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HEALTHY LIFESTYLE

Gulbaxar Tulepova
Basic doctoral student Nukus State Pedagogical Institute

Annotation:*This article is about the benefits of swimming in maintaining human health. Swimming is very important for a person. They improve metabolism and blood circulation, strengthen the heart, blood vessels and lungs, develop muscles, relieve many diseases, have a positive effect on the psycho-emotional sphere, make a person slimmer and more beautiful, help us always be active, efficient, maintain interest in life until the end of our days .*

Keywords: *Swimming, breath, hardening, nervous system, immunity, the cardiovascular system , metabolism, endurance.*

Aulus Cornelius Celsus, ancient Roman encyclopedist,back in the 5th century BC, he said: "In cold water healing, prevention of diseases, it strengthens the body and cprotects the spirits " - and it is still relevant."He can neither read nor swim" - so in ancient Greece they said about a person unworthy to be called a citizen. At that time, the ability to read and swim was seen as a symbol of versatile human development. Nowadays, the ability to swim is a vital applied skill.

A large number of accidents on the water occur due to the fact that people do not know how to swim. According to UNESCO, every year out of every million people inhabiting our planet, about 120 people drown."Swimming under water is safe and very exciting, I do not know of any other activity that would so reward human curiosity," wrote Jean-Yves Cousteau, and indeed he was right.

Swimming has an incredibly positive effect on the human body. It promotes health, develops stamina, a sense of courage, and much more. Of all the variety of physicalexercises, swimming has two characteristic features: the swimmer's torso is in the water at the time of swimming, and the person performs exercises lying down. The whole complex of exercises leads to a healthier personality and helps strengthen the immune system. When swimming, the skin is washed and cleaned of dirt, as well as an unpleasant smell is eliminated, which contributes to skin respiration. In addition, the direction and excitement of water has a massaging effect on the human body, which improves blood circulation in the skin vessels.

Breathing training

Swimming also has a positive and beneficial effect on the human respiratory system. In order to inhale air, a person overcomes a strong counteraction of water, pressing on the chest. Conversely, the water pressure promotes exhalation. Such a special respiratory exercise trains the respiratory muscles, attracts all the lung

tissues to work and, of course, hardens them and the entire body as a whole. Ultimately, human resistance against the action of microorganisms that enter the lungs during respiration and the development of respiratory diseases increases.

It should be noted that swimming hardens the whole body. Hardening is an increase the body's resistance to the influence of external environmental conditions, to cold tolerance and acute temperature changes. The water temperature of a lake or pool is much lower than the temperature of the entire human body, so it is considered a cold irritant. If every day a person trains his body for resistance to cold, this will lead to an improvement in heat regulation, adaptation to sudden temperature changes, which will reduce the risk of developing colds.

Regulation of metabolism.Swimming requires a lot of energy and effort. The cost of spent energy is replenished due to increased proper nutrition. This leads to the stimulation of the body's metabolism. Of course, people who are overweight and want to lose weight can achieve a positive result when swimming. Just staying in the water (without performing any movements) causes an increase in energy consumption by 50% (compared to the rest level), maintaining the body in the water requires an increase in energy consumption by 2-3 times, since the thermal conductivity of water is 25 times greater than that of air. Due to the high water resistance at 1 m distance, swimming consumes 4 times more energy than when walking at a similar speed, i.e. about 3 kcal / kg per 1 km (when walking-0.7 kcal / kg / 2). In this regard, swimming can be an excellent means of normalizing body weight. subject to regular exercise (at least 30 minutes 3 times a week).

Regular swimmers increase the strength of their heart muscles, increase the power of the heart (the volume of blood pushed out by the heart during one cycle of its activity), and the number of heartbeats per minute decreases. Trained swimmers have a resting heart rate of 50-60 or even 40-45 beats per minute, while normal healthy people have a heart rate of 65 to 75. At the same time, working with extreme intensity, the swimmer's heart can develop a rate of up to 200 contractions per minute, and the volume of blood pumped into the aorta increases from 4-6 liters to 35-40 liters per minute.

As we can see, swimming increases the activity of the cardiovascular system, but at the same time the heart works in favorable conditions. Water pressure facilitates the flow of blood from the periphery to the heart. Therefore, swimming classes are shown to the elderly and even people with a weakened heart.

Swimming helps to change the composition of the blood. When a person is in water, the number of formed blood elements (red blood cells, white blood cells, hemoglobin) increases. This is observed even after a single stay in the water. In 1.5-2 hours after swimming, the blood composition actually reaches a normal level.

The main importance of swimming classes is not only to strengthen the human immune system. Along with recovery, endurance is also developed. Those people who are engaged in swimming, practically do not get sick, feel strong and cheerful. If a person is constantly engaged in swimming, he feels cheerful, as his body is affected by multiplestimuli that activate the entire nervous system. If the training lasts for half an hour, the human brain cells do not get tired, but stimulate their performance and are ready for increased activity. According to the results of research, a short swim session greatly increases the functioning of the sensory organs, namely the visual and auditory organs.

Attention also increases after swimming. Therefore, many great scientists and writers really enjoyed swimming, which brought them a lot of extra energy. No wonder Konstantin Eduardovich Tsiolkovsky said: "I feel after walking and swimming that I am getting younger, and most importantly, that I have adjustedассировал and refreshed my brain with my body movements."

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