among adults, but also among young girls and schoolgirls. The most instructive and beneficial aspects of the Islamic religion are being absorbed among women. Based on this, measures to create a healthy family and raise children in a physically and spiritually perfect manner are increasingly being expanded.

Thanks to independence, our female athletes are increasingly traveling abroad. Such processes serve to enrich our national culture. I. Tulaganova (tennis), S. Burkhonkhojeyeva (tennis), Y. Hamrokulova (chess) are becoming world sports stars.

On the basis of the decrees of the President of the Republic (1993, 1996, 1999, 2002) and numerous resolutions of the Cabinet of Ministers of the Republic of Uzbekistan, various measures are being taken to ensure the socio-material well-being of women's health and to provide them with regular medical services.

MAIN PART.

It should be recognized that medical care is constantly provided to physically weak or sick women. The causes of physical weakness and illness are more related to birth defects or insufficient food intake. There are also many overweight (obese) women. In these two cases, it has been scientifically and practically proven that physical exercises and various games (dances) are more effective than all medications in improving health. For this reason, in central cities, methods of using physical exercise

equipment and health centers for the treatment of various diseases are increasing day by day. In the recent past, the number of women engaged in sportswear has increased significantly. These aspects were strictly limited by the mandatory nature of physical education classes and the rules of sports competitions, but in recent years, due to national characteristics and customs, the use of more modest (appropriate) clothes has become a common practice. These aspects are being further improved without rejecting national characteristics.

Physical exercise, especially sports, is one of the most important factors in helping women to be physically fit, healthy, energetic, and raise healthy children. These aspects are increasingly being absorbed into all families, especially young families. Despite this, the neglect of women's physical education is still strong in most older generations, as well as in modern young families. The main reason for this is that men do not see the need for women to engage in gymnastics and games in the morning or in their free time, using traditions as an excuse. In addition, most men and women do not know well the ways to use physical exercise and its educational aspects in improving health. For this reason, first of all, it is necessary to create conditions for women to engage in physical exercise in the family and neighborhoods. Taking into account national characteristics, it is necessary to develop and implement a special set of exercises for women, sports with simplified technical rules. To this end, it is necessary to organize lectures by specialist scientists, doctors, especially women, through television, radio and the media.

Also, women's committees should develop measures to develop women's physical education and sports in cooperation with sports organizations. In general, it is a requirement of the time to train women with secondary specialized education in gymnastics and active games.

It is a vital necessity for adult women to improve their health through various exercises and games and teach young children in the family to play games.

During the years of independence, innovations have been observed in every field in our country. In particular, a lot of work has been done to develop the sports sector, and as a result of this work, a healthy lifestyle has been formed. Sports facilities have been built even in remote districts and villages. In particular, a program for the construction, reconstruction and overhaul of children's sports facilities and swimming pools has been developed at the initiative of the Board of Trustees of the Children's Sports Development Fund, established under the leadership of our President. Issues of youth sports development were taken under control.

On February 25, 2011, at the next meeting of the Local Council for the Development of Children's Sports in Oqsaroy, all issues considered primarily focused on the healthy growth of the young generation, which is considered the future of our country. "... With special attention to the development of children's sports in rural areas, the focus was on radically increasing the effectiveness of work on mass physical education and wide involvement of the growing young generation, especially girls, in sports."

The fact that since we gained independence, so much attention has been paid to the education of the younger generation arouses feelings of pride and honor in the hearts of every Uzbek. Significant work has been done to educate the followers of our girls, who are raising the flag of our country high in the world arenas, first of all, to fully form an environment. Uzbek girls of Barchinoy generation are also demonstrating that they are no less than anyone in response to attention and recognition. The names of champion female athletes can be cited in many ways. Another issue discussed at the meeting was the large-scale holding of the "Barkamol Avlod - 2011" competitions.

The importance of sports in increasing the world fame of our homeland and people is incomparable. This fact is confirmed by the great victories of Uzbek youth, especially our female athletes, in large-scale competitions.

The development of women's sports in Uzbekistan is associated with a long history.

