

## THE INFLUENCE OF HEALTH EXERCISES ON THE FUNCTIONAL STATE OF THE ORGANISM

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***Annotation:*** *In this article, the functional effect of fitness training on the body was studied in our sociological research on the reason for low physical activity among the population, especially among children, teenagers, and students.*

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Physical culture of a healthy lifestyle, its leading term "health training" and "health training" have not had, and still do not have, a scientific definition. But a number of authors express their opinions on this concept or term. For example, K. Cooper, the founder of "aerobics", insists on the need to call the (aerobic) movements performed with oxygen consumption in our stable, unchanging ordinary state as health-improving loads. Loads for the purpose of strengthening should have a single common feature during training, their volume and intensity should not require a strong strain, the suitability of such loads for the body, not exhausting the reserves of our body's resources. , they recognize that there should be a benefit that develops and improves the organism, and that it means keeping the indicators of physical development and physical fitness without lowering them.

The scientific proof of the emergence of specific biologically active substances as a result of habitual exercises in the body of people with a healthy lifestyle culture is considered an achievement of the last 10 years of research. They showed that the body can resist various diseases and the harmful effects of the external environment, and it is also useful with the improvement of the protective function.

In particular, certain reciprocal structures in the brain, such as alcohol and drugs, interact with the registers that produce pain-like sensations, resulting in a natural state of happiness, good mood, openness, clarity of thought, or vice versa. creates natural excitement. A similar situation occurs in those who are engaged in systematic fitness training. This is a physiological condition and is related to the creativity of the body of the person who exercises.

The endorphins created in the blood block the pathological stimuli produced by alcohol and drugs and gradually suppress them. This is the specific role of physical exercises in relation to harmful conditions in the human body.

It is necessary for those involved in health training to have some knowledge about the transmission of the most common, and in some cases hidden, infectious diseases that have a negative effect on athletes.

It has now been proven that chronic angina, dental caries, furunculosis, gall bladder infections, and other diseases develop without realizing it in some cases, and the consequences of exercising in health training sessions are bad.

Physical exertion or activity naturally accelerates blood circulation in the body, which in turn washes away hidden infectious disease germs and spreads them to other organs in the fast-flowing blood. It is possible to create new outbreaks of disease. In addition, during chronic diseases, when the body spends its protective energy against the disease, it has to spend that energy on muscle work (exercise), which causes the body to decrease in its functional state. As a result, the healing effect that occurs through physical exercise may not occur. It is clear that such a situation is harmful to health. In some cases, hidden diseases of the heart, kidney, gall bladder and other organs are considered as diseases caused by physical exercise, and exercise is stopped. Accordingly, any deterioration of the functional state requires medical supervision.

Each STT physical culture owner consciously, voluntarily, sets the goal of improving his health through physical exercises and fitness training, without treating his existing chronic diseases, and is careful about the consequences of starting such activities. It is appropriate to think more.

One of the most common and avoidable mistakes is to start exercising without getting treatment, as a result of which flu, angina, and acute respiratory diseases will not leave your body. Subjective health, called "clinical", is actually healed, but does not always correspond to "anatomical" health (recovered). In some cases, rushing into training means forcing our body, which has not yet managed to fight against the disease and restore its energy reserves. After the disease, some tissues and cells fail to restore their function.

The result of hastily starting training without restoring the body's functional ability or physical capacity after diseases can damage many of our organs, especially the heart muscles, and lead to persistent arrhythmias. Sports training and health It has been widely observed in practice during the practical training of composting exercises.

After acute infectious diseases, health training is suspended for a certain period of time. After clinical treatment, it is possible to start training only after the symptoms of the disease (cough, increased body temperature, pain) completely disappear. This period is, for example, 4-10 days after angina, bronchitis, viral infection, 6-8 days after gastrointestinal disturbances, lung cold, at least 18 days after dysentery, concussion, o After 30 days of acute rheumatism, you can exercise.

An important factor in the health effect of training sessions is compliance with the condition of non-limit loads. Therefore, the problem of strictly dosing the size and intensity of the load comes to the fore. Solving this problem requires 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 biopower, and research has been launched to solve it.

The positive effect of physical exercises in fitness classes is not only in improving the functions of the most important organs and structures of the human body, but also in increasing endurance, mood, and well-being after exercise. This, in turn, shows its effectiveness in stimulating the energy

of activity (tonus), preventing the body from being affected by various unfavorable factors of the external environment, including infectious diseases, overcoming the disease, increasing endurance, etc.

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