



CHANGES IN THE FUNCTIONAL ACTIVITY OF THE BODY IN THE PROCESS OF HEALTH TRAINING

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Article history:	Abstract:
Received: 30 th January 2022 Accepted: 28 th February 2022 Published: 11 th April 2022	This article highlights the role of a healthy lifestyle in the transformation of the human body and the enhancement of functional capacity through wellness training.
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The debate over the physical culture of a healthy lifestyle, its leading term for "health training" and the scientifically based definition of "health exercise" has not stopped. However, a number of authors express different views on the definition of this concept or term (1,2,3,4,5,6,7,9,10).

For example, K. Cooper, the founder of aerobics, argues that the loads on the fitness trains should be called "... aerobic exercise loads performed by the body in a stable, unchanging normal state with oxygen consumption" (16).

The only general feature of the workouts for health purposes is that they do not require excessive stress in terms of size and intensity, the suitability of such loads for the body, the fact that they do not deplete the body's resources, develop and improve the body. (11,12,13,14,15,17,18,19).

The achievement of research over the past 10 years is the scientific proof that certain biologically active substances are formed in the body of people with a culture of healthy lifestyles as a result of routine exercise. They have shown that the body is able to withstand various diseases, the harmful effects of the external environment, and is useful in improving the protective function.

In particular, certain interactions in the brain, such as alcohol and drugs, interact with registers that produce pain-like sensations, creating natural excitements such as a state of natural joy, good mood, tolerance, clarity of thought, or vice versa. A similar situation occurs in those who are engaged in systematic health training. This is a physiological condition and is associated with creativity in the body engaged in exercise.

Endofrin, which is formed in the blood, slowly squeezes out the pathological pathogens produced by alcohol and drugs. This is the specific role of exercise in relation to harmful conditions in the human body.

Athletes are also required to have some knowledge of the most common, and in some cases latent, infections that can affect athletes.

Chronic angina, dental caries, furunculosis, gallbladder infections, and other diseases have been shown to have serious side effects in health training without knowing that in some cases they develop unconsciously.

Exercise or activity naturally accelerates blood circulation in the body, which in turn washes away latent infectious microbes and spreads them to other organs in the rapidly flowing blood. It can create new foci of disease. In addition, when the body spends its protective energy against chronic diseases, it has to spend that energy on muscle work (exercise), which leads to a decrease in the functional state of the body. As a result, the health effects of exercise may or may not occur. It is clear that this condition is harmful to health.

In some cases, latent diseases of the heart, kidneys, gallbladder and other organs are considered to be diseases caused by exercise, and exercise is stopped. Accordingly, deterioration of any functional condition requires medical supervision.

Everyone who has a healthy lifestyle, consciously, voluntarily, aims to exercise their health through exercise, healthy exercise, not to treat their existing chronic diseases, but to talk about the consequences of starting such exercise. It is advisable to think carefully.

One of the most common mistakes that can be made is to start exercising before you have been treated. The result is that we start training without leaving the traces of the flu, angina, acute respiratory diseases. "Subjective health" is called "clinical", as if it is actually cured, but does not always correspond to "anatomical" health. In some cases, rushing to exercise means raping our body, which has not yet had time to fight the disease and regain its energy reserves.



Training during this period can lead to abnormalities in the body before the disease, when some tissues and cells do not recover their function.

The practice of rushing to a workout without regaining the body's functional capacity or physical capacity after illness has been observed in practice in a number of sports trainings and health trainings, which can damage a number of our organs, especially the heart muscle and lead to persistent arrhythmias.

After acute infectious diseases, rehabilitation training is suspended for some time. Exercise can be started only after complete disappearance of symptoms of the disease (cough, fever, pain) after clinical treatment. This period allows, for example, 4-10 days after angina, bronchitis, viral infection, 6-8 days after gastrointestinal disorders, pneumonia, at least 18 days after dysentery, concussion, 30 days after acute rheumatism possible.

