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MORNING GYMNASTICS - THE BASIS OF A HEALTHY LIFESTYLE

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Annotation

The article touches upon the issues of morning hygienic gymnastics, which helps to maintain your health and body in shape without spending a lot of time, but subject to its regularity.

Key words: gymnastics, exercises, physical exercises.

Morning hygienic gymnastics - exercises - one of the most common forms of physical education. Charging consists of a set of physical exercises of moderate load, covering the main skeletal muscles. Carried out usually after sleep, exercise tones the body, increasing the basic processes of life (blood circulation, respiration, metabolism, etc.). Charging mobilizes the attention of those involved, increases discipline (inculcates a hygienic skill to practice). Charging provides a gradual transition of the body from a state of rest during sleep to its daily working state.

People who systematically engage in exercise improve sleep, appetite, general well-being, and increase efficiency. Regular exercise is a good way to improve health. Charging is useful for all people, from childhood to old age. Charging is especially necessary for people with insufficient motor mode in daily activities (sedentary professions).

Charging physical exercises - simple and affordable for people of various physical fitness and different health conditions - are selected according to a specific plan, taking into account age, gender, health status and the nature of work. In addition to gymnastic exercises, moderate running (jogging) or not tiring cross-country can be included in the exercises.

Charging should be carried out in a well-ventilated room, and if conditions allow - in the fresh air. Exercises should be performed in light clothing that does not restrict movement. After charging, water procedures are recommended - wet rubdown, washing, showering, in summer - swimming. When performing exercises, it is necessary to monitor the well-being and proper breathing during the exercise. Elderly people, as well as people with any health problems, should consult a doctor before starting exercises and conduct exercises to control him. To regulate the load during exercise, self-control is important as an auxiliary means - monitoring the physical condition (counting the pulse, periodic weighing).

Different people have different abilities to adapt to the conditions of the external environment, work, rest. The level of health depends on the individual capabilities of the body's adaptive systems, and hence the forms of physical activity that can be recommended as a means of recovery. The main role here is played, of course, by the cardiovascular system. To assess the adaptive capacity of your cardiovascular system, you can use a simple classification.

Charging is best done immediately after waking up, having calculated the time for this in advance so as not to be late for your business.

After exercise, before breakfast, it is better to drink a glass of water. This will speed up the metabolism and help the stomach start producing the necessary enzymes for the absorption of food.

After charging, it is very useful to take a contrast shower. For those to whom this procedure may seem extreme, at first it is recommended to follow these tips:

1. During a contrast shower, do not wet your head.
2. You need to alternate hot and cold water, changing the temperature after about a minute.
3. During the session, you need to change the temperature 3-5 times.
4. After a shower, you need to rub yourself with a terry towel to improve blood circulation and warm up faster.

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Let's summarize. Morning exercise, with its regularity, is a fairly effective tool for strengthening the body, which helps to cope with everyday stress and increases resistance to disease.

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