

HEALTH IMPROVEMENT THROUGH PHYSICAL EDUCATION AND SPORTS

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ABSTRACT

In this paper, the issues of human health improvement by means of physical education and sports are considered. The relevance of the topic is due to the growing interest in a healthy lifestyle and disease prevention through active physical activity. Physical education and sports have a beneficial effect on the cardiovascular, respiratory, musculoskeletal and nervous systems, help strengthen the immune system, improve mental and emotional health and improve overall performance. The annotation emphasizes the importance of regular physical activity as an effective means of promoting health, preventing chronic diseases and forming a healthy lifestyle in various age groups of the population. It also highlights the basic principles of building wellness programs and the role of professionals in the field of physical education and sports.

Keywords: Healthy lifestyle, physical education, sports, health promotion, physical activity, hygiene, immune system strengthening, well-being, sports activities.

INTRODUCTION

Physical education is one of the most important elements in every person's life. Today it is impossible to imagine our life without sports. Most people just like watching sports competitions, rooting for athletes, rejoicing at their victories and experiencing defeats with them. But, unfortunately, not everyone is engaged in physical education on their own every day, at least at the level of morning gymnastics.

People cannot fully understand that it is sport, having joined the flow of their life, that can not only change its course somewhat, but also have a beneficial effect on their health, not only physically, but also psychologically. After all, it's no secret that physical activity reduces stress levels, bringing psychological functions into a stable state.

Health implies complete physical, spiritual and social well-being. The topic we have chosen is extremely relevant in our time. The static nature of modern society leads to a deterioration of physical and mental health. Consideration of ways to prevent diseases and promote health through physical education and sports.

Analysis of literary, statistical and Internet data, method of comparison and generalization, observation. The conditions and lifestyle of people are the main factor influencing the state of human health. Only the person himself has the greatest impact on his health.

Morning exercises, amateur sports, therapeutic and preventive physical education, walking and running are the most important elements of disease prevention and health promotion. There are various methods of strengthening and preserving your health.

The system of these methods is called a healthy lifestyle (HLS). In addition to physical activity, its components also include personal hygiene, proper nutrition, tempering, quality rest and the absence of bad habits, which is important for overall health. Even with active physical activity, non-compliance with the remaining points will definitely make itself felt. It

is impossible to achieve any result by observing only one thing, but combining all the methods leads to excellent results, even if not much time passes.

But you can't start something abruptly, you need to be prepared for everything. Morning exercises play a very important role, because only by remembering to do morning exercises every day will a person be able to achieve better physical fitness than before, and then physical perfection. It is important to make an exercise plan correctly, to adapt it to the individual characteristics of a person. At the same time, you should not apply intense loads, as well as bring yourself to a state of severe fatigue. Morning exercise removes lethargy and puffiness after sleep, tones the nervous system, improves the functioning of the respiratory and cardiovascular systems. Thanks to charging, both the physical and mental performance of the body increases.

By gradually removing something harmful and unnecessary and introducing something useful into life, you can almost painlessly move on to a new, more correct and healthier stage. Due to computerization in all spheres of society, people have begun to move less and less, their physical activity is decreasing every year, and their health status is deteriorating due to sedentary work. And although it is impossible to imagine our current life without a computer, it is important not to forget to rest your eyes and exercise your muscles relaxed from sitting. Thus, the muscles will not stagnate and the overall health will not deteriorate so much. Another factor that does not promote health is the car. If the distance allows, then you can walk. It will be useful not only for your wallet, but also for your body. Daily walking improves heart health, regulates blood pressure, improves blood circulation, promotes weight loss, strengthens bones and muscles, improves digestion, relieves stress, and increases human productivity.

Amateur sports are an excellent tool for prevention and health promotion. If the road to professional sports may not be open to everyone, then the situation with amateur sports is completely different. Loads in amateur sports should be dosed and feasible to avoid overexertion. Everyone needs to take care of their health. Human heredity and environmental ecology strongly influence health, but there are other factors that also affect it.

It is important not only to follow the rules of personal hygiene, but also to undergo regular checkups with an experienced doctor. According to scientists from all over the world, people's living conditions and lifestyle are the main factor affecting human health. Thus, only the person himself has a greater impact on his health, and only he himself can either improve his condition or significantly worsen it.

Today, statistics show that there are more and more sick people, so it is becoming more difficult for them to cope with physical exertion, which is why therapeutic physical education is becoming quite popular. This type of physical culture is therapeutic and preventive, it helps to restore human health quickly and more fully.

Physical activity has a very beneficial effect on the immune system of any person. One of the most accessible types of physical education at the moment is considered to be running, any kind. It is an indispensable tool for relieving nervous tension. In a certain dosage, combined with water treatments, it becomes one of the best methods of combating insomnia. Running promotes the process of weight loss, improves the body's endurance, and increases its immune

strength. It is quite difficult and almost impossible to dispute the fact that moderate physical activity has a beneficial effect on the human body.

Decreased activity leads to the development of various diseases, withering of the body and shortening of life expectancy. But for people of mature age, the quality of life plays an important role, because healthy and athletic people live a long life. All people need to take physical culture more seriously as a means of preventing diseases and promoting health.

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