

The Importance of Hygiene Subject in Teaching a Healthy Lifestyle

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ABSTRACT

Objective: *Exercise and a healthy lifestyle are being discussed around the world today. Studies have shown that exercise can keep the body healthy, which is one of the important factors in promoting a healthy lifestyle.*

Methods: *This article provides recommendations for students on the role and place of physical education and sports in shaping a healthy lifestyle. The use of videos and practical advice in the classroom is a very useful and necessary way to develop students' adherence to a healthy lifestyle.*

Results: *I have learned from my own experience that proper nutrition and regular exercise are effective in promoting a healthy lifestyle.*

Discussion: *This study discusses sports physiology to prevent intense stress during exercise. It also focuses on how the body works during exercise and its beneficial effects on the body's control system, such as the respiratory system and the cardiovascular system. From this discussion, we can finally link the impact of sport and its impact on a healthy lifestyle. Thus, both sports and a healthy lifestyle are closely linked*

KEYWORDS: *Healthy lifestyle, physical activity, cardiovascular system, respiratory system, health, lifestyle, health.*

Introduction

The word "sport" is related to the word "health" and has a positive effect on the development of the human body, but improper exercise can lead to death, so it is very important to know the physiology of the sport and how to exercise it.

Health is a state of physical, mental and emotional well-being that is felt in the personal and social life of individuals of any age. Lifestyle choices and behaviors of individuals can affect health and improve quality of life. Therefore, lifestyle affects current and future health.

Lifestyle is an important factor in human health along with biological factors and the environment. The World Health Organization defines the concept of "health" as follows: health "is not only a state of physical, mental and social well-being, but simply the absence of disease or weakness".

"Healthy lifestyle" is an important component of the overall "health" movement, which includes several elements: avoidance of any abuse (alcohol, tobacco, harmful diets, etc.), organized regularly with exercise engage in form. or individually, to spend free time for leisure, to follow the basic rules of nutrition, and so on. A healthy lifestyle is always associated with a healthy, active life.

Methods

During exercise, muscles are supplied with carbohydrates in the first few seconds or minutes of

exercise, but during fatigue, 60-85 percent of energy is derived from fat, not carbohydrates. Not all energy from carbohydrates comes from glycogen, but also from blood glucose. Therefore, if muscle glycogen and blood glucose are present, they are the energy nutrients selected for intensive muscle performance. However, during long-term exercise, as well as after the first 3-4 hours, fat can provide more than 50 percent of the required energy.

Almost all the energy released as a result of the body's metabolism is eventually converted into body heat. The amount of heat released in the body during exercise is almost proportional to the amount of oxygen consumed. If a very large amount of heat is introduced into the internal tissues of the body, the sweating mechanism causes a large amount of heat flow to the body so that it cannot dissipate heat, a condition that is unbearable and even fatal, called heat stroke. This condition can be treated by lowering the body temperature.

Heat adaptation also occurs during exercise. Sweat gland adaptation occurs mainly as a result of increased aldosterone secretion by the adrenal cortex, which has a direct effect on fluid and salt management in the body. Increased aldosterone secretion may also exacerbate potassium loss. Weight loss of 5 to 10 pounds per hour was reported during endurance exercise in hot and humid conditions. This weight loss results from losing sweat. Losing enough sweat to reduce body weight by only 3 percent can significantly reduce a person's performance, and a rapid weight loss of 5-10 percent can often be serious, leading to nausea and other side effects. It is therefore necessary to replace it with fluid loss.

Results

The main requirement of cardiovascular function during exercise is to deliver the necessary oxygen and other nutrients to the muscles being exercised. For this purpose, blood flow to the muscles increases sharply during exercise.

During the most strenuous exercise, muscle blood flow can exceed a maximum of 25 times. Almost one-half of the increase in flow occurs as a result of the dilation of blood vessels into the muscle as a direct effect of muscle metabolism, and the remaining growth depends on several factors.

During exercise, a correlation occurs between workload, oxygen consumption, and cardiac output. All of these are interrelated because muscle activity increases oxygen consumption, which in turn dilates the blood vessels of the muscles. Both the heart rate and blood vessels are increased to 95 percent of their maximum level. Therefore, the cardiovascular system is much more restrictive than the respiratory system, because the use of oxygen by the body can never exceed the rate at which the cardiovascular system carries oxygen to the tissues. The level of exercise depends on the heart's ability to deliver enough oxygen to body tissues.

The cardiovascular system plays an important role during exercise, so heart disease can affect heart function, resulting in a decrease in the overall strength of the body's muscles. It is also found in the elderly, where heart rate is reduced by 50 percent between the ages of 18 and 80 years. It also further reduces the ability to breathe. For these reasons, as well as the decrease in skeletal muscle mass, the maximum muscle strength achieved during old age is reduced.

Discussion

Sports or exercise are of great importance in promoting a healthy lifestyle as they have a very beneficial effect on the body system. The main focus of these activities is to develop a positive potential for physical, social, mental, intellectual, or spiritual warmth. Lack of physical activity has a negative impact on people's lives, such as obesity, increased body mass index, spinal deformity, heart problems, etc.). On the other hand, playing sports improves friendships and can build mutual human relationships. In this sense, physical activity is an integral part of an active life.

The main beneficial effect of sports activities is health, which helps to support a healthy lifestyle. Sport also has a positive effect on socialization, communication and the development of new friendships. Exercise can also play an important role in shaping strong motivation, mental and physical relaxation.

Other studies have shown that people who fit their body weight using sensible regimens of exercise and weight control have the added benefit of longevity, especially between the ages of 50 and 70.

Body health and weight control significantly reduce cardiovascular disease, as well as reduce several chronic metabolic diseases associated with obesity, such as insulin resistance and type II diabetes, as well as breast, prostate, and colon cancer. reduces the risk of several types of cancer, such as cancer. Much of the beneficial effects of exercise may be related to a reduction in obesity. However, studies in experimental animals and humans have shown that regular exercise reduces the risk for many chronic diseases through mechanisms that are not fully understood, but at least include mechanisms that reduce weight loss or obesity.

Conclusion

During exercise, several body systems work to their maximum, and body systems are trained and adapted to exercise for long periods of time, which has a beneficial effect on maintaining good health in the body. Sports and any other exercise have many beneficial effects on the regulation of body systems such as the respiratory system, cardiovascular system and body heat regulator, so sport is an important component of maintaining a healthy lifestyle is calculated. Sport also has a positive effect on socialization, communication, human relationships and physiological effects, and the most surprising effect is prolonging life by reducing the risk of contracting many diseases. So exercise is very important and necessary to keep the body healthy.

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