



## WELLNESS EXERCISES FOR HUMAN ENDURANCE DEVELOPMENT

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### Annotation

The article reveals the need to transform a healthy lifestyle into everyday life, excluding bad habits, by constantly practicing recreational mass sports, observing the rules of rational nutrition, that theoretical knowledge about the concepts of health, health-improving activities, health-improving physical culture, the effectiveness of health improvement, means of health improvement, about the organization of the method and methodology are considered the leading tasks of educational institutions, as well as physical culture and sports classes serve to create an opportunity to increase the efficiency of people's daily activities and perform work without unnecessary stress.

**Keywords:** healthy lifestyle, physical culture, sports, endurance, general endurance, physical qualities, exercise, exercise, musculoskeletal system, aerobic function, fitness training, load, disputes, bad habits, proper nutrition, exercise.

### Introduction

The Decree of the President of the Republic of Uzbekistan dated October 30, 2020 "Healthy life Measures for the widespread adoption of the style and further development of mass sports " Decree PF-6099 on COVID-19 coronavirus in the world today The occurrence of pandemics in Uzbekistan, as well as in other countries of the world health, physical health, a healthy lifestyle highlighted. COVID-19 coronavirus infection is primarily cardiovascular and of our citizens suffering from respiratory diseases and obesity (overweight) adversely affects health. As a result, today's pandemic is many of us causing our citizens to die prematurely.

All of us have come to the serious conclusion that we should give up harmful habits, regular participation in mass-health sports, proper nutrition adherence to the principles of, in particular, high in salt, sugar and fat excessive consumption of pastries and sweets, bakery products not to say, in a word, a healthy lifestyle into our daily lives the present period itself demands that we need to transform.

Developing an ability such as general resilience for a healthy lifestyle is the most is an important movement quality. Its physiological basis is aerobic function is formed. Endurance is one of the main criteria for good health. Other indicators of the level of health (ability to work, illness and stability to stresses) and, in accordance





with their duration is coming. It is classified as general and special endurance. The reason for this is, in general endurance as if all the major systems in the body - cardiovascular, respiratory, of the neuroendocrine, the functional state (functional reserve) of the musculoskeletal system is also an integral indicator. Adequate overall endurance ensures that a person's physical and mental ability to work is well maintained, slows down the aging process, in illness, loss of ability to work and plays a key role in the occurrence of deaths among the population diseases (atherosclerosis, hypertension, ischemic heart and brain disease, obesity, diabetes, neuroses, oncological diseases). Tests similar to the Cooper test on flying children and adolescents have not yet been developed. "Alpomish" and "Barchinoy" will improve the endurance of students of our country our studies, considering the use of test standards appropriate tried during. However, it should be borne in mind that at 800 and 1000 m the run is required to be completed in a relatively short time, and only then The organism is forced to activate anaerobic function, not aerobic function. General endurance is often running, swimming, brisk walking, cycling, rowing climbing, skiing, skating is developed through cyclic exercises. Aerobics the load to enter the function lasts more than 3 minutes (i.e. cardiovascular and sufficient for a period of active activation of the respiratory system). The intensity of the loads corresponds to the heart rate (HR), that is, it should correspond to 120-170 beats per minute (where is the approximate pulse limit of the pulse shown because its exact size depends on the age of each person and the organism depends on individual characteristics, and its optimal level is anaerobic metabolism corresponding to the limit (AACH).

At much lower intensities, the tattoo volume increases slightly does not go away and is therefore also an important component of aerobic power in the myocardium the training effect of the reducing force will also be negligible. The intensity is much higher when the power supply is more than 170 beats per minute anaerobic sources are activated, the amount of lactic acid in the blood increases, which, leads to fatigue and cessation of loading. A flat-going method to develop endurance is much more more useful, but the load is much longer lasting, the average amount of YQC (the sum of the pulse throughout the entire exercise divided by the number of minutes) alternating at relatively high times (more than 110-120 beats per minute) and methods performed at intervals, as well as non-cyclic exercises, are also good effective. Both interchangeable and interval-based moderate heart rate during non-cyclical exercise only general tolerance qualities when performed in the normalized manner not only evolving, but also the qualities of speed and agility (at the same time) both aerobic and anaerobic functions) develop. Sports





and action games load, in a number of sports (targeting, mountaineering, boxing, wrestling, rhythmic gymnastics) will have such a character. Conducting a run in the open air increases its efficiency and makes a person helps to harden. The function of the human musculoskeletal system is impaired and diseased running for health purposes to develop endurance at times

exercise becomes difficult or impossible. This is often the case with the knee in the lives of older and obese people with a disease called osteoarthritis of the joints occurs.

Walking, jogging, cycling, rowing develop endurance are effective tools. They also practice speed, strength qualities also helps. Skiing is especially important in training a person in every way is important. However, special conditions are required for these tools and therefore they are less useful than running tools. Walking is a more comfortable, popular way than running, but it's enough level of efficiency (140-160 beats per minute) and long

The term mapa is difficult to keep in such a state. It is easier to run slowly than to walk fast (In this case, the speed of movement during running and walking is equal to both the speed and the speed of movement should be equal). Walking in the mountains, hills - gives much better results. In this case, the download movement is not achieved at the expense of speed, loading by overcoming the controversy is formed. One of the steps at the time of exit by the detours belonging to the hill the required intensity can be achieved through the normal frequency. In addition, strength during climbing in terrenkur (walking therapy) exercises both muscle strength and strength endurance as a result of consumption are trained. Terrenkur was unable to run due to deficiencies in the musculoskeletal system very convenient for people. However, the appropriate relief at the exercise site (low ground height) will be possible to perform terrenkur exercises only if available.

According to its effect, one of the walking options that stands close to the terrain is the stairs is the rise. In some cases, this is even a training tool is For example, in Norilsk (Russian Federation), polar night and outside weather training on the stairs in the porches of houses in conditions where the temperature is extremely low widely used.

The musculoskeletal system is slightly damaged (in the pelvis, knee joints, for people with a spinal defect) swimming is the most comfortable way to exercise is the only tool. Swimming is a cure for the underlying disease of the musculoskeletal system affects. The effect of exercise during swimming is obvious

The muscles of the respiratory tract, including the diaphragm are strengthened, the lungs volume expands, respiration and expiratory capacity increase. The training effect of the loads on people of different ages and their readiness the degree is determined by





the reaction of those individuals to these loads. For example, if, the duration of their NQF and subsequent performance during training are equal in terms of, although their running speeds are different, If they do not load, the effect of the exercise on them will be close to each other. A man various exercises (running, skiing, skating, rowing, walking) when it performs its YQCh (energy expenditure power) and training time (energy expenditure) size is also the same as the training effect for aerobic function of the same person is equal to. It is different that the amount of energy consumption is equal when the energy capacity is different can be effective.

For example, we are about the same age and health conducted a pedagogical observation among two groups of men who were. One of the groups per day If he walked 15,000 steps, the other was twice as short, that is, a distance of about 7,000 steps passed; the first group did not run, while the second group of participants did not ran for 10-15 minutes a day. The amount of energy expenditure during the first group walk the second group turned out to exceed the energy consumption during the run, however The aerobic power level on the Cooper test was high in the second group. Agar, when a person walks the same distance (for example, 3 km) or runs at different speeds The amount of energy expended on it will be approximately the same, but the effect of exercise will be different. So a slow but long walk is a much shorter time knowing the path exercise obtained during running (with equal energy expenditure) the effect cannot be achieved. However, if the load intensity is high enough (110 per minute YUC) If around 150 strokes), then the load at the optimal level of intensity is known on the one hand, cover it with much less intensity but more time will be possible.

In this case, the second variant of the exercise is the energy expended during the exercise the total volume is slightly less than the amount of energy expended in the first variant of the exercise should be more. Forms, structure, and physicality of health training sessions loads mainly give a healing effect in the engaged organism and These are effective in the activities of daily life, strengthen the body serves to create a ground for stress-free performance.

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