
THE IMPORTANCE OF PUBLIC RUNNING AMONG THE POPULATION

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Annotation: in this article, the authors discuss the promotion of mass jogging and its beneficial aspects to get rid of excess weight. A description of the physiological changes of jogging in the human body, namely, the effect on breathing, blood circulation, digestion, and muscle activity. It was studied how the effect of running on the muscles occurs biologically during the day.

Key words: Running, mass, morning running, physiological change, running overweight muscles, breathing, blood circulation.

Annotatsiya: ushbu maqolada mualiflar ommaviy yugurishni targ'ib qilish shu bilan birga uning foydali tomonlari ortiqcha vazindan xalos bo'lishi haqiqda fikir yuritilgan. Yugurishning inson organizimida fizologik o'zishlari haqida yani nafas olish ,qon aylanish ,hazim qilish ,muskullar faoliyatiga tasiri haqida bayon qilingan. Yugurishning muskullarga tasiri kun davomida biologik jihatdan qay tarzda tasir qilish sodir bo'lishi o'rganildi .

Аннотация: Аннотация: в данной статье авторы обсуждают пропаганду массового бега трусцой и его полезные аспекты для избавления от лишнего веса. Описание физиологических изменений бега в организме человека, а именно влияние на дыхание, кровообращение, пищеварение, и мышечной активности. Было изучено, как воздействие бега на мышцы происходит биологически в течение дня.

Kalit so'zlar: Yugurish, ommaviy, ertalbki yugurish ,fizologik o'zgarish ,yugurish ortiqcha vazin mushaklar ,nafas olish ,qon aylanish .

Ключевые слова: Бег, масса, утренний бег, физиологические изменения, бег с избыточной массой мышц, дыхание, кровообращение.

Our esteemed President and government are doing a lot to increase the popularity of sports among the population, thereby strengthening the health of the population and increasing the average age of the population in Uzbekistan. Nowadays, we encounter many questions about obesity and how to get rid of excess weight. For example: How to run to lose weight? How to run to get rid of excess weight, lose weight, become beautiful and healthy? This is one of the most widespread questions among people as spring approaches. In our study, as a result of numerous studies and surveys, a solution to this problem was identified. Today we want to tell you about how to run in order to achieve the desired result. First, choose a suitable time for running. From 6.30 to 7.30. The first stage of muscle activity. At this time, the body easily burns calories, so it is the most convenient time for running. From 11.00 to 12.00. The second stage of muscle activity. It is also good to run at this time, because the body burns calories faster due to increased activity. From 16.00 to 18.00. The third stage of muscle activity. At this time, the body burns calories stored in adipose tissue. This helps to lose weight. The best time to lose weight is to run on an empty stomach, 2 hours after eating. After we have determined the time, we will now determine the next place to run. You can run wherever it is convenient for you to run. If you

want to know how far you have run, we recommend running at the stadium. Running rhythm and speed. The body uses energy in the first 40 minutes by using carbohydrate reserves. After 40 minutes of running, fats that require more energy begin to break down. Therefore, we have determined during our pedagogical experiments that running should be done 3 times a week, for at least 1 hour. Breathe correctly while running. It is recommended to breathe through a half-open mouth and nose. It is very important to breathe deeply and shallowly at the beginning of running, and more often when accelerating. Inhale every 23 steps and exhale every 23 steps. Clothing and shoes for running. Choose sneakers with a special running logo.

They are equipped with special pads, are breathable and have soft folds. Clothing should be designed for sports, free and not constraining movement. In cold and windy weather, it is better to dress warmer. Especially in the neck and head area, because these parts of the body lose up to 40% of heat during running. Water drinking regimen during running. During running, 4 times more water is lost than usual, so it is definitely necessary to drink water. In addition, during our pedagogical research, when we studied the health benefits of running, we identified the following beneficial aspects.

1. Exercises for the treatment of abdominal diabetes. When the human body performs physical work and consumes abdominal fat, the brain sends information. Medical studies confirm that this is a good way to reduce the risk of diabetes. Regular physical exercise has become a "medicine" for the treatment of mild type II diabetes, since substances secreted by fat cells can inhibit insulin production.
2. Exercise to reduce the load. The excess nutrients come from the fluid produced by the upper layers of the body, not from the blood vessels. The reason running provides enough joint fluid in the knee and hip joints is that fluid is reduced and then released again during each step of the human body. In addition, frequent running above the knee helps reduce the load on the joints, because the improved muscle tissue can better serve to support the joints.
3. Exercise for active brain thinking. Regular physical exercise helps to use your brain and active thinking. Active muscles in the human body can send information to stimulate the production of proteins in the human brain. Medical science calls it brain-neurotrophic factor. The human body needs this to promote new nerve growth and establish neural connections.
4. Exercise to increase blood circulation. During sports, the heart rate is faster, blood circulation is improved, and oxygen enters. Therefore, it provides more nutrients to the cells and gives the skin a red color.
5. Running for hypertension. By accelerating the heart rate during running, it delivers oxygen-rich blood to the tense muscles. When people use it to exercise frequently, the heart can carry more load. In this way, even when the body is in a stationary state, the heart can transport more blood each time it beats, and all the cells of the body are better supplied with oxygen. By reducing body weight and reducing stress hormones in the blood, blood pressure can be normalized. For mildly ill patients, active exercise can be done and they can eat less.
6. Increases lung capacity. Muscles consume a lot of oxygen in a short time, so the body is taught to breathe more oxygen when resting. Studies have shown that 30 minutes of running a day can increase lung capacity (lung volume) by 1/3 and increase the blood's ability to combine oxygen.

7. Intake relieves the intestines. Exercise and physical labor can help stimulate the parasympathetic nerves of the intestinal digestive system. A little exercise is the main cause of constipation. In this case, the doctor recommends the following: at least 30 minutes of physical exercise is necessary, and the pain of constipation will also be resolved.

It has been found that if the right time is chosen for running and running for more than an hour, excess fat in humans is broken down. The body uses energy by using carbohydrate reserves within the first 40 minutes. After the 40th minute of running, it has been proven that fats that require more energy begin to be broken down.

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