

JISMONIY MASHQLARNING INSON TANASIGA TA'SIRI

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ABSTRACT

This article describes the effects of exercise on the human body. Everyone will always be healthy if they can use physical exercises wisely and correctly. This article, covered by us, explains in detail about physical exercises.

АННОТАЦИЯ

В этой статье описывается влияние физических упражнений на организм человека. Каждый всегда будет здоров, если сможет разумно и правильно использовать физические упражнения. В этой статье, охваченной нами, подробно рассказывается о физических упражнениях.

The advantages of sports for a person are told to children at school, but most of them know the specific advantages of teaching. Not only trainers, but also doctors show that not only the positive effects of exercise on the human body, but also that a simple walk in the fresh air has a number of important advantages.

Effects of exercise on the cardiovascular system

People who do not exercise are more likely to have heart attacks, strokes, hypertension, etc. Regular exercise normalizes blood pressure, reduces cholesterol and reduces the risk of developing serious diseases related to the heart and blood vessels. When talking about the effect of physical exercise on human health, sports training trains the heart muscles, which makes it possible to carry out various loads well. In addition, blood circulation improves and the risk of fat deposits in the veins decreases

Effects of exercise on muscles

Lifestyle has a negative impact not only on appearance, but also on human health. Sports exercises allow you to tone the muscles, make them stronger and more convex. The developed muscle corset is in the correct position, which reduces the risk of scoliosis and other problems. In addition, many girls and boys strive to look attractive and slim, which means that the use of muscle training is very valuable.

Effects of physical exercise on the respiratory system

A person engaged in sports improves pulmonary ventilation, and external breathing can be saved. Increasing the mobility of the diaphragm, as well as increasing the elasticity of the cartilage located between the ribs. Exercise helps to strengthen the

respiratory muscles and increase the ability to breathe. Gas exchange in the lungs is good.

Effects of exercise on the nervous system

Regular training increases the movement of the main nerve impulses, which has a great effect on the functioning of the system. As a result, a person can adapt quickly and to upcoming events. Hormones released during exercise increase and strengthen the functionality of the nervous system. People who regularly do sports, endure stressful situations, suffer from depression and bad mood.

The body's reaction to exercise

The usual reaction of the body - increase the general tone functional state of the organism, i.e. Improving the quality of life of the body directly determines the level of resistance to any disease or previous diseases.

The main role in B. This process plays in the nervous system, which is primarily a tonal effect of physical exercise: the process of excitation and inhibition in the central nervous system is balanced, autonomic functions are normalized, and various braking conditions in the brain are disturbed. various bodies It is aimed at improving its instructions and coordinating activities.

Accordingly, the function of individual organs and systems returns to normal. For example, the main cause of postural disorders in children is not anatomical defects and pathological regeneration of tissues, and the lack of neural stereotype is the ability to maintain the correct posture.

Effects of physical exercise

Included are coronary circulations and metabolic processes in the heart;

Venous hemodynamics, which contributes to blood flow;

Sistol efficiency increases;

The amount of cholesterol in the blood decreases. When performing physical exercises, do not leave behind the subcutaneous tissue or the vessels used by the body and body.

Blood supplies blood to the muscles, general blood flow and blood pressure are normalized;

Action types

Walking is the simplest and cheapest agent and is suitable for people of all ages. The percentage of injuries and pleasure during the smallest movement is less than with hard movements. It is necessary to walk briskly, but in terms of well-being. Achieving light coils and maintaining it during walking. Increasing fluid and breathing will effectively remove the toxins from the body and heal the extracellular matrix. Several specific influences during walking: from muscle contractions to fluid, food, innervation

of the legs, etc. While driving around the capillary, venous blood loses almost all the pressure caused by heart contractions.

During respiration, the movement of blood in the veins is effectively affected, which is hemocas ("venous heart") during respiration. But it will be too little to lift the weight against the force of gravity. Therefore, in the inner part of the veins and around the fingers and through the spaces of about 4 cm from the fingers, there are pockets of nature created in the pockets of special valves. These valves allow blood to flow in only one direction - to the heart. They have 22 veins in the legs and 17 in the arms. With each contraction of the muscles of the legs or arms during walking, the veins are compressed by the contraction of the muscles and blood is pumped.

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