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## THE IMPORTANCE OF MASS RUNNING AMONG THE POPULATION

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### ABSTRACT

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.

### KEYWORDS

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

### INTRODUCTION

Dear President and our government, a lot of work is being done in order to increase the popularity of sports among the population and thereby strengthen the health of the population and increase the average age of the population in Uzbekistan. Nowadays, we meet a lot of questions among people about how to get rid of obesity and excess weight. For example: How to run to lose weight? How to run to get rid of excess weight, lose weight, be beautiful and healthy? this is one of the most widespread questions among people as spring approaches. In our research, a solution to this problem was found as a result of many researches and

questionnaires to get rid of excess weight. Today we are going to tell you how to run to get the results you want. First of all, let's choose a suitable time for running. 6.30 to 7.30. The first phase of muscle activation. At this time, the body burns calories easily, so it is the best time to run. from 11.00 to 12.00. The second stage of the increase in muscle activity. It is good to run at this time, because the body burns calories faster due to increased activity. 16.00 to 18.00. The third stage of the increase in muscle activity. At this time, the body uses the calories accumulated in fat 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 place of the next run. You can run wherever it is convenient for you. If you want to know how far you ran, then we recommend running in the stadium. Running rhythm and speed. The body consumes energy within the first 40 minutes by using carbohydrate reserves. After the 40th minute of running, fats that require more energy begin to break down. Therefore, we found out during our pedagogical experiments that it takes no less than 1 hour to run 3 times a week. Proper breathing during 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 the run, and often when accelerating. Breathe in every 23 steps and breathe out every 23 steps. Running clothes and shoes. For running, choose sneakers with a special -run sign.

Special pads are placed on them, they are breathable, and the bends are soft. Clothing should be designed for sports, free and not hinder movement. Better to dress warmly in cold and windy weather. Especially in the neck and head area, because these parts of the body lose up to 40 percent of heat during running. Drinking water while running. During running, 4 times more water is lost than usual, so it is necessary to drink water. In addition, during our pedagogical research, when we studied the health benefits of running, we found the following beneficial aspects. 1. Exercises for the treatment of abdominal diabetes. The brain sends information when the human body performs physical activities and consumes abdominal fat. Medical research confirms that it is a good way to reduce the risk of diabetes. Because substances secreted by fat cells can interfere with insulin production, regular exercise has become a "medicine" for mild type II diabetes. 2. Action to reduce overload. The excess nutrients come from the fluid produced by the upper

layers, not from the blood vessels. The reason running provides enough joint fluid in the knee and short joints is because the human body loses fluid at every step and then expels it again. In addition, it helps to reduce the load on the joints above the frequently working knee, because the improved muscle tissue can better serve to support the joints.<sup>3</sup>. Exercise is an active brain thinking. Regular exercise will help you use your brain and active thinking. Active muscles in the human body can send information to stimulate protein production in the human brain. Medical science calls it brain-neurotrophic factor. The human body needs this nerve to promote new nerve development and establish nerve connections.<sup>4</sup>. Exercises to increase blood circulation. During sports, the heart rate is faster, blood circulation is improved and oxygen is supplied. Therefore, it provides more nutrients to the cells and gives the red color to the skin.<sup>5</sup>. Running for hypertension. By increasing the heart rate during running, it supplies oxygen-rich blood to the tense muscles. If people use to use frequently, the heart can bring more load. In this way, even when the body is at rest, 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 patients with mild disease, they can do active exercises and eat less food. 6. Lung volume increases. Muscles consume a lot of oxygen in a short period of time, so the body is taught to inhale more oxygen while at rest. Studies have shown that 30 minutes of jogging per day can increase lung volume (lung volume) by 1/3 and increase the ability of blood to combine oxygen. 7. Reception relieves the bowels. Exercise and physical activity can help the parasympathetic nerves to stimulate the 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 bowel obstruction will also be resolved.

It has been found that if you choose the right time to run and run for more than an hour, it will break down excess fat in a person. The body consumes energy within the first 40 minutes by using carbohydrate reserves. It has been proven that after 40 minutes of running, fats that require more energy begin to break down.

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