

MOVEMENT IS THE MAIN FACTOR OF A HEALTHY LIFESTYLE

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ANNOTATION

Each of the 600 muscles in the human body is a special helper of the heart: When the muscles contract, the blood in the small blood vessels in them passes to the large veins and is poured into the heart. So, movement first has a positive effect on the movement of blood in the heart and veins; secondly, as a result of regular movement of the body muscles and heart muscle, their fibers become thicker and the force of contraction increases.

Keywords: Movement, walking, running, walking and running times, distance, breathing pattern, capillaries.

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Therefore, the famous French scientist Romarck expressed the opinion that "Movement builds the human body."

Main Part

Walking is the simplest and most accessible means of mobility. At the beginning, the distance per day is 1.5-2 km, after a month it can be 2.5-4 km, gradually it can be increased to 10-12 km. The speed of walking is initially 70-80 steps per minute, gradually increased to 100-110 steps. This corresponds to a speed of 5-6 km per hour.

It is necessary to exercise self-control during walking. For this purpose, blood pressure is determined as soon as you stop walking. For this, pulse is counted for 15 seconds and multiplied by 4. If it is more than 120 beats per minute and does not slow down to 70-80 times after 10 minutes of rest, it is known that the distance and speed of walking have put a burden on the heart. Therefore, the next day, the distance should be shortened and the walking speed should be slowed down.

When walking, the heel of the shoe should not be higher than 3 cm. A thick pad should be placed inside the shoes.

Jogging is recommended only to a healthy person with the advice of a doctor. The first days, after walking a distance of 50-100 meters, run for 20-30-50 meters, then after walking another distance of 20-30-50 meters, run for the same distance again. Over the course of two weeks, the walking distance is gradually reduced and the running distance is increased. After two to three weeks, if a person feels better, he can continue running.

At the beginning of the training, the running time is 10, 15, 20 minutes, the running speed is increased to 120 steps per minute, and in the following days to 160-180 steps.

Running technique. When running, keep the body straight, keep the head straight, look 10-15 meters ahead, the body should be kept straight, the arms should be bent at a 90° angle at the elbow joint, the paws should be free and written.

When taking a step during running, first the front part of the foot is placed on the ground, then the heel part. Running time. When running in the morning, a person refreshes after sleep and adapts to today's work routine. It is better for a person who does morning physical exercise to do jogging before dinner or 1-2 hours after eating.

It should be remembered that the number of pulses after running should not exceed 140 times per minute. Also, after stopping running and resting for 10 minutes, the heart rate should slow down to 90 beats per minute. If the heart rate is faster than 140 times when you stop running, and it does not slow down to 90 after 10 minutes of rest, the next day, you should slightly reduce the distance and speed of running.

Breathe only through the nose while running. Exhalation should be through the nose and mouth. During running, signs such as rapid breathing, shortness of breath, weakening of leg muscles, shortening of steps, sweating indicate fatigue and require stopping running.

A person who is determined to activate movement can do the exercises that are convenient for him. For example, walking, running, cycling can be done, as well as in "Health groups" with the advice of experts. Health is the priceless wealth of every person, society, and country.

According to the official documents of the World Health Organization, if a person's health is considered 100%, then 20% of it depends on heredity, 20% on environmental conditions, 10% on medicine, and finally 50% on lifestyle. given Therefore, the main part of health depends on the lifestyle of each person. Movement activity is the main part of a healthy lifestyle.

The world-famous Italian poet Torquato Tasso wrote:

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"Movement can compensate for any therapeutic factors in its effects, but all the known therapeutic factors in the world combined cannot replace the positive effects of movement activity."

In fact, in the course of millions of years of evolution, the organism of our ancestors was adapted to hard physical work and constant movement. Our ancestors were able to defend themselves and survive as a species only as a result of fully mobilizing muscle power in the fight against wild animals and the cruel effects of nature.

The biological evolution of man ends about one hundred thousand years ago. However, the anatomical structure of the human body has not changed much during this time. Therefore, the human body, as it was a hundred thousand years ago, is prone to constant physical labor and constant movement and demands it.

Due to the development of science and technology, the improvement of social living conditions, the amount of physical labor in the activity and life process of people of the present time has decreased sharply. It's not a secret, nowadays most men do not cut down trees, chop firewood, do not mow lawns, do not plaster the roof of the house every fall, and do not remove the snow from the roof in winter. Our urban women do not carry water, do laundry with their hands, do not cover bread by burning yantok or gazapoya. Walking has also dropped dramatically.

Scientists have already proven that the reduced amount of physical work should be filled with increased movement activity, that is, with physical culture and sports training. Despite the fact that many recommendations have been created, unfortunately, most people choose to be less active and harm their health.

It should be noted that an athlete, even an Olympic champion, should regularly engage in general physical training. Because, in each type of sport, more attention is paid to performing specific standard exercises. In order for the body to develop properly and be healthy, all-round physical training is required.

According to the well-known gerontologist scientist, academician Alexander Bogomolets, "An important factor of living wisely is the activity of movement. All tissues and organs of the body should be regularly active. Due to the lack of movement, the process of regeneration and rejuvenation of tissues and organs is disrupted, and the process of aging is accelerated."

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In addition to the lack of movement of adults, another manifestation of the violation of the rules of a healthy lifestyle is that as soon as the baby comes home from the maternity hospital, he is covered with several layers of cloth so that he cannot move, put him in a crib and tie him up for several hours. will cry.

However, the baby comes into the bright world with innate movement reflexes. That is why as soon as he is born, he screams, moves his arms and legs and moves. Unfortunately, grandmothers and mothers do not pay attention to or do not know about the need to maintain and develop this innate ability to move.

It is known from the scientific research of the American scientist M. McGraw that the baby even has innate reflexes of swimming movements. A baby's swimming movements are very similar to the swimming movements of mammals.

According to the World Health Organization, there are more than ten thousand types of human diseases. In almost all of them, therapeutic physical exercises are used.

It is known that pregnancy is a great burden for a woman's body, both biologically and physically. A woman's life is in danger during childbirth. Especially when the fetus lies in the uterus in a normal position, that is, instead of lying with its head, with its groin, legs, or transverse and oblique positions, the birth process becomes more difficult, and the life of the woman and the fetus are affected. the risk increases. In such cases, in order to save the life of the mother and the child, it is necessary to perform an operation called "Caesarean section" ("Kesarevo sechenie"), that is, the woman's abdomen is cut and the fetus is removed from the uterus.

In the following years, when such an unnatural course of pregnancy is detected one to two months before the due date, with the help of special physical exercises, the unnatural (abnormal) position of the fetus in relation to the birth canal in the uterus is changed to a normal position, i.e. head it is possible to turn it into a lying position with its side.

The beneficial effect of physical training and movement activity in saving women from such a difficult situation has been proven in scientific research and in practice. Thus, it can be seen from the results of the scientific researches of world scientists described above that the place and role of movement activity and physical training in strengthening human health and even saving life is not only for children and teenagers, boys and girls. Middle-aged and elderly people, but also for the fetus in the mother's womb, the newborn baby, the child at breast age, it is incomparable for the formation of a well-rounded generation in general.

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