

Hygienic Gymnastics

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ABSTRACT

The article presents the necessary recommendations and conclusions about hygienic Gymnastics, which is an integral part of physical education, and in what order to do it, thereby tempering our body with constant training.

Hygienic Gymnastics serves to solve the following tasks: accelerate the preparation of the main physiological (muscular, nervous) systems of the body for work; raise the emotional tone of the attendant; reduce the duration of the phase of adaptation of the body to labor activity; serve to maintain high working capacity throughout the entire working day.

Hygienic Gymnastics is carried out at the beginning of the working day for 4-10 minutes. It is advisable to conduct it not only in the first shift, but also in the second. At the same time, it should be taken into account that introductory Gymnastics in the evening shift is aimed at increasing the activity of the body's organs and systems, on which the main load falls during the labor process.



In hygienic gymnastics, it is recommended to use physical exercises corresponding to the nature of the movements performed during the labor process. Therefore, when choosing exercises, it is necessary to study the movements of the labor process well and include such exercises in the complex of physical education exercises so that they help to accelerate the physiological functions of the body, which play a leading role in the process of a specific type of Labor.

In particular, in elementary gymnastics it is necessary to use exercises in which the pace of movement increases. At the same time, in order to quickly master the working pace of movements, it is recommended to develop a pace much higher than ordinary.

Depending on the nature and conditions of Labor, the following three options for the complex of physical exercises of hygienic Gymnastics differ among themselves: a complex of exercises of tangled writing, preventive active rest and holistic impact.

The option of tangled writing exercises is used to create complexes for workers engaged in heavy physical labor. They are introduced into them simple dynamic exercises by coordination, which involve muscle groups in which the main load falls in the process of labor, in a series of intense activities. The pace of performing the exercises is moderate or fast. In the complex of exercises, the load gradually increases, and at the end of the complex it drops to a minimum.

The variant of preventive rest forms the basis of a complex of hygienic Gymnastics for workers, in which the stereotype of movement is clearly recorded (for example, working on a bench). In labor operas, dynamic exercises are used that involve the activity of the muscle groups directly involved. Until the middle of the complex, the physical load is increasingly increased, and then gradually reduced. The pace of movement is higher than the middle. Attention should be paid to proper breathing, muscle stretching and increased mobility.

A holistic influencing option is labor activity that requires strong attention in the long term (mental labor servants, transport drivers, conveyor servants, etc.) designed for servants. Exercises mainly affect muscle groups, systems and organs of the body, which are not directly occupied in the upcoming production activities. Such exercises will be complex coordination, since they include additional movements of the arms, torso, legs and require concentration of attention



Pace-like in the previous work. For individuals whose labor is associated with specific actions (for example, small mechanism pickers or transport drivers), the maximum physical load falls on the first exercises. For the rest of the contingent, a large load falls on exercises 4-6 of the complex.

In the complexes of hygienic Gymnastics, the following groups of physical exercises are used:

stretching (stretching), side bends, sit-ups, hamstrings, jumps, sports walking, running, forward bends, jerking movements in which the elements of relaxation are involved, back bends, relaxation of the muscles of the arm and shoulder girdle, exercises aimed at coordination, accuracy and attention.

When compiling elementary Gymnastics complexes for people of different professions, it is recommended to take into account the following features of labor activity:

- 1) performance (sitting, standing) position, posture position (bent or straight, free or tension);
- 2) working movements (fast or slow, with or without voltage, with or without voltage, with large or small amplitude, symmetrical or asymmetrical, with the same or different movements, etc.);
- 3) the property of labor activity (accuracy of movements, repeatability of movements, reaction speