

## A SPECIFIC SEQUENCE OF PHYSICAL EXERCISES IN HEALTHY LIFESTYLE TRAINING

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### ANNOTATION

Special, in-depth knowledge of the sequence of performance is covered as it becomes increasingly popular to practice activities specific to youth occupations or for health purposes.

**Keywords:** Healthy lifestyle, physical exercises, "vital-necessary" movements, performance of movement activities, fitness, sequence of physical exercises, breathing and exhalation rhythm, exercises to develop strength and endurance, exercises to develop movement qualities of memory, agility

Healthy lifestyle physical culture training involves the purposeful use of various types of physical exercises.

Living conditions, our way of life, especially our professional activities, require us to perform conscious, purposeful, voluntary actions. All of us have thought deeply about the benefits of our actions. Do we have enough knowledge about the content, structure, preparation for doing it, their structure, the sequence we should follow when we do the exercise, the speed and intensity of doing it, the energy needed to do it, and the group of muscles that show that energy? What does knowing such knowledge give us in the end?

Movements and physical exercises are necessary during our life, and without them we cannot imagine our way of life, which is necessary for the health of our body, maintaining the level of service activity of our body at the required level. In the practice of training our body, we use more "vital-necessary" movements - walking, running, jumping, climbing, or exercises that demonstrate strength, speed, endurance, agility. If necessary, we learn them, we repeat them again and again for improvement, we practice the movement in order to "get the air".

Nowadays, as it becomes more common to practice activities specific to youth occupations or those performed for health purposes, special, in-depth knowledge about the sequence of their performance is needed. Acquiring such knowledge in the process of acquiring STT physical culture has a number of advantages, knowing how to use them determines the level of physical culture of a person.

The sequence of performing exercises is different, following it changes the biochemical, biophysical "world" of the organism, facilitates the necessary changes that occur in the functional properties of our organs, the qualities of our body, muscles, nerve cells, and the

cellular structures of internal organs, and thus it is convenient to perform movement activities. creates conditions.

After the professional sports skill increases, it is possible to save the amount of energy spent on it while performing the exercises.

It is important that actions are performed purposefully based on the rule of easy to difficult. Knowing why it is necessary to move in such a required position, speed, etc., understanding what the benefits of such actions can be, and consciously performing them is very effective. Performing the exercise with imitation without understanding its essence has a negative effect on the timeliness of mental (nerve) impulses to the organs and systems that supply blood and nutrients to the muscles involved in movement. It has been proven by research conducted over the last decade that the impulses that occur in muscle activity as a result of exercise are spent on improving the service of our internal organs and systems, rather than on muscle activity. It has been proven that carrying out actions and exercises with indifference, just for the sake of it, destroys the effectiveness of multifaceted processes such as health, development, education. This means that the body uses energy inefficiently. Exercise practice and specialized literature review.

In **health-building, development, training** exercises, it is necessary to observe the following. They are:

- a) the previously performed action act or action activity makes it easier to perform subsequent actions;**
- b) do not allow sudden and large-amplitude movements at the beginning of the exercise - act of movement or performance of movement activity;**
- v) coordination of any activity, whether it is work or physical exercise (movement), with the necessary breathing rhythm;**
- g) pay attention to the amplitude of movement and muscle tension when starting to perform movements;**

**The sequence of performing physical exercises requires compliance with the following rules:**

- 1) preparing the joints, tendons, muscles, breathing, cardiovascular systems and other parts of our body for movement, exercise, and mental preparation for the effect that will come from them;
- 2) starting training, gradually increasing the speed, intensity, path, and amplitude of the initially performed exercises. Avoiding sudden, high-speed and intensive performance of movements and exercises;
- 3) coordination of breathing and exhalation with movements. This, in turn, serves to ensure the supply of oxygen at the necessary level for the body. To have the concepts of breathing rhythm, "depth" of breath, to know the cause of decreased breathing depth, i.e. shortness of breath, and to prevent it;

- 4) rhythmic movements, achieving fluency in their sequence, and then transitioning to moderate, large efforts;
- 5) knowing how to choose an exercise load that causes "joy" of healthy muscles and how to use it in practice;
- 6) general developmental (physical and physical), sports projectiles (equipment), based on established rules, performing (played) exercises in a limited space or time - from easy to difficult, from learning to newly acquired skills, skills, following a sequence up to actions that rise to the level of automated and higher-order actions.
- 7) The sequence of exercises for developing strength and endurance requires attention to the following: a) exercises for training the qualities of strength and endurance should be planned at the end of training; b) excessive energy consumption at the beginning of training will negatively affect training efficiency; c) that the ability to choose the norm of physical load is the leading factor in training the quality of strength and endurance.
- 8) To develop the qualities of speed, agility, perform exercises at the beginning of the main part of the training or in the middle of the training; Attention to the fact that the processes of excitation and inhibition are the leading factors in the manifestation of aspects of speed and agility is the leading rule for the development of the qualities of having concepts about temporal relations in the cortex of the cerebral hemispheres.
- 9) It is recommended to develop the quality of movement of our body, which is called flexibility, which includes muscle elasticity and joint mobility, at the beginning or at the end of the training, in the final part. During the cold weather, in the winter season, careful preparation is required to perform such exercises.

The phenomenon of building a lifestyle on a healthy basis has scientific and theoretical definitions and interpretations of various contents from ancient times to this day. One of the modern definitions of it is as follows:

A healthy lifestyle is the development, enrichment, proper use and restoration of the body's internal reserves in order to effectively perform social and professional functions of a functional person, observing the rules of general and personal hygiene, and keeping them in the proper amount, observing the rules of general and personal hygiene, and various environmental factors. the process of daily life activity is understood as being able to quickly adapt to its effects.

In our country, we are finding a unique, suitable way of life based on economic, social, political and spiritual aspects. An important determining factor of such sustainable development is "healthy life" "health of the nation".

The intellectual education of the members of our society and its maturity is established through a sustainable way of life. The main criterion for it is the individual's health and level of health. Health and well-being go back to the maturity of the human body, and laying its foundation stone should be done from the school age.

Achieving physical maturity requires a rational routine and is associated with daily, weekly, monthly, yearly, if necessary, stereotyped movement activity throughout the period until the end of life. Theoretical and practical knowledge of purposeful movement, practical skills are given through physical culture training of a healthy lifestyle.

Low mobility - "Hypodynamia", "Hypokinesia" - slow movement is considered a disease nowadays, and they are a legacy of the 20th century for us.

Hypodynamia is a product of limited, insufficiently moderate physical loads that intensively weakens the functional state of the body, and if mental passivity is added to it, this process accelerates even more. During the study of the lifestyle of long-lifers, it is observed that there are no pessimists in their ranks, those who look for flaws in everything, those who are dissatisfied with the day they spent, angry, ambitious, and those who dream of a luxurious life. The most important thing is that they are active, mentally, physically, and have a job. It is not for nothing that the saying "The angry and the lazy do not live long" is spoken in our nation.

Academician I.M. Sechenov devoted the last 15 years of his life to the problem of old age. He founded the optimistic theory of "orthobiosis", simple, correct, rational living, leaving behind the human spirit, soul, "life in this world, eternal - mortal world" and a number of other earthly concepts. He believed that it is necessary for every person to be healthy until the end of old age, and during this period to reach the highest level of his ability to work, that is, to master the "art of living".

He set the standard in everything, hard work, a healthy lifestyle and a healthy lifestyle as the stergen of mediocrity. In his book "Etudes of Optimism" ("etyudy optimisma"), he writes that "overeating, unhealthy habits, excessive stress at work cause premature aging." Thus, whoever says that he will spend his entire life cycle well, should start a moderate lifestyle, learn to observe rational hygiene rules from a young age. This is what the physical culture of a healthy lifestyle and the "orthobiosis" currently recommended by physiologists and hygienists mean. Movement activity is one of the main means of physical culture of a healthy lifestyle, "health", "level of health", "restoration of the body's functional activity, the energy spent during the study, working day" is the same catch, activity (whether it is mental, physical) and a number of other specific concepts. embodies.

However, until today, there are very few popular or specialized literatures on the scientific-theoretical basis of healthy lifestyle physical culture of the members of our society, written in accordance with the intellect of the members of our society of different ages. The same can be said about basic scientific research. In particular, problems such as the optimal system of actions for pupils, students, and adults and their normative norms still need to be solved.

Why is it so important to actively use muscles? The researches of Yu.I. Evseev (2008), an academician of the Russian Federation, put an end to this question and founded the theory of "Working muscles, the generation of muscle impulses". It has been proven that these pulses can stimulate metabolism, nervous system and all other organs, improve oxygen utilization of

tissues, prevent excessive fat formation in the body, and strengthen the body's protective properties. M.R. Mogendovich called the mentioned theory the theory of "motor visceral reflexes" and emphasized the interrelationship between skeletal muscles and our internal organs and their existence. In fact, there are different opinions about muscle function in a number of disciplines.

According to M.R. Mogendovich, the microscopic nerve fibers present in the muscles, tendons, and bones that connect the muscles to the bones transmit impulses (power) of a certain frequency caused by muscle movement through the central nervous system to the internal organs, and have a positive effect on the functioning of these organs. If the involved muscle group does not have a sufficient level of tone or the necessary level of development, the impact of the impulses on our internal organs will be low, and it will have a negative effect on the normal functioning of our internal organs.

Those who live with a sedentary lifestyle, have hypokinesia and insufficiently developed muscles, the power level of the impulses and their impact is low, first of all, it negatively affects the work of the brain, and then other internal organs.

As a result, the energy reserve of nerve cells, their level of immune protection decreases sharply, the risk of gastrointestinal tract, osteochondrosis, radiculitis and other diseases increases, the metabolism is disrupted, fat cells increase, and body mass increases. This means that extra weight, carrying it, makes it difficult for the heart, musculoskeletal system (legs, arms), joints, breath and other organs to work, and the vital resources of the body are quickly and ineffectively consumed.

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