



The Importance of Exercise in Maintaining Human Health

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Abstract: Human health is a very fragile system that requires constant monitoring and support. But how to properly take care of it? Will only proper nutrition and strengthening the immune system help with this? How to choose optimal physical activity, and are they necessary at all? Similar questions often arise among sedentary people. Speaking about the benefits of physical activity, it should be noted that their intensity, frequency, and work on the muscles and skeleton are important. The lifestyle of a modern person is sedentary, since most professions involve sedentary work. As a result, the body does not experience the constant necessary load and becomes less and less dexterous and mobile, and the vital activity of all organs and systems becomes more and more sluggish

Key words: physical culture, physical education, physical activity, healthy lifestyle, mental health of students, higher education, the role of physical education in a university, program and regulatory documents on physical education.

INSON SALOMATLIGINI SAQLASHDA CHINIQISHNING AHAMIYATI

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Tibbiyot fanlari nomzodi

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Annotatsiya: Inson salomatligi juda zaif tizim bo'lib, doimiy monitoring va yordamni talab qiladi. Ammo unga qanday qilib to'g'ri g'amxo'rlik qilish kerak?



Bunga faqat to'g'ri ovqatlanish va immunitetni mustahkamlash yordam beradimi? Optimal jismoniy faoliyatni qanday tanlash mumkin va ular umuman kerakmi? Shunga o'xshash savollar ko'pincha harakatsiz odamlar orasida paydo bo'ladi. Jismoniy faoliyatning afzalliklari haqida gapirganda, ularning intensivligi, chastotasi va mushaklar va skeletga ishi muhimligini ta'kidlash kerak. Zamonaviy odamning turmush tarzi harakatsizdir, chunki ko'pchilik kasblar o'tiradigan ishlarni o'z ichiga oladi. Natijada, organizm doimiy zarur yukni boshdan kechirmaydi va kamroq va kamroq chaqqon va harakatchan bo'lib qoladi va barcha organlar va tizimlarning hayotiy faoliyati tobora sustlashadi.

Kalit so'zlar: jismoniy madaniyat, jismoniy tarbiya, jismoniy faoliyat, sog'lom turmush tarzi, talabalarning ruhiy salomatligi, oliy ma'lumot, universitetda jismoniy tarbiyaning o'rni, jismoniy tarbiya bo'yicha dastur va me'yoriy hujjatlar.



Regular physical activity is the basis of a healthy lifestyle and the key to the absence of health problems in old age. People who do not neglect exercise get



sick less, because their immune system more effectively fights viruses and pathogens of various diseases, are rarely overweight and cope better with stress and everyday problems. During sports, the human body produces endorphins, which has a positive effect on the cardiovascular and nervous systems. Overall endurance increases, cholesterol levels in the blood decrease, and the risk of developing bronchopulmonary diseases also decreases - after all, the lungs of trained people are stronger and more resilient.

No medicine can dilate blood vessels for a long time and as strongly as muscle work. It is during physical activity that all necessary nutrients, including oxygen, are supplied to our organs through the blood, which contributes to the normal functioning of this organ. How many diseases associated with physical inactivity have recently been discovered, ranging from obesity to diseases of the cardiovascular system and musculoskeletal system. Our modern way of life is especially conducive to this. Basically, at home and at work, we spend most of our time sitting either in front of the TV or at the computer.

The most useful sports can be called those that set as their goal the general strengthening and healing of the body and all its systems, and are not aimed at achieving various records and overcoming difficulties. Gymnastics is one such wonderful sport. This includes not only gymnastics itself in all its varieties (rhythmic, morning, rhythmic gymnastics, and so on), but also areas that arose at the intersection of several health systems: fitness, Pilates, aerobics, yoga, wushu. These types of physical activity are good because in one form or another they are suitable for almost everyone without exception: you can choose a set of exercises for both a child and an elderly person, taking into account the characteristics of each age category. Many doctors believe that the most beneficial sport is swimming. And it's hard to disagree with this. In addition to increasing overall endurance, swimming has a positive effect on the condition of the respiratory and cardiovascular systems. For nervous, stressed people, it is absolutely irreplaceable: it fights fatigue and irritability, normalizes the general emotional background and helps increase stress resistance.



Running is another very useful type of physical activity that uses all muscle groups. Jogging is a good prevention of hypertension, but may be contraindicated for people who already have heart problems. In general, running has a gentle effect on the body, stimulates blood circulation and is actively used in weight loss programs. In addition to a slim figure, running helps improve your complexion. Also, daily jogging will help in solving intimate problems - both female and male. The thing is that when practicing this sport, there is a rush of blood to the pelvic organs, which tones the reproductive system. In addition to the obvious benefits for physical health, exercise can cure many psychological problems. Insomnia and irritation over trifles practically do not occur to active followers of healthy physical activity, and confidence and willpower contribute not only to success in sports, but also in all areas of life. It is not surprising that physically developed people feel much more confident in themselves and their abilities compared to people who are not friends with physical culture. For what diseases and what kind of physical activity can be used. And is there any benefit of physical activity on the body for various diseases?