Women's health is of great importance in raising a healthy generation for the future of this great country.

In past centuries, our women have been engaged in physical education games to strengthen their beauty. In particular, national games specific to women, such as "Ohuva", "Poygon", "Kurash", "Taka lov-lov", "Ona-bola", "Kuyov talakh", "Chavgon", not only contributed to health, but also served to further strengthen harmony and friendship between them.

Such games paid great attention to the social life, lifestyle, and national characteristics of the people.

Even the great world scientists Diogenes, Herodotus, and Polymaeus tell of the health of Eastern women, their active participation in labor and military affairs, just like men.

A simple example. The Sicilian traveler Marco Polo told the young men who sought the hand of the daughter of the king of Kavda, Oyotug, among the Turkic peoples, that whoever defeated her in a single fight would be the one who would receive it. The young man who fell was obliged to pay a fine of 100 horses. Such greatness of our girls was not formed in a month or a year, but was the result of the organization of various games during holidays, Navruz celebrations, as well as long and regular training in mass games held every other day.

One of the games typical for girls described in the epic is "Ohuvo" or flying in the air. Girls loved to play this game. Achieving high speed and height in the air required physical strength and power, as well as courage and fearlessness.

Or the ancient noble women's playing of "Chavgon" required them to know how to ride horses perfectly and to be physically strong for this.

Zahiriddin Muhammad Babur's sister Hamidabonu also knew how to play chavgon perfectly at the age of 14, like skilled riders. Pirimkul Kadirov's book "The Passage of Generations" describes Hamidabonu's physical strength and skill as follows: "One of the gray-haired girls, Hamidabonu, burst into the crowd of players, who were bustling around, let go of the reins, held the whip in both hands, and, with her feet on the stirrups, bent down like a she-goat. This girl, like a wrestler, hooked the ball on the whip and pulled it out of the crowd, and when those watching Hamidabonu said, "Oh!" The other goal was left unprotected. She made the ball, called "Guyn", fluttered, threw it in that direction, and skillfully placed the ball in the opponent's goal."

Games such as "Aq suyak", "Tegma", "Bekinmachok", which are popular among women and have a strong place in the epics, were played in ancient times, mostly after dark, under the moonlight. These ideas are confirmed by the memories of old grandmothers, as well as the following passage from the epic "Alpomish" written by Qori Bakhshi Umirov. "After dinner, the girls were told: "Now, girls, since the moon is as bright as milk, we will play from dusk until nightfall." First, they played "Kiringuv", and finally, they played "Aqsuyak". The procedure for the white bone game is as follows: the girls are divided into two teams. A white bone is chosen for everyone. The two sides agree on a finish line in the middle. The place of the race is determined. The ball is thrown, and the side on which the ball falls throws the white bone in any direction. The rest close their eyes. If the one who threw the ball does not have the bone in his hand, the participants go in search of it. Whoever finds it must bring it to the race site without letting others know. However, the sides lie in wait for each other and follow each other. If the one who finds the bone is on the other side, he wins and if he brings the bone to the race site in any way, he wins and throws the bone in that direction. The game continues in this way.

The games are only not only a means of health improvement, but also an incentive and the main method of educating people to be hardworking.

Nowadays, not only men, but also women are engaged in sports. Regular world championships are held among women in freestyle wrestling, sambo, judo and arm wrestling. Working with women requires the trainer to have a certain knowledge of the female body.

CONCLUSION:

The development of women's sports in the Republic of Uzbekistan is the most important and urgent issue of state policy. In order to develop women's physical education and sports in Uzbekistan, it is necessary to widely involve girls in regular sports. In order to involve girls in mass sports in the

family and ensure their participation in various types of sports, it is necessary to carry out extensive explanatory and promotional work among parents. At all stages of the education system, starting from preschool educational institutions, it is necessary to open and regularly operate clubs in several types of sports, and to attract qualified specialists to the clubs. It is important to organize meetings, round tables, and master classes with club members, masters of sports and champions, winners of competitions in various types of sports.

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