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## **OUR HEALTH THE IMPORTANCE OF WALKING FOR STRENGTH.**

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Today, our state creates all conditions and opportunities for the younger generation to grow up physically healthy and mentally mature. Today, large-scale health-improving measures are being carried out in Uzbekistan. In particular, President Sh. Mirziyoyev is developing a number of decisions, laws and decrees on physical culture and sports. It is important to be courageous, loyal to the motherland, to bring up a generation that will be able to protect their families. The wise words that the future of a country with healthy children will be bright are not in vain. In order to form a comprehensively mature and physically healthy person with a high culture in the country, setting priorities for the development of skills and knowledge in the field of education and sports, the process of selection of talented athletes 'There's talk of focus. There is strong evidence that physical activity and sports have a positive effect on children's health. [1] In Uzbekistan in 2010 compared to 2005 the incidence of acute respiratory viral infections among students - 12.8%, pneumonia - 15.5%, bronchitis - 16.2%, scoliosis - 11.6% decreased. The reduction in morbidity among children, in turn, has led to an increase in the number of practically healthy children. In the period from 2005 to 2010, according to preventive examinations, in practice, the percentage of healthy children aged 6-14 years was not limited by health indicators and was contraindicated in more in-depth sports. children who do not have it increased by 9.9%, or 62.6%. The number of children belonging to group II of health (children with diseases of a growing nature, who, when they recover, are practically healthy children and can engage in physical education and sports) is 6.3%, has chronic diseases the number of children decreased by 3.6%. Over the past 5 years, growth has increased by an average of 2.3 cm for boys aged 10-14 years and by 2 cm for girls, with weights of 2.6 and 2.9 kg, respectively. increased. All these are positive indicators in this direction. This means that exercise (at the amateur level) has a positive effect on physical fitness, general health, organs and individual systems of the body. is shown. [2]

There is no need to prove today that regular physical activity, prevention of diseases, increase of stability and resistance of the body are of great importance for good health. The negative effects of hypokinesia have been proven by many local and foreign researchers. Hypodynamics is a relatively new term (Greek hypo-low, low, dynamis-power), which refers to the functions of the body (locomotor, circulatory, respiratory, digestive, nervous systems and endocrine glands, metabolism and energy metabolism). ) is a defect caused by low mobility. Sometimes the term is replaced by the word hypokinesia. [1] As we noted in the origin of hypodynamics, due to the automation and technical development of production, the main reason is the emergence of groups (operators, designers) among the population, often sitting in one place, using very little muscle power. [2 ] It is estimated that a person's average physical activity is met only when he or she consumes an average of 1,300 to 1,500 calories of physical energy per day. all behaviors (all activities related to life and daily activities from waking up in the morning).[3] The significant role of hypodynamics in modern human life can be characterized by the fact that about 100-9 years ago, 95-96% of all work was done with direct human involvement, ie with the help of arms, legs or body, the remaining 4 -5% was done by the mechanisms and techniques available at that time. Today, the opposite is true, with 95-96% of work being done by machines and automatic machines, and the remaining 4-5% by direct manpower. [1] Hypodynamics negatively affects the vital functions of the body. Due to persistent hypodynamics, the young organism lags behind normal growth, while the older ones quickly lose their ability to work and age prematurely. [1]

It is no secret that physiological processes in the body can manifest their activity mainly as a result of movement. Physiological processes include such important functions as blood circulation, respiration, digestion, urination. These physiological functions are always in harmony with physical education and sports. There are no negative cases in people who have died. Of course, if they follow the law

It has been scientifically proven that in people who spend most of their time sitting and doing their work, there are some defects in these physiological functions. we breathe and grow. Today, many people suffer from various diseases as a result of impaired blood flow. [3]

One of the most important health-promoting processes is walking. Walking is an exercise that does not require any strain. The most important physical activity to prevent the above-mentioned negative conditions is walking. I would like to briefly tell you about the benefits of walking. [4]

#### 7 Walking Claims.

10 minutes: Hypertension does not bother.

People with hypertension have a normal blood pressure if they make it a habit to walk 4 times a day for 10 minutes.

15 minutes: fitness

If you take 120 steps in frequent steps, you will get rid of 100 kcal in 15 minutes. Here is a cheap and convenient way for you to lose weight.

20 minutes: You get peace of mind

Want To Get Rid Of A Nervous Day? It is enough to walk for 20 minutes every day.

20 minutes: For those who want to quit smoking

If you walk for 20 minutes, this desire will disappear by itself in those very minutes.

5. 25 minutes: you feel better

If you walk in the fresh air, even on a rainy day, alone or with a loved one for only 25 minutes, you will remember sweet memories, your heart will be filled with new and noble dreams. As a result, you will feel happy.

6. 35 minutes: Overcomes depression

Don't waste your time walking in the fresh air for 35 minutes.

7. 45 minutes: Answer no to colds.

U.S.A. researchers report that 50 percent of marathon runners over a 45-minute marathon have survived a cold. This is because germs and viruses are transmitted when you walk. [6]

Walking is the most beneficial form of physical activity. Statistics show that everyone should take 10,000 steps a day for health. People who walk 3 km a day do not suffer from cardiovascular disease. Walking lowers blood cholesterol and prevents osteoporosis. Walking has not only a physiological health but also a psychological effect. People who walk a lot and are often in the fresh air not only improve their body but also their mood, their appearance improves, they are less prone to stress and depression. [4]

Walking is available at any age and in any sport. It can be used even by people who are very overweight. Safe walking for health loses excess fat, speeds up metabolic processes. As already mentioned, you do not need special trainers and equipment for walking. Frequent walking eliminates shortness of breath, because the respiratory and cardiovascular systems are training. Active movement allows you to better tolerate different levels of physical activity. During exercise, the body is saturated with oxygen. [4]

#### **LIST OF USED LITERATURE:**

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6. Ziyonet.