Hypertension The most suitable in the initial stages of the disease are: walking, Nordic walking, swimming. Of course, first you need to consult a doctor and determine what stage of the disease you have. Walking gives us positive emotions, and the hormone endorphin is released, which regulates the release of adrenaline into the blood. Nordic walking is walking with ski poles. And it doesn't matter whether it's winter or summer outside. During this walking, in addition to the leg muscles, the muscles of the upper shoulder girdle are involved, which increases blood circulation. **Hypotonic disease** Here, regular exercise helps normalize blood pressure. You can do regular morning exercises, walking to work or after work, running, cycling, dancing. Also try not to use the elevator. **Varicose veins** The main task with this disease is to prevent venous blood from stagnating in the lower extremities. To do this, it is necessary to alternate prolonged standing on your feet with sedentary work, and, if possible, elevate your legs for better blood flow. It is recommended not to stand, but to



walk more because when walking, contraction of the leg muscles promotes the movement of venous blood from bottom to top, reducing stagnation and preventing further formation of nodes.

Pulmonary tuberculosis The most important thing with this disease is creating the right lifestyle. Regular walking is necessary, preferably in a forest or park. Plant phytoncides kill the causative agent of tuberculosis. **Metabolic diseases** It is necessary to regularly take walks in the park or forest. Phytoncides from plants, especially conifers, not only heal the body, but also lift your spirits. Negatively charged air ions have a beneficial effect on increased excitability of the nervous system, which is typical for thyroid diseases. Walking near the sea is especially useful for such diseases, since the sea air is rich in iodine ions. **Obesity** If you are obese, constant physical activity is essential. Any type of activity is suitable here, unless there are any concomitant diseases for which physical activity is contraindicated. Walking, skiing, cycling, running, swimming, fitness classes, dancing are suitable.

Alcoholism With this disease, it is not so much physical activity itself that is important, although running, hiking, swimming are a necessary component for this disease, but the person's employment. And this strengthens the spirit, willpower, increases vitality, and the desire to live a decent life. Such a person needs a hobby that would captivate him and distract him from the desire to drink. Hobbies include hunting, fishing, forest walks, even assembling model airplanes! **Neurasthenia** With this disease, physical activity is of great importance. Since muscle work promotes the release into the blood of substances that regulate long-term sleep disorders caused by excitation of the nervous system and normalize the ratio of excitation and inhibition. In such conditions, swimming, skiing, running, hiking, and dancing are very useful. **Insomnia** There are 2 types of insomnia: · sleep disorders caused by external stimuli (noise, light, stuffiness, cough, pain, hunger, etc.). Walking before bed is helpful here. · long-term sleep disorders associated with neurasthenia or mental illness, alcoholism or cardiovascular disease. In these cases, in addition to walking before bedtime, special medications are needed.



Rules for playing sports to improve health

When deciding to take up sports, many factors should be taken into account: age, the presence of chronic diseases, level of physical fitness, the amount of time you plan to spend on training, and much, much more.

Among the main rules for effective training are the following:

- setting a clear goal;
- regularity;
- patience;
- and, of course, the absence of contraindications for exercise.

If the goal is to lose excess weight, training should be long and frequent, but the duration should be increased gradually. To maintain good physical shape and a general health effect on the body, two moderate-intensity workouts per week will be enough. Provided, of course, that you practice regularly. Age also matters. · At 20-30 years old, strength training, exercises for flexibility and joint development, and coordination are advisable. Dancing, aerobics, fitness, boxing – young people can easily find something they like. · By the age of 40, you should think about your back health, so yoga and Pilates will be the best choice. You can include cardio equipment in your training program. · After 50 years, we can recommend walking and careful, even exercise in the gym.

Instructors should tell you in more detail about all the features and nuances during personal contact, because each individual person is unique in their own way. Sport is an excellent assistant in the fight for a great figure and excellent health, and following simple rules will help significantly increase the effectiveness of your workouts and maintain good health during and after training. Moderate loads are necessary for a person. The more effective they are, the higher the potential that the body is capable of. The positive effect of physical exercise on human health will only be if you adhere to a number of rules

- Moderation. The benefits will only come from loads that are correctly calculated in intensity and frequency. They will increase muscle strength, body appearance, keep the body in good shape, and delay its aging. With too frequent



training and regular extreme stress, on the contrary, it wears out, which leads to the opposite consequences. For example, a cardiologist is advised not to run every day, but to walk - the pace and rhythm of running are too much stress on the heart, and walking maintains its tone. This does not mean that running is dangerous, you just need to do it 2-3 times a week; Physical activity should be combined with proper nutrition. Only this lifestyle guarantees the absence of health problems. Hard work is accompanied by a loss of calories, which are energy. Therefore, to play sports you need food rich in vitamins, minerals and other beneficial substances. For example, calcium deficiency leads to weak bones, which means training will be harder; It is necessary to study comprehensively. It is necessary to distribute the load evenly across all parts of the body. This will eliminate injuries and deformations of muscles/bones; Consider your health status. For example, in sports sections this parameter is controlled. In order not to harm yourself, it is recommended to visit an orthopedist who will assess the condition of the skeletal system and recommend the optimal intensity of exercise. If you have a history of wounds or injuries, you need to undergo a series of diagnostic procedures to exclude contraindications to sports. If you have heart problems, you need to consult a cardiologist. People with poor vision should also visit a doctor. Therefore, before actively starting to exercise, you need to assess the state of your health, and even better, entrust this to specialists; In the absence of contraindications, it is not only possible, but also necessary to be physically active. The benefits of sports will be noticeable after just a few months. In addition, switching activities from mental to physical relieves stress, helps fight depression, and strengthens the immune system. To avoid all of the above diseases, we must lead an active lifestyle. This is all that does not involve sitting in front of the TV or computer! The weather is beautiful outside! There is no need to sit at home - go ahead, go skiing, on foot! Enjoy the fresh air and good mood! Even if it's damp, slushy or frosty outside, we still go for a walk. The main thing is to dress for the weather and then your physical activity will only benefit your health!



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