

# Health Gymnastics

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**Annotation.** One of the most common and easy means to maintain our health is health-improving gymnastics, which is distinguished by a variety of exercises and the possibility of a wide healing effect on the person who practices it.

**Key words:** gymnastics, recreational gymnastics, gymnastics and health, human health.

## Introduction

Human health is, first of all, a complex socio-biological concept that determines the normal functioning of organs and the system of the human body as a whole and their adaptation to the environment around us and the conditions for the implementation of biological and social functions.

Health has always been one of the most important life values. But it should always be taken into account that half of the factors that determine the state of human health are directly related to the way of life of the person himself. Among this, it is important to highlight that at the moment there is a lack of physical activity in the lifestyle of a modern person.

## Results and Discussion

Recreational gymnastics is a set of physical exercises that are aimed at improving health, proper physical development and the formation of a correct posture<sup>1</sup>.

The most common effects of gymnastic exercises on those involved in recreational gymnastics:

- improvement of working capacity and reduction of energy consumption during physical activity;
- providing motor activity in order to stimulate the normal functioning of body systems in conditions of increased demands on them;
- development of physical qualities and motor abilities;
- correction and restoration of any disorders of the functioning of the musculoskeletal system, as well as improvement of physical development in people of different age categories.

There are a significant number of recreational gymnastics complexes, each of which has a specific focus and goals, some are designed for the overall development of the body, while others are for relief from certain diseases<sup>2</sup>.

The most common and useful type of gymnastics is morning exercises. It's no secret that morning exercises are very useful for our body, since at the time of sleep the blood in the vessels slows down and circulates much more slowly, the heartbeat also reduces the rhythm. It should also be noted that this inhibition affects the human nervous system, since at the moment of awakening a person is not yet sufficiently ready for the upcoming loads for him. A person has reduced sensitivity, mental and physical activity, reaction speed. Morning exercises are a good tool to activate the nervous system after sleep, the activity of all internal organs and systems, increase physiological metabolic processes, increase the excitability of the cerebral cortex and the reactivity of the entire central nervous system.

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<sup>1</sup> Konakova, L.P., Ocheredko, O.V., Korzilova, S.V., Complex application of means of various types of health-improving gymnastics in the process of educating preschoolers, Physical Culture. Sport. Tourism. Motor recreation. - 2016. - V. 1, No. 3. - p. 102-105.

<sup>2</sup> Zhernosek, V. V. Methodological foundations of health-improving gymnastics / V. V. Zhernosek // Psychology and pedagogy: methodology and problems of practical application. - 2008. - No. 1. - p. 238-243.

Health effects are carried out through the functional systems of the human body: nervous, musculoskeletal, cardiovascular, respiratory, endocrine, visual, motor, excretory, auditory<sup>3</sup>.

Recreational gymnastics performs a number of tasks, such as:

- wellness;
- educational;
- educational;
- developing;
- formative.

There are the following forms of recreational gymnastics:

- traditional;
- non-traditional;
- dance;
- power;
- gaming;
- water;
- complex;
- acrobatic gymnastics.

The following types of recreational gymnastics can be distinguished:

- power aerobics;
  - Oriental health systems (aimed at the development of psychophysical qualities in harmony with the human environment);
  - fitball;
  - callonetics (aimed at normalizing metabolism, eliminating excess weight, spinal defects, and also aimed at increasing immunity);
  - stretching (a set of exercises aimed at developing flexibility);
  - bodybuilding;
  - shaping (forms the external parameters of a person, for example: body shaping)
  - aerobics (improvement of the function of energy supply, improvement of local physical development);
  - athletic gymnastics (based on the performance of exercises of a power nature and is aimed at developing strength qualities;
  - step aerobics;
  - aqua aerobics;
  - respiratory gymnastics (aimed at the development of respiratory muscles and the formation of a certain type of breathing);
  - fitness (aimed at the prevention of diseases, at the harmonious development of people);
  - water gymnastics (aimed at improving physical development, hardening the body.

### Conclusion

Improving gymnastics is, first of all, a complex of physical exercises, which has the following structure<sup>4</sup>:

1. Preparatory part: carried out for 10-25 minutes, includes: warm-up, aerobic exercises (from 10 to 30 exercises);
2. Main part: includes general and special exercises (a set of exercises of a static and statodynamic nature). The duration of this part of the lesson is 20-35 minutes.
3. The final part: includes relaxation and stretching exercises for the development of flexibility (passive character). This part of the lesson lasts 10-20 minutes.

<sup>3</sup> Brusnik, T. A. The influence of health-improving types of gymnastics on the state of the musculoskeletal system of students of the preparatory group / T. A. Brusnik // Uchenye zapiski universiteta imeni P. F. Lesgaft. - 2011. - No. 1 (71). - p. 23-27.

<sup>4</sup> Voronin, D. M. Analysis of the application of the method of health-improving gymnastics for children with posture disorders / D. M. Voronin, A. E. Azarova // Problems of modern pedagogical education. - 2017. - No. 59-3. - WITH. 187-191.

It should be noted that the most numerous group of people who are engaged in health-improving gymnastics are women. In such groups, classes include various areas of recreational gymnastics, such as yoga, stretching, cardio, etc. When compiling training programs in gymnastics, individual typological characteristics of students are taken into account.

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