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MOVEMENT IS A HEALTH FACTOR

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Summary:Health, physical education, and daily physical activity are interrelated. Health is largely dependent on the level of normal physical activity. There is a relationship between daily physical activity and the frequency of diseases of the cardiovascular system in different groups of the population. During the life activity, a person performs various actions, the size of which is determined by the biological characteristics of the organism, and their implementation depends on social factors.

Keywords:Health, movement, exercise, healthy lifestyle, activity, running, walking, health, water, sun, air.

Резюме:Здоровье, физическое воспитание и повседневная физическая активность взаимосвязаны. Здоровье во многом зависит от уровня нормальной физической активности. Существует связь между ежедневной физической активностью и частотой заболеваний сердечно-сосудистой системы в разных группах населения. В ходе жизнедеятельности человек совершает различные действия, размер которых определяется биологическими особенностями организма, а их реализация зависит от социальных факторов.

Ключевые слова:Здоровье, движение, физические упражнения, здоровый образ жизни, активность, бег, ходьба, здоровье, вода, солнце, воздух.

Abstract:Sog'liq, jismoniy tarbiya va sutkalik harakat faolligi o'zaro bog'liqdir. Salomatlik salmoqli darajada odatdagi harakat faolligi darajasiga bog'liq. Aholining turli guruhlarida ko'nikma paydo bo'lgan sutkalik harakat faolligi va yurak –qon tomirlar tizimi hastalıkları chastotasi orasidagi bog'liqlik mavjud. Hayotiy faoliyat davomida inson turli – tuman harakatlarni bajaradiki, ularning hajmi organizmning biologik o'ziga xosliklari bilan aniqlanadi, ularning amalga oshirilishi esa ijtimoiy omillarga bog'liq.

Kalit so'zlar:Sog'liq, xarakat, chiniqish, sog'lom turmush tarzi, faollik, yugurish, yurish, salomatlik, suv, quyosh, xavo.

Relevance of the topic: The final magnitude of various movements within a certain period of time (hour, day) is called movement activity. An acceptable movement pattern should satisfy the child's natural biological need for movement (kinesophilia).

Daily movement activity is the activities performed by the child in the course of his life activity: activity in the process of physical education; physical activity carried out during training, useful public works and work; It consists of a combination of spontaneous activities without external influence in free time. It can be measured and evaluated according to the dynamic component and specific types of activity, the number of steps, the amount of power expenditure and the changes in the frequency of heart contractions.

Purpose of work:Physical activity is an important component of healthy lifestyle and character of children and adolescents. It refers to the socio-economic conditions of society, its values, the organization of physical education, the individual characteristics of the higher nervous system, the

body structure and functional capabilities of the growing organism, the amount of free time, the nature of its use, the prevalence of sports facilities and recreation areas for children and adolescents. also depends.

Materials and methods: Activity that is consistently manifested throughout life is considered normal. The level of usual movement activity may not correspond to the biological need for movement of the body and the existing age norms that contribute to the strengthening, preservation and good development of the health of children and adolescents. This abnormality is common in school-age children and leads to uneven development, health disorders of children and adolescents.

The usual level of physical activity of children and adolescents is determined by biological and social factors. The leading biological factors that shape the body's need for movement are age and gender.

Average daily activity increases with age. The movement activity of 8-9-year-old girls is almost no different from that of boys of the same age. But with increasing age, the age-related difference in movement activity begins to be significant (it decreases in girls).

Children who do not participate in any kind of sports or physical education have relatively less physical activity. It decreases sharply (up to 50 percent), especially when teaching at school.

Lack of movement (hypokinesia) causes many different regional morphofunctional changes in the body, from adaptation to a low level of movement activity to very deep (prepathological and pathological) changes: the development of asthenic syndrome, a decrease in functional capacity and a violation of the activity of the locomotor apparatus and vegetative functions.

Excessive movement activity (hyperkinesia) is relatively rare and mainly occurs as a result of early specialization of the child in sports. In this case, there is a decrease in the sympathetic-adrenaline system, protein deficiency, and a decrease in immunity.

Results and its discussion: The creation of favorable conditions for regular participation in mass sports competitions and various sports activities is a social factor that forms habitual movement activity. The way of life of the family, the order in which it moves, also affects the formation of the conscious need for movement activity in children.

Unfavorable climatic conditions and seasons also have a significant impact on children's movement activity. During the winter, the activity of both boys and girls decreases.

It is necessary to create conditions in general educational institutions to satisfy children's need for movement for social and health purposes. This need should be met at the expense of not less than 2 hours of daily movement activity of students.

Movement activity of this size is the participation of students in a set of daily activities in each school, including physical training before school hours, minutes of physical education in classes, active games during breaks, sports hours in extended day groups, physical education classes, extracurricular sports activities, general school competitions and health days, independent physical training.

For this purpose, it is necessary to include active movement subjects (dance art, performing rhythmic movements to the accompaniment of music, modern and ballroom dances, traditional and national sports games) in the curriculum for the students of the lower grades of the school. Age norms of movement activity take into account the general laws of the growth and development process, kinesophilia (the organism's biological need for movement) depending on age, and establish the lower (minimum necessary magnitude) and upper (maximum permissible magnitude) limits of fluctuations that are likely to occur. gives opportunities.

For practical purposes, the most common is the age-related measure of daily locomotion (number of steps in 24 hours).

Conclusions. Public examination of healthy children with normal morpho-functional development, with favorable and reasonable physical education and daily routine, made it possible to hygienically base the norms of daily locomotion of children and adolescents of different ages and sexes.

In adolescence, the number of locomotions decreases, and the number of movements performed in a sitting or standing position, but with significant energy expenditure, is often observed. Such movements are found in professional education, work, and when engaging in some sports (weightlifting, gymnastics, sailing, etc.) and are included in the final calculation of the number of locomotions of a teenager.

Physical activity regulates the vital activity of various organs and systems in the human body. Movement is the support of health. Increases myocardial contractility, improvement of coronary blood circulation is accompanied by expansion of capillary blood vessels.

Pulmonary ventilation increases, the activity of the small circulatory circle improves, blood circulation. It has a positive effect on the movement of the chest and gastrointestinal system. Physical activity has a great positive effect on the endocrine glands. Under their influence, the activity of internal secretion glands increases and the human body is rejuvenated. According to Japanese scientists, a person needs to walk 10,000 steps a day in order to maintain normal activity and health. It is 6-7 kilometers on average. For many years, physical labor was done with the help of human hands. Since the 20th century, people's movement activity has decreased. A certain level of inactivity has started to have a negative effect on human health.

Being healthy and living a long life largely depends on the person himself. Abu Ali ibn Sina, the Sultan of Medicine, thought about living long, following the rule of having a gentle and restrained character, eating on time, walking neatly and cleaning the body from excess, sauna every month, bath every week. , it was important to pay special attention to proper posture, breathing through the nose, fitting clothes to the body, harmony of physical and mental movements, getting enough sleep, and keeping oneself refreshed. The opinions of the encyclopedic scholar, which were expressed several centuries ago, are relevant today

has not lost its importance. Human health is related to his palms and soles.

According to Ibn Sina, they proved the connection between human internal organs and the brain. According to the recommendations of experts, if you exercise your fingers every day, many organs will be healed and strengthened:

- the thumb improves brain function and strengthens the will;
- the index finger improves the work of the stomach and speeds up digestion;
- the middle finger lowers high blood pressure and improves bowel function;
- ring finger increases liver function;
- quietness improves heart activity and prevents mental stress.

Finger training is performed in the following way: press and stretch the joints of the left thumb with the thumb and index fingers of the right hand for 5-7 minutes. First, three pairs of points on the thumb are pressed by the back and the palm. Then the fingers of the right hand are pressed with your left hand. This exercise should be done 1-2 times a day. When a person walks barefoot (on a dirt road), stones on the ground are attached to the points under the feet and massaged intensively. There is an exchange of charges between the Earth and the human body, which has a certain healing effect on the body and increases its protective function. For this:

— walking barefoot (on a dirt road) for 45 minutes;

- wash feet in cold water; After the feet are dry, wear socks and walk until the feet are warm.

Walking a lot in winter with warm feet, and walking barefoot on a dirt road in summer is very beneficial. Movement is very important in human life. Active people are always healthy and strong. Try to walk more, do light physical work. Do not forget to walk in the fresh air for at least 30 minutes before going to bed. Take a warm bath and sleep for 7-8 hours in a well-ventilated room. Then your soul will rest along with your body. You will live longer and you will easily get rid of the sorrow of premature aging.

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