Of course, illnesses vary from person to person. These days are approximate, you can start practicing only with the permission of a doctor.

An important factor in the healing effect of training sessions is adherence to the condition of non-limit loads. Therefore, the problem of strict dosing of the volume and intensity of the load comes to the fore. Solving this problem requires knowledge of the ability to theoretically analyze the quantity and quality of the energy process in the human body. Therefore, there is a problem of studying muscle bioenergy, and research has been conducted to solve it.

The positive effect of exercise in health training is not only to improve the function of the most important organs and structures of the human body, but also to add endurance, good mood and well-being after exercise. This, in turn, has the effect of stimulating the energy of activity (tone), preventing the body from exposure to various adverse environmental factors, including infectious diseases, overcoming disease, increasing endurance, and more.

Current research, specialized literature, and the study of the problem of aging and its prevention provide solid evidence, information, and conclusions about the causes of "premature death."

First of all, natural physiological and pathological aging, ie premature ejaculation, which occurs as a result of aging of the body, the activity of all its organs and structures, primarily as a result of the weakening of the central nervous system. , the presence of premature aging.

Through a study conducted by a group of scientists led by Sh. Khankeldiev, S. Uraimov in 2015-2020, the majority of people aged 20-59 now know about the health, physical development and physical maturity of the body. their reserves are very low (around -3-7%) and they do not know that exercise,

living with moderate physical activity, is a means of living a long and healthy life (8).

Even today, centuries ago, exercise and physical labor have been shown to have a positive effect on longevity in the prevention of diseases, especially hypertension, angina, atherosclerosis, which are characteristic of older people.

A healthy lifestyle, the concept of health that emerges as a result of health training includes the following, - writes Professor Sh.Kh.Khankeldiev (6,20).

Health is:

- "not to be superfluous" for your family, loved ones, the team you work for, as well as for your country;
-preservation of beauty and charm for many years;

-continuation of high creative activity, preservation of mental and physical ability, continuation;

-to be one of the long-lived.

Through the study of many books, pamphlets, and articles about the onslaught of aging, we have witnessed an explanation of this process in each period, based on the conditions and lifestyle of the time. Most of them are based on the results of observations. Only in modern conditions the study of the process of prolonging youth and establishing productive activity in adulthood and old age as a separate discipline - in medicine - these disciplines are called "gerontology" and "geothermal".

The main reason for the lack of free time for health training (45%) was the main percentage of respondents who participated in our sociological study to study the causes of low physical activity among the population, especially children, adolescents, students.

In fact, it also takes time to find time to practice. More importantly, some exercise, a sports field, a treadmill, or a swimming pool (swimming pool) will be needed to engage in mass sports. There are also excuses that they have to spend for distance (17%), transportation (20%), fare - 8%. In fact, they say that they are able to perform even the simplest "morning hygienic gymnastics" exercises, one of the home-based exercises that do not require special equipment and money (10%).

Most of the participants in our study noted the low level of knowledge (37%) on the creation of hygienic gymnastic exercise complexes.

The notion of "muscle and emotional well-being" that exercises provide, the feeling of not being able to feel emotional satisfaction, the content of such exercises, the problem of the volume and intensity of physical activity, and the solution depends on theoretical knowledge of physical maturity.

A person who works slowly is less tired, and his body does not have a vigorous movement process. Both mental and physical retardation underdevelop the capabilities of the human body, writes Sh. Khankeldiev



(1991). For some, the concept of rest and relaxation makes no sense. It has been proven in practice that the feeling of pleasant fatigue, which relaxes a person in the body and brain as a result of active work, deepens the creativity and inquisitiveness of each individual day by day.

In conclusion, "We have identified through a review of the literature that physical activity during health training can delay the onset of latent diseases and lead to their exacerbation. The effectiveness of health training is inextricably linked with the functional state of the body. Ignoring such a situation has been proven in practice to distract from the intended purpose.

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