

PROMOTING PHYSICAL ACTIVITY FOR A HEALTHY LIFE

Vinnytsia National Technical University

Анотація: В статті розглядається важливість регулярних фізичних вправ як важливого елемента здорового способу життя. Запропоновані типові фізичні вправи на основі власного досвіду.

Ключові слова: фізична активність, здоровий спосіб життя, регулярні заняття спортом, фізична форма, якість сну, зменшення тривоги, покращення самопочуття.

Abstract: The article considers the importance of regular exercising as an essential element of a healthy lifestyle. The common physical exercises based on personal experience. are suggested.

Keywords: physical activity, healthy lifestyle, regular exercises, physical fitness, sleep quality, reduce anxiety, improve well-being.

Introduction

Doctors and trainers say that playing sports has many beneficial effects on a person's physical and mental health. Here are some reasons why you should do sports: reducing the risk of disease: regular physical activity helps reduce the risk of many diseases, such as cardiovascular disease, diabetes, obesity and cancer. Improved physical fitness: exercising helps build muscle and increase endurance, which provides greater physical endurance and ability to perform a variety of physical tasks. Improving mood: physical activity promotes the production of endorphins - hormones of happiness, which reduce stress and improve mood. Improve sleep quality: regular physical activity helps improve sleep quality, reduce anxiety, and increase the ability to focus in everyday life. Promoting social contacts: sports activities can help to establish social contacts and build relationships with other people, which helps to reduce feelings of loneliness and improve general well-being. children sitting in distance education pay little attention to sports, and lead an inactive lifestyle. In general, playing sports is an important element of a healthy lifestyle and helps to maintain physical and mental health at a high level.

Statement of Basic Materials

Doctors and trainers say that playing sports has many beneficial effects on a person's physical and mental health. Here are some reasons why you should go in for sports:

- 1) Reducing the risk of disease. Regular physical activity helps reduce the risk of many diseases, such as cardiovascular disease, diabetes, obesity and cancer.
- 2) Improved physical fitness. Exercising helps build muscle and increase endurance, which provides greater physical endurance and ability to perform a variety of physical tasks.
- 3) Improving mood. Physical activity promotes the production of endorphins - hormones of happiness, which reduce stress and improve mood.
- 4) Improve sleep quality. Regular physical activity helps improve sleep quality, reduce anxiety and increase the ability to focus in everyday life.
- 5) Promoting social contacts. Sports activities can help to establish social contacts and build relationships with other people, which helps to reduce feelings of loneliness and improve general well-being.
- 6) Children sitting in distance education pay little attention to sports, and lead an inactive lifestyle.

According to doctors and trainers, when you finally decide to do sports, you need to slowly start giving loads, protect your health as much as possible. It is also worth noting that a person can have motivation, for example, to make a beautiful body, but based on the experience of many people, i want to say that you do not need to rely on motivation, because sooner or later it disappears and most novice athletes quit sports very quickly in order to see progress and to really achieve something, you need to discipline yourself, even if you are too lazy to exercise, you should do the workout instead. If you exercise at home and do not go to the gym, you can start to develop the respiratory system, for example from running or jumping rope, if you exercise at home and do not go to the gym, you can start developing the respiratory system, for example, by running or jumping rope, of course you can also pump the press, push-ups, when it will be easy to do exercises, then you can add additional weight, for example, to a briefcase put a couple of bottles of water to make it harder to do the exercise, to be honest, it is very difficult to pump up at home, so i think there are horizontal bars and certain exercise machines in parks or schools, it will be a little better than working out at home. But on one condition, if a person is not overweight or has a certain level of strength, trainers recommend that beginners do not hesitate to ask another person how to perform various exercises. Of course, working out at home is cool, but it will be much more productive to

work out in the gym, because there are a lot of exercise machines and the help of a trainer. While working out in the gym, you can get various injuries, so before class, do a warm-up and ask the trainer about the technique of performing the exercise. It is recommended to do three workouts a week, for example, on Monday, you train your chest and triceps, since when you pump your chest, the triceps partially works in the exercise, on Wednesday, the back biceps, and on Friday, legs and shoulders, a large number of people do not like leg day, as leg day causes very unpleasant muscle pain.

It is recommended to perform three to four sets of one exercise per muscle group, and for one group you can perform three to four exercises, on average, repetitions should be from six to twelve times, in order to progress faster, the trainer recommends increasing the weight with which you previously worked little by little for better progress. There are belts in the halls, you have to use them. An athletic belt allows you to additionally increase intra-abdominal pressure by almost one and a half times. When using a belt, the exercise technique does not change. Squats with a belt slightly increase the activity of the quadriceps and biceps of the thigh during the exercise. But the risk of injuries is lower. There are also bandages for leg cysts for better fixation and less trauma, straps so that dumbbells or barbells do not slip from the hands, athletes who work out for a long time take heavy weights and smell special smelling salts that contain ammonia or ammonia alcohol that during heavy approach not to fall into a rut. The difference between training at home and in the gym is huge, you can get more injured in the gym than at home, more weight means more stress on the joints, but most guys don't care and train with heavy weights, doctors and trainers still they still recommend exercising wisely and taking care of your health as much as possible, injuries are very easy to get, but it takes a long time to treat them. And, of course, you need to eat right and sleep more than eight hours so that the body can recover.

Conclusio

People who play sports (even non-professional athletes) have many times stronger health than those who do not play sports. And it's for a reason: playing sports improves the work of the heart, normalizes blood pressure, has a positive effect on all vital body systems, and also improves brain activity.

REFERENCES

- 1) <https://www.newyorker.com/humor/daily-shouts/fitness-terms-and-what-i-assume-they-mean>
- 2) https://www.academia.edu/42992765/Frederic_Delavier_FR_Strength_Training_Anatomy_3th_Edition
- 3) <https://www.yourworkoutbook.com/best-weightlifting-books/>

Рудницька Тетяна Григорівна – старший викладач кафедри іноземних мов, Вінницький національний технічний університет, e-mail: rudnytska@vntu.edu.ua

Казюра Андрій Валентинович — студент групи ЕК-226, Факультет менеджменту та інформаційної безпеки, Вінницький національний технічний університет, м. Вінниця, e-mail: kazyuraendru@gmail.com

Rudnytska Tetiana Hryhorivna – an Assistant Professor of Foreign Languages Department, Vinnytsia National Technical University, e-mail: rudnytska@vntu.edu.ua

Kazyura Andriy Valentynovych — student of group EK-226, Faculty of Management and Information Security, Vinnytsia National Technical University, Vinnytsia, e-mail: kazyuraendru@gmail.com