

HYGIENIC GYMNASTICS, FUNCTIONS, MEANS, IMPORTANCE

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ABSTRACT

This thesis mainly deals with the correct performance of morning hygienic gymnastic exercises, the formation and performance of a complex of morning hygienic gymnastic exercises, and the effect of gymnastics on the human body.

Keywords: Morning hygienic gymnastics, complex exercises, gymnastics, gymnastic exercises.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Hygienic gymnastics was one of the first, and German physician Daniil Gottlieb Moritz Schreber published a manual on home gymnastics. It is called "Medical-Gymnastics or an expression of medical-gymnastic movements that are convenient to perform at all times and in different conditions for people of different ages and genders that do not require slingshots, manuals". In a short time, this book has been translated and used in many languages. Despite people's great interest in this gymnastics, they quickly stopped practicing. The main reason for this is that the complex consists of 45 exercises, which he recommended to perform selectively from these exercises. But people don't want to choose, they need a ready-made system.

Such a system was created in 1904 by Johann Müller, a Danish military engineer. He called his book "My System" and promised, "15 minutes a day and you'll be healthy". His system consists of 18 conveniently selected exercises that take into account their effects on the body. He also recommended the inclusion of water procedures in the training.

The emergence of a large number of similar morning gymnastics systems has encouraged people to take care of their health. Nowadays, millions of people start their day with morning hygienic gymnastics.

Hygienic gymnastics is a means of improving people's health and physical fitness, as well as an inexhaustible source of their strength, vitality and movement activities. Nowadays, it has become an unproven fact that gymnastics accelerates healing, prevents disease, brings freshness and energy, maintains a person's health and prolongs his life.

Hygienic gymnastics improves blood circulation in the tissues, lowers blood pressure, improves the functioning of the cardiovascular system, increases the respiratory capacity of the lungs, improves metabolism, has a positive effect on the mental state of the central nervous system and nervous system. increases vitality, self-confidence and inspires. According to scientists, as a result of hygienic gymnastics, the maximum blood pressure rises by 5-200 mm, the amount of oxygen absorbed increases by 10-30%, the pulse accelerates by 50-60%. From a modern physiological point of view, hygienic gymnastics refreshes the whole organism and relieves fatigue.

Hygienic gymnastics can be done individually or as a group. This gymnastics can be done not only in the morning, but also during the day (1.5-2 hours after a meal) or in the evening (1.5-2 hours before bedtime). Hygienic gymnastics helps to implement useful habits in life: ventilation of the room, adherence to hygienic rules and routines, physical education and others. Morning hygienic gymnastics, which is necessary for human activity, helps to move the body from a passive state (sleep) to an active state, is of great importance. Morning hygienic gymnastics helps a person to actively engage all organs and systems. During sleep, the nerve cells of the cerebral cortex relax and their ability to work is restored. After waking up, under the influence of sleep, which has not yet spread, the body is unable to get to work quickly, because the function of the main systems and organs is weak. Morning gymnastics helps a person to actively engage all organs and systems. Only properly performed gymnastic exercises (adherence to the prescribed amount of amplitude and the nature of the strain of the muscles) have a positive effect on the body of the practitioner. Older people should not perform exercises that stop breathing, do great, stretch, jump, and bend quickly. The selected exercises should have a comprehensive impact on the participants. They need to be done with different parts of the body in different directions, varying speed and muscle tension. To feel the correct posture in the complex, it is also necessary to include special exercises for different types of breathing (chest, diaphragm, mixed breathing).

The complex can include from 8 to 15 exercises, depending on the training of participants and the time of its completion. Morning hygienic gymnastics consists of 8-10 exercises. Hygienic gymnastics during the day consists of 10-15 exercises. For those who are just starting to practice hygienic gymnastics, it is desirable that the amount of exercise is small.

It is advisable that the first and last exercises in the morning hygienic gymnastics exercises are aimed at feeling the correct posture (it is important to maintain the correct posture).

The second important aspect of the exercise complex is the exercises that have a general effect and increase the activity of all human organ systems (there should be at least 2 such exercises in the complex exercise).

The next set of exercises in a set of exercises is a series of exercises performed for different muscle groups (neck, shoulder joint, waist, abdominal press, leg). In this case, different parts of the body must work one after the other. The second and third series of these exercises are performed more intensely. When the exercises are done in this way, the load is also gradually increased and different muscle groups are activated, which increases the efficiency of muscle strength and creates conditions for active rest.

The next 2-3 exercises are selected for all parts of the body. Typically, strength-requiring exercises should be done before flexibility exercises, i.e., the muscles need to be warmed up before performing flexibility exercises. It is advisable to perform 1-2 exercises that relax the muscles after active movement of the muscles.

At the end of the exercise complexes, special exercises are performed: 1-2 breathing exercises are performed, through which the participants learn to breathe properly, mastering the abdominal, chest and mixed breathing.

At the end of the complex is an exercise to feel the correct posture. It is followed by wiping, washing, showering and self-massage

The exercises in the complex are repeated 4-8 times; strength-building exercises are performed until you feel a slight fatigue, while flexion exercises are performed until you feel a slight pain. The exercise complex is replaced after 2-3 weeks. Exercise is gradually increased after 2-3 weeks.

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