



SPORT IS THE BASIS OF A HEALTHY LIFESTYLE!

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Annotation

Regular physical activity is the basis of a proper lifestyle and a guarantee that there are no health problems in old age. People with sports are less likely to get sick because their immune system fights viruses and pathogens of various diseases more effectively, they are rarely overweight and better cope with stress and daily problems. During exercise, the human body produces endorphins, which have a positive effect on the cardiovascular and nervous systems. General endurance increases, blood cholesterol levels decrease, and the risk of bronchopulmonary diseases also decreases - after all, the lungs of trained people are stronger and more resilient. This means that sports are the basis of a healthy lifestyle, and the article also discusses the necessities of life.

Keywords: sports, healthy lifestyle, family, exercise, body, health.

Аннотация

Регулярная физическая активность – основа правильного образа жизни и залог отсутствия проблем со здоровьем в пожилом возрасте. Люди, занимающиеся спортом, реже болеют, поскольку их иммунная система эффективнее борется с вирусами и возбудителями различных заболеваний, они реже имеют лишний вес и лучше справляются со стрессами и повседневными проблемами. Во время физических упражнений в организме человека вырабатываются эндорфины, положительно влияющие на сердечно-сосудистую и нервную системы. Повышается общая выносливость, снижается уровень холестерина в крови, а также снижается риск бронхолегочных заболеваний – ведь легкие тренированных людей прочнее и выносливее. Это означает, что спорт является основой здорового образа жизни, а также в статье рассматриваются предметы первой необходимости.

Ключевые слова: спорт, здоровый образ жизни, семья, физические упражнения, тело, здоровье.





Introduction

In fact, during physical activity, all the necessary nutrients, including oxygen, enter our organs through the blood, which helps this organ to function normally. Recently, many diseases related to physical inactivity have been identified, from obesity to diseases of the cardiovascular system and musculoskeletal system. This is especially true of our modern lifestyle. Basically, at home and at work, we spend a lot of time in front of the TV or on the computer. The most useful sports can be called sports that are aimed at the overall strengthening and improvement of the body and all its systems and are not designed to achieve different records and overcome difficulties. Gymnastics is one of such wonderful sports. This includes not only all types of gymnastics (rhythmic, morning, rhythmic gymnastics, etc.), but also areas that appear at the intersection of several health systems: fitness, Pilates, aerobics, yoga, wushu. These types of physical activities are good because in one form or another they are suitable for almost everyone without exception: taking into account the characteristics of each age category, you can choose a set of exercises for both children and the elderly.

Many doctors believe that swimming is the most beneficial sport. And it's hard to disagree with that. In addition to increasing overall endurance, swimming has a positive effect on the condition of the respiratory and cardiovascular systems. For people who are nervous, prone to stress, this is something that is completely irreplaceable: it fights fatigue and nervousness, normalizes the overall emotional background, and helps increase stress tolerance.

Running is another very beneficial form of physical activity that involves all muscle groups. Running is a good prevention of hypertension, but is contraindicated in people with heart problems. In general, running has a mild effect on the body, stimulates blood circulation and is actively used in weight loss programs.

In addition to a slim figure, running helps to improve complexion. In addition, daily running helps to solve intimate problems - female and male. The fact is that when doing this sport, blood flow to the pelvic organs occurs, which leads to the tone of the reproductive system.

In addition to the obvious benefits to physical health, exercise cures many psychological problems. Insomnia and anger over trivial things rarely visit active supporters of healthy physical activity, and confidence and willpower contribute to success not only in sports but in all areas of life. It is not surprising that physically developed people feel more confident in themselves and their abilities than people who are not friendly with physical culture.





Literature Analysis and Methodology

Many factors should be taken into account when deciding to do sports: age, the presence of chronic diseases, the level of physical fitness, the time spent on training, and so on.

Sport is a great helper in the fight for a beautiful figure and perfect health, and following simple rules can significantly increase the effectiveness of your workouts and help you stay healthy during and after your workouts.

A person needs moderate exercise. The more effective they are, the higher the potential the body is capable of.

The positive effect of exercise on human health can only be achieved if a number of rules are followed.

Moderation. The benefit is obtained only from loads correctly calculated in terms of intensity and frequency. They increase the strength of muscles, the appearance of the body, keep the body in good condition, delay its aging. With too much exercise and regular excessive stress, on the contrary, wear and tear occurs, which has the opposite effect. For example, a cardiologist is advised to walk rather than run every day - the pace and rhythm of running puts a lot of stress on the heart, and walking keeps 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 such a lifestyle guarantees the absence of health problems. Hard work comes with the loss of calories, which is energy. That is why sports need foods rich in vitamins, minerals and other nutrients. For example, calcium deficiency leads to weakening of the bones, making exercise more difficult accordingly;

Feedback and Suggestions

A healthy lifestyle through physical activity as a means of promoting good health

Physical activity as a means of strengthening human health and increasing the level of physical fitness is sufficient and relevant for our time, because health is the most important wealth of a person, his life, ability to work, the basis of creative success. , family well-being, mood and longevity. Health reflects living standards and sanitation, and has a direct impact on life expectancy and labor productivity, defense capabilities, economy and well-being, the spiritual environment, and people's activism. The development of science and medicine, technological advances that have contributed to the improvement of health by improving the economic conditions of life, have at the same time changed the way of life of man, creating new problems for





his health and life. This was primarily manifested by a sharp increase in cardiovascular, neuropsychic, metabolic, dangerous, allergic, and immunodeficiency diseases. Health risk factors include high rates of modern life, overeating and obesity, environmental pollution, alcoholism, smoking, drug addiction, new, previously unknown pathogenic factors (ionizing radiation, harmful industrial products).) appear. enterprises, etc.) have limited physical activity. Therapeutic physical culture (exercise therapy) is an integral part of medical rehabilitation of patients, a complex functional therapy method that uses exercise as a means of keeping the patient's body active, stimulating its internal reserves, prevention and treatment of diseases. caused by forced physical inactivity. The means of physical therapy - exercise, hardening, massage, labor processes, the organization of the entire movement regime of patients - the process of treatment in all medical institutions, rehabilitation has become an integral part of treatment. Therapeutic physical culture has a number of features as a method of treatment.

One of the most characteristic features of this method is the use of exercise in the context of active and conscious participation of the patient in the process of self-treatment. During therapeutic exercise (RG), the patient should actively understand the exercise demonstration and the explanations attached to it. The ideas that emerge about the nature of the exercise performed in it allow the patient to consciously perform and coordinate their actions. Exercise therapy is a method of natural biological composition that is based on the use of movement, the body's main biological function. Motion function stimulates the active activity of all body systems, supports and develops them, helps to increase the overall efficiency of the patient. Exercise therapy is a non-specific therapy method, and the exercises used are non-specific stimuli. Any exercise involves all parts of the nervous system in response. As a result of the involvement of the neurohumoral mechanism of function regulation in the body's response to exercise, exercise therapy works as a method of general exposure to the patient's entire body. At the same time, the characteristics of the selective effect of exercise on different functions of the body are taken into account, which is undoubtedly important in the case of a combination of pathological manifestations in individual systems and organs. Regular dosed exercise stimulates, trains, and adapts the patient's individual systems and the entire body to enhance physical strength, resulting in the patient's functional adaptation. One of the characteristic features of exercise therapy is the process of dosing patients with exercise. It is well known that the development of fitness is a continuous process in which traces left over from a previous workout interact with the next workout. As a result of systemic exercise, neurophysiological scars lead to a high degree of





reconstruction of all basic functions. The principles and mechanisms of fitness development are exactly the same in normal and pathological conditions. We can only talk about the quantitative expression, level and volume of physical training: exercise aims to maximize the functional capacity of the body and its individual systems and organs, and in the treatment of exercise, dosing exercises are solved, which increases physical activity. the functional status of the patient to the level of a healthy person. Therapeutic physical culture (exercise therapy) is an integral part of medical rehabilitation of patients, a complex functional therapy method that uses exercise as a means of keeping the patient's body active, stimulating its internal reserves, prevention and treatment of diseases. caused by forced physical inactivity. The means of physical therapy - exercise, hardening, massage, labor processes, the organization of the entire movement regime of patients - the process of treatment in all medical institutions, rehabilitation has become an integral part of treatment. Therapeutic physical culture has a number of features as a method of treatment. One of the most characteristic features of this method is the use of exercise in the context of active and conscious participation of the patient in the process of self-treatment. During therapeutic exercise (RG), the patient should actively understand the exercise demonstration and the explanations attached to it. The ideas that emerge about the nature of the exercise performed in it allow the patient to consciously perform and coordinate their actions. Exercise therapy is a method of natural biological composition that is based on the use of movement, the body's main biological function. Motion function stimulates the active activity of all body systems, supports and develops them, helps to increase the overall efficiency of the patient. Exercise therapy is a non-specific therapy method, and the exercises used are non-specific stimuli. Any exercise involves all parts of the nervous system in response. Based on the data of modern physiology of muscle activity, the basic principles of achieving fitness have been developed:

1. Systematic, which specifies the specific selection and regulation of exercise, their dosage, sequence, and so on. The implementation of this principle in exercise therapy is done by specific methods that differ in different diseases or injuries.
2. The regularity of the exercises includes the rhythmic repetition of the exercises and the corresponding loads and rest.
3. Duration. The effect of exercise use is directly related to the duration of the exercise. Systematic exercise leads to a clear increase in the body's functional abilities. There are no "courses" of exercise therapy (similar to spa, physiotherapy, and drug treatment courses). For best results, the patient should start exercising under the





guidance of specialists in a medical facility, which should be continued independently at home.

4. Gradual “increase in load. During training, the body's functional capabilities and abilities increase - in parallel with them, the load on exercise should also increase.
5. Individualization. The training should take into account the individual physiological and psychological characteristics of each participant, as well as options for the course of the disease.
6. Diversity of tools. In exercise therapy, gymnastics, sports, games, practical and other types of exercises are wisely combined and complement each other. It has different effects on the body.
7. Complex effect in order to improve the neurohumoral mechanism of regulation and development of adaptation of the whole body of the patient.

Conclusion

Exercise selectively affects vascular tone, which is the result of changes in the lability of the nerve centers under the system. Human health is a very sensitive system that requires constant monitoring and support. But what is the right way to take care of it? Does just eating right and boosting immunity help? How to choose optimal physical activities and are they necessary at all? Similar questions often arise in sedentary people. When talking about the benefits of physical activity, it should be noted that their intensity, frequency, muscle and skeletal function are important.

The lifestyle of the modern man is sedentary, as most occupations involve sedentary work. As a result, the body does not constantly experience the necessary load and becomes less and less agile and mobile, and the vital activity of all organs and systems becomes increasingly sensitive.

The basics and components of a healthy lifestyle can be highlighted:

Absolute rejection as usual;

Ortacha average daily healthy diet;

active recreation;

hygiene (personal and public);

DoimiyConstant emotional control;

intellectual development;

Spiritual and social well-being.

Sport is a guarantee of health!





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