

## Physical Culture and Sports as the Basis for a Healthy Lifestyle for Young People

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**Abstract:** The article examines the aspects of the influence of physical culture and sports on the healthy lifestyle of society, and in particular on the health of adolescents and youth. Positive qualities that can improve the emotional and moral state of people of all ages. Physical education and sports not only provide positive dynamics in the field of health, but also help each person to acquire new skills and abilities.

**Keywords:** healthy lifestyle, physical culture, attitude, signs of attitude, methodological approach.

Today, among young people, it is important to engage in physical culture and sports. But, in addition to this, our state of the Russian Federation actively supports the sports field of activity of the younger generation. There are certain tasks for the formation of a healthy generation for the future of our country. In the course of physical education, there is a process of accumulation of various values that are of greater or lesser importance in society. And the term “value” means for each person his own meaningful, which plays one of the most important roles in his life. In the process of physical activity, valuable factors are the improvement of physical activity, spiritual and psychological harmony of a person with himself.

**Purpose of the study.** In the modern world, the problems of a healthy lifestyle and health of young people, as well as physical activity of the younger generation, are relevant. Physical culture and sports are inextricably linked with the formation of a young organism. Together, they work together to achieve optimal health. Health, in turn, is the main characteristic of every person, an indicator of endurance, working capacity, equality with other physically active people. Health requires constant attention and strengthening from a person. And physical activity and sports are one of the main factors in the process of its improvement.

In modern society, in the age of nanotechnology and annually updated gadgets, adolescents and young people spend a fairly large amount of time in a sitting position, and as a result, a sedentary lifestyle, a constant lack of time, as well as frequent nervous breakdowns and an unstable psyche occur. In the future, the development of chronic diseases and deterioration of health in general in a young organism. But physical activity and sports can prevent the negative effects of a sedentary lifestyle from developing.

In its essence, each organism is designed in such a way that mobile, hardy work should prevail in the process of its activity. But due to the lack of time of today's youth, a passive type of activity prevails. Physical education can not only get rid of the development of dangerous diseases, but also help the development of personality.

**Research methods.** In the process of studying in educational institutions, students attend physical education and sports classes, regardless of the chosen specialty. These classes help to form the foundations of a healthy lifestyle among the younger generation, to learn certain requirements and rules. A healthy lifestyle includes various aspects of human activity. The improvement of the physical qualities of a young organism occurs during classes in educational institutions. Namely, there is a process of developing endurance, willpower, the appearance of a physique relief. The formation of psychological characteristics and spiritual foundations is also

the result of a healthy lifestyle [1].

A healthy lifestyle means giving up all bad habits: the use of alcohol, drugs, junk food, as well as regular physical activity and sports, the correct daily routine, daily walks in the fresh air, proper nutrition, daily personal hygiene and a set of health exercises, if there are health problems.

A healthy lifestyle presupposes the strengthening of important characteristics for human health. In the process of long-term management in accordance with all the rules and norms of a healthy lifestyle, the work of the central nervous system, cardiovascular system, and also the respiratory system improves. A person acquires a sense of responsibility for his own organism. In the course of active work, the physique is tightened, excess weight accumulated due to improper nutrition and a passive lifestyle disappears. A person gains self-confidence, others notice him, strive to be like or imitate him [3].

In the classroom in higher educational institutions, students use in practice both theoretical and practical knowledge, and in physical culture classes, young people apply both those and other knowledge and skills in aggregate. In the course of physical activity, leadership skills are developed in more or less each of the students. Students can apply leadership qualities in playing time. To achieve this goal, namely to get a victory over his opponent in a fair game, the student begins to think, that is, to compare the positive and negative sides of his team and the opposing team. A certain tactic of action is being developed to achieve the cherished victory. This course of action is discussed with the team and implemented on the playing court. Of course, there are two ways to develop the chosen tactics of action, in the process of which the team either wins or is defeated. Each person thinks and sees the same situation individually, therefore society can both support certain ideas of a person or not support them, but if an individual can gain authority among a small circle of students in a group, then as a result, this person will acquire leadership qualities: the ability to manage people, to solve posed or unexpectedly arisen problems and questions, to have personal opinion and to have a significant role in society, as well as to have an overwhelming influence on people [2].

One of the components of a healthy lifestyle is health improving physical therapy. It may include a variety of muscle strengthening exercises as well as customized hiking trails. Therapeutic physical culture (TPhC) is a complex of health-improving exercises that strengthen human health and muscle tone, and therapeutic physical culture is an additional aspect for people with a sedentary lifestyle and for people with health problems, in connection with which sports are contraindicated. Hiking involves finding a person in the fresh air in constant motion for at least two to three hours. There are different routes and types of hiking for different age groups. Today, Scandinavian walking is gaining popularity, but even the most ordinary walk in the area can deny a positive effect on the health of the body. When walking for 1 hour, about 300-400 kilocalories of energy are consumed, depending on body weight. At a walking speed of 6 km per hour, the total energy expenditure for the average person is 300 kilocalories. With daily health-improving walking, the total energy consumption per week will be approximately 2000 kilocalories, which will provide the minimum training effect necessary to compensate for the lack of movement in life, as well as all muscles and tissues of the body will be included in the work [4].

**Research results.** Subject to all the rules and regulations, health walking will help a person see positive dynamics in his body. In the process of walking, all muscle groups of the body are involved, and prolonged movement (more than an hour) allows you to improve physical characteristics: endurance, working capacity, willpower, thinking and spiritual harmony. And also the appearance will take on its former shape. When walking for health, you need to control your body, namely, keep your back straight, control your arms and legs, draw in your stomach and keep your head strictly perpendicular to the ground. The whole process of the work done by a person depends on these characteristics. Walking is recommended at an energetic pace, preferably in the company of loved ones. You should focus on achieving your goal and perform all movements with high quality. Do not forget to warm up before hiking [6].

Positive characteristics for long-term recreational walking will be:

- improving the functioning of the central nervous system
- improving the work of the cardiovascular system
- strengthening the muscles of the body
- strengthening the heart muscle, and improving blood circulation
- improvement of the psychological state
- reduction of body fat
- improvement of the respiratory system
- all body systems are in good shape
- the daily routine is normalized, the predisposition to stressful situations decreases [5].

The list of physical therapy includes a fairly large number of, indeed, strengthening exercises that help the health of people of all ages. In this article, one version of therapeutic physical culture was considered, as an indicator of the simplest and most effective exercise for the benefit of each person.

In conclusion, we can summarize the above and note that physical culture is not just words, but, indeed, a motivational factor in the development of endurance and a huge psychological aspect that affects the formation of personal qualities of each student. Of course, the importance of physical activity is very important in modern times. Certain loads will not only help to bring the body into the desired shape, but will also be able to provide strong immunity for many years.

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