



## CHANGES EXPECTED TO COME IN OUR LIFE MOVEMENTS

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### Annotation

This article explains their harmony through the size of the parts of our body: for example, the size of the musculoskeletal system - the size of our arms and legs, the width or shortness of our ears, the age-appropriate or inadequately developed parts of our body.

**Keywords:** healthy lifestyle, musculoskeletal system, range of motion, vital skills, physical culture, physical activity.

### Introduction

According to Associate Professor A.Abdullaev, laziness and lack of will are extremely insidious and very secretive enemies. If you observe the movements of adults not in terms of age, but in terms of physical activity, movement, the first change in their movement is noticeable in normal walking[11,12,13,14].

Through our observations, we witness an increase in our biological age, a number of changes in the most important of our vital skills over the course of our lives. His normal gait is characterized by the fact that his feet do not fall to the target, drag him, lose his "fairness", vary the size of the steps, and so on.

A.Abdullaev in his booklet "Healthy Lifestyle" made a beautiful analogy to such a step and called the step of the elderly "incomplete sentence". It is not a secret that if a sentence is pronounced poorly, it will distort the meaning of the sentence. Accordingly, we must not forget that the prevention of the rapid occurrence of the noted changes is through the exercises of a healthy lifestyle physical culture, which can become a habit in youth[1,2,3,4,5,6,7,8,9,10].

A range of knowledge about the types of our actions, how the energy (force) used to perform them, the organs of our body involved in the action, their function, the rhythm of the movements, the physical load on our bodies and other actions it is important that we fully understand that the acquisition of specialized knowledge of





the physical culture of a healthy lifestyle, especially healthy living, allows us to manage it wisely throughout life.

During our school years, we do not pay enough attention to the fact that our knowledge of movement and its change throughout our lives will serve as a basis for a healthy, disease-free and long-lasting lifestyle.

The first negative changes in our movements are related to the organs of movement - the skeleton of the bones, muscles, joints, joints, organs of our body called connectors and their structures.

Changes in the movement of young, middle and older school-age children occur in terms of the proportions of their body parts and other organs - the harmony of the development of body parts, in other words, the "all-round harmonious development". Through the size of the parts of our body, their harmony is manifested: for example, the musculoskeletal system - the size of our arms and legs, the width or shortness of our ears, the age-appropriate or inadequate development of certain parts.

The length of the legs depends on the length or shortness of the hip or knee bone. From this arises the size of our steps, and they, depending on their appearance, lead to actions such as "swaying" or "small steps" or inappropriate, awkward walking.

Hence, changes in movement are related to the anatomy of our body. Usually fine coordination, agile movements are observed in individuals with well-developed muscles. The flexibility of the muscles of young, middle and older school-age children, the speed of their movement, the most favorable period for the formation of the rapid passage of this process is the school age[15,16,17,18].

Bringing muscle fiber thickness to the required level by exercising to a high school age will delay the negative changes that can occur in our movements.

It is established that the scope of daily activities, norms, knowledge of how to adapt it to the state of service of the organism should determine the process of teaching in accordance with the state educational standards of general secondary education, special vocational education, academic lyceums, gymnasiums.

Unfortunately, the efforts included in the curriculum of our research educational institutions have not become the main means of enriching the stock of vital skills of our students. In the current context of training - the material and technical base, we found it necessary to reconsider the content of the set of physical culture, which should be taught in spite of the adequacy of the conditions, from the point of view of "motivation". we cannot say that the training materials were recommended.

In fact, changes in the behavior of adults indicate that they have begun to experience negative changes in the functioning of their internal organs.





Delaying it or preventing it from happening requires that our muscles adapt to constant-necessary physical loads. Regular repetition of the actions that load the body at a certain level every day, at the same time, combines the actions, facilitates the "starting" of the body, saves energy for the activity.

The leading reason for the negative change in our movements is "less movement", because the less the muscles work, the less active they are, the less energy is transmitted to the internal organs. As a result, the harmony in their activities is disrupted. As a result, rapid fatigue, intolerance to physical activity that lasts a little longer, which in turn leads to weight gain, thickening of the subcutaneous fat layer, sleep disturbances, lethargy, various disorders in the functioning of muscles, joints and other organs.

The cases mentioned include shortness of breath when moving, lack of oxygen, pain in and around the heart, heart palpitations and other ailments — excessive sweating and facial discoloration, discoloration, and more[19,20,21].

In practice, such situations cause fear, resulting in reduced mobility and more liking to lie down, sit, sleep. With this, it becomes common to have future ischemia, atherosclerosis, hypertension, obesity, and the rapid occurrence of age-related disorders, even if you do not perform strong enough movements.

So, as a result of constantly monitoring the changes in our actions throughout our lives, to control it, we need to live a healthy, disease-free life. Our conversion of the old stereotype will become a product of the state policy pursued in our country.

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