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# MORNING IN FINDING IN PROMOTING A HEALTHY LIFESTYLE IMPORTANCE OF GYMNASTICS

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Abstract:	Keywords:
In the article, morning gymnastics is used to determine a healthy lifestyle. The importance of morning physical training is given as an example.	healthy lifestyle, morning exercise, rhythmic gymnastics, exercise.

A healthy lifestyle is a way to maintain and strengthen health and work ability science-based medical and hygienic behavior based on hygienic standards, i.e. maintaining people's health and lifestyle aimed at strengthening. One of the main aspects of a healthy lifestyle and physical education and morning physical education.

Physical education and playing sports make the growing generation well-rounded coming of age, at the same time, it allows them to use their free time effectively.

The human body develops in harmony with the external environment. This harmony, also the activity of all organs is controlled by the central nervous system. Constant, continuous Regular physical activity has a good effect on human health: metabolism improves, body tissues better absorb nutrients, decomposed substances leaves the body faster. is not limited, affects all parts of the body and develops physical qualities of strength, speed, agility, flexibility, endurance. Musical rhythm organizes actions, raises the mood of participants. Of feelings a positive state encourages them to perform actions more enthusiastically, this is to their organism enhances the effect. Rhythmic morning physical training should have an athletic orientation it is possible, if the movements are dominated by endurance, plasticity, games or mixed exercises. Dance moments are the majority in the set of exercises. [1]

The tasks of rhythmic physical education are focused on: Comprehensive health maintain and strengthen, improve physical development, exercise, external body increases resistance to adverse environmental conditions. A person's spiritual and physical development of abilities, education of self-confidence and development of creative qualities. The method of independent application of physical exercises by the participants and physical education to have a certain range of knowledge on the basics. Regular exercise to cultivate stable interest and habits in training, physical education to the agenda such as entering To eliminate sleep, it is necessary not to drink a cup of coffee, coffee on an empty stomach drinking is harmful to health. And physical education: makes healthy, activates the body and strengthens the brain, internal organs, ligaments, respiratory tract, cardiovascular activity, useful for metabolism; renews blood circulation; for training the easiest and most

convenient choice; protects against scoliosis, spinal hernia, osteochondrosis; immunity raises; relieves mental stress; people who sit all day and work at a computer the main tool for; a beautiful figure, whets the appetite, raises the mood, productivity of work is an increasing tool.

Rhythmic exercise is one of the aspects of physical training in the direction of health is one. Its main content is running, jumping, games. All this helps to improve health. Rhythmic morning bodybuilding exercises children of all ages can do it. Rhythmic morning physical education movements in exercises Morning physical education consists of 5-10 simple exercises, each of which is performed 7-10 times.

is repeated. It only takes 5-10 minutes. Exercises without haste, with delicacy, done in peace. Clothing should also be comfortable. Wearing special sports shoes It is also recommended to exercise while naked.

Health benefits of physical education: regular exercise is the easiest way to live a long life. when a person does sports, his body is well trained, his muscles don't get tired quickly. Neuro-endocrine, cardiovascular, respiratory and other vital functions of a healthy person the activity of organs and tissues increases. sports training is a rapid renewal of tissues in the human body, making it young, healthy and causes the trigger to be stored. the formation of lymphocytes in the spleen increases, and the body is protected from infectious diseases ability (immunity) increases. low mobility (hypodynamia) weakens the heart. The result is a heart attack and other diseases occur. through exercise, blood circulation accelerates, oxygen goes to our brain, muscles become stronger, it ensures movement of the joints, mental tension disappears, and energy increases.[2]

In short, people of all ages with morning physical education can do. A positive result is only when the exercises are carried out continuously and continuously will give. Long-term breaks lead to a decrease in the effect of previous training possible That is, training one's body, increasing labor productivity, health Anyone who wants to live a long life based on strengthening, always with physical training it is necessary to engage in and conduct daily activities based on a certain order.

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