

# Health Exercises - The Basis Of Physical Perfection

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**Abstract:** *One of the main tools in the formation of a harmoniously developed generation is physical culture and sports. Because physical education and sports play an important role in the growth and health of young people. A healthy person develops self-confidence, perseverance, skills and qualities to complete the work he started.*

**Keywords:** fitness, training, harmoniously developed generation, physical education, sports, human health, physical training, sports psychology.

## I. INTRODUCTION

In many countries around the world today, people are running to improve their health. Running for healing has now been tested, and folk wisdom has laid the groundwork for its use. It is no coincidence that less than 3,000 years ago on the Forum wall in Hellas (Greece) was written: "If you want to be strong - run, if you want to be beautiful - run, if you want to be smart - run." This is now confirmed by scientific research.

Knowing how to live and work is great enlightenment. Life honors quality, productive, meticulous performers. The proverb "If you work, you will enjoy" defines the demands of everyone's life. Today's market economy lives by established rules, which require theoretical knowledge, such as diligence and business acumen, proper rest, quick and good rest.

## II. METHODS

The main goal of the reforms being carried out in Uzbekistan is to form a healthy and well-rounded, educated generation with high spiritual and moral qualities. Now this work is continued by the President of the Republic of Uzbekistan Sh.M.Mirziyoyev, and great attention is paid to the educational process. In particular, the Decree "On the Strategy of Action" on five priority areas of development of the Republic of Uzbekistan for 2017-2021 was adopted and is being actively implemented[1]. People's perceptions of rising to the level of physical fitness through fitness training are not strong. The lack of understanding of the "muscle and emotional well-being" that occurs during exercise requires that the content of such training be related to the volume and intensity of physical activity.

It has been known for a long time that educated people have brought up young men and women to be beautiful in every way, and to have enviable stature when they see them. It is seen as a symbol of human health, strength, mental and spiritual maturity, has become a work of art by artists and sculptors and is displayed as a level of perfection of the human body, and sculptures created with unparalleled taste in art museums around the world continue to fascinate the audience.

Today, one of the main directions of the ideology of Uzbekistan is that a person's face, body, actions and behavior, as well as what he does should be in accordance with his perfection. Our country, which has brought up many great people in the world, is determined to bring up children who will rise to the level of greatness in the future, to introduce an education that will raise all citizens to the level of true perfection.

## III. RESULTS

As a result of health training, the body not only increases strength, but also expands its thinking capabilities. Physical and mental maturity is endless, boundless, and giving it a slow or fast pace depends on everyone's aspiration, diligence, patience, will. "There are processes that are important for the comprehensive development of sports and the further popularization of important aspects of training. The main focus on sports and its popularity is formed on the basis of human responsibility to society from time immemorial. At the same time, special attention is paid to physical culture and "Peace of Heart", which is one of its important stages. This is evidenced by the fact that the main task of young athletes is to pay attention to peace of mind"[2, 371]. Sports training is a pedagogical phenomenon, a specialized process of physical education, directly aimed at achieving high sports results using a system of exercise techniques. It is important to note that from the point of view of pedagogy, sport is not a single goal, but a means of education, health and preparation for life.

Objectives of sports training: the requirements of health promotion and spiritual education, the harmonious development of the individual in all respects; mastering sports techniques and tactics; development of physical, mental and volitional qualities specific to the chosen sport, acquisition of practical and theoretical knowledge in the field of sports hygiene and self-control.

During the training, not only high skills, but also health, development of physical qualities, hard work and acquisition of vital skills necessary for the defense of the Motherland are solved.

#### IV. DISCUSSION

We have described one of the simplest means of fitness training to achieve physical fitness, a vital movement - a healthy lifestyle physical culture exercise that should be considered when using walking: simple walking is done by moving most of the muscles in the human body and it affects all internal organs. The positive effect was proven before the XV century. As a result of walking or other purposeful movements, the tissues in our body, the connections between the organs of our body are activated, the fluid in the myriad large and small tubes, and with them the interstitial exchange of substances, takes place rapidly; improves the supply of cells with nutrients and building materials needed to create new tissue; the valves of the tissues, which for some reason are closed, move the stagnant organs.

Walking is the simplest and most beneficial means of maintaining a healthy body. Walking as much as possible is beneficial for all ages, but it is better to get used to walking a lot from a young age.

Walking puts a load on most muscles of the human body because the whole body shakes when one leg is lifted and the body shifts its center of gravity. The longer such shakes last, the more the body's resistance to movement increases. The increased normative volume of mental and physical labor creates the basis for longevity. By studying the secret of the longevity of people who have seen longevity, it has been proven that they walk more in the open air than others, and are in constant motion. It is important to choose and adhere to the norm of physical activity of fitness training.

The devastating effects of overtraining have been observed in middle-aged people, even those who have not yet reached puberty, with insufficient levels of movement readiness.

#### V. CONCLUSION

This means that everyone should exercise to the best of their ability, with the amount of physical load the body is accustomed to doing, which is a guarantee of physical maturity. The basis of the theory of fitness training is the recommendation to increase the load norm slightly after feeling the ease of performance compared to the period when the exercise was performed, and their full mastery by the trainee.

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