

THE ROLE OF HYGIENE IN MAINTAINING HUMAN HEALTH

Abstract: This article discusses the role of hygiene in maintaining human health. The author emphasized that proper attention to personal hygiene and physical education are the main means of a healthy lifestyle.

Key words: health, hygiene, healthy lifestyle, physical education, active lifestyle

Health care is an urgent problem in the world, and everyone uses its means during their life as much as possible, but everyone should be able to apply practical measures for health care, for this he should have theoretical knowledge and practical skills. Physical education, hygiene and massage have a special place in health. A healthy lifestyle is a set of measures aimed at maintaining health and improving it. It focuses on all-round development, maintaining and strengthening health, prolonging creative work ability, raising work ability to a high level, and opening positive qualities in every person. According to most scientists who have investigated healthy lifestyle, the level of health defines each person.

Experiments show that a person who begins to practice physical education not only achieves an extension of his life, but also increases its quality. The following has been proven:

- people who focus on constant physical activity are three times less likely to suffer from cardiovascular diseases, that is, atherosclerosis, ischemic heart disease and hypertension, which are the main causes of death today;
- insufficient physical activity (hypodynamia) can lead to degenerative changes in the joints, osteochondrosis and "common" colds;
- people who are in good physical shape have been shown to have a lower risk of developing cancer, for example, moderate joggers have the lowest risk of developing cancer compared to people who are less active. Cancer in runners is 4

times less than in sedentary people, and in women who run, this rate is 6 times lower;

- insufficient physical activity reduces the tolerance of the body to a decrease in protective forces, psycho-emotional, overload and various unpleasant factors.

Scientists note that continuous intensive physical exercises (2 hours of training in a week, if it is 1 hour every day is better), slow running, tennis, rowing, swimming, on average, prolongs a person's life by 6-9 years.

The tools used in health or therapeutic physical education can be conventionally divided into gymnastic and non-gymnastic tools.

Gymnastic tools are general development, strength-speed exercises, relaxation and stretching exercises, coordination static and dynamic breathing exercises, and voluntary breathing exercises.

Non-athletic means are walking, running, swimming, cycling, skiing and skating, and rowing. For these tools, dynamic, cyclical physical loads, various structures, trainers, i.e. bicycle ergometer, treadmill, special stairs, etc. are provided. This group of tools can be called games, sports games, massage and natural physical factors. At the same time, there are general development, breathing and special exercises according to the conditional classifications of physical exercises applied in therapeutic physical education.

General development exercises improve blood circulation, increase metabolism, strengthen the musculoskeletal system and have a general and local effect on the body. These in turn are classified as follows.

According to the anatomical sign:

- exercises for arms, shoulder girdle, neck, body, pelvic girdle, legs. These exercises are directed to one or another muscle group, thereby affecting the functioning of internal organs.

By activity icon:

- Active exercises are performed by a person independently and consciously. These make up the basic composition of the means of physical education.

Relaxation exercises can be separated from this group. Such exercises have a comprehensive effect on the body as a whole: they reduce muscle tone, calm the nervous system, and speed up recovery processes. Shaking and rocking movements help to relax the muscles of the arms and legs. To relax the whole body, for example, it is enough to take a warm bath, besides, it is good to "work" with voluntary impulses, that is, with the head;

- Passive exercises are performed with external assistance. These exercises are used in the case of paralysis of the legs and arms, in the initial period of myocardial infarction, and in the case of bone fractures. The muscles being trained must be completely relaxed in passive movement. These exercises have a slight physiological effect on the body, which is related to the level of stretching muscles and the duration of relaxation. During stretching, the heating product of the muscle tissue is expected, the blood vessel narrows, the blood supply to the muscles decreases, then during the relaxation of the muscles, everything reverses: the blood circulation improves, the absorption of oxygen in the muscles increases three times, the elasticity of the muscles increases.

Physiological absorption in the body through loading is a small, moderate and high (maximum) fast pace of physical exercise.

- small fast exercises do not make certain changes in the absorption of physiological functions and do not affect the training efficiency, however, small additional loads prevent the negative consequences of hypodynamia and have a positive effect on the central nervous system. Small speed exercises are small muscle group movements, performed at a slow pace and small amplitude. Such exercises are carried out at the first stage of physical therapy. These exercises normalize the hemodynamic parameters of the heart rate, the number of breaths, the depth, etc., but the long and continuous performance of small fast exercises increases fatigue, which, in turn, can have a negative effect on the work of the cardiovascular system;

- moderate intensity exercises activate the processes of oxidation and breakdown of glycogen in the muscles, work of the cardiovascular and respiratory

systems, thereby creating aerobic conditions for the muscles to work. These exercises are mostly used in therapeutic physical education. These exercises include walking at a slow and medium pace, slow, medium pace with large amplitudes for arms and legs, and exercises for the muscles of the body;

- large and maximally fast exercises lead to a certain level of straining of the body's vital functions. Muscle activity has an anaerobic character, and "oxygen debt" is extinguished for a long time. However, during this recovery period, metabolism continues to increase, and the effects of small maximal fast-paced exercises are long-lasting.

As a result of fast running, fast walking, exercises performed on gymnastic equipment, additional weakness exercises, exercises for large muscle groups are performed with a large amplitude and speed, due to the fact that a certain load is given to the body, strict medical supervision should be carried out during the execution of these exercises.

Ideomotor exercises form a separate group. This is "thinking gymnastics". There is no magic here: imagining a certain movement triggers certain neurons in the brain, thereby activating the motor nerve cells. This helps to restore damaged peripheral nerves.

Different physical exercises have a targeted effect in different diseases. For example: special breathing exercises for the cardiovascular and respiratory system, relaxation exercises (muscle relaxation) in case of hypertension; in diseases of the central nervous system - exercises to improve movement coordination and balance; static isometric exercises are recommended for digestive diseases - abdominal press, bone fractures and muscle atrophy, etc.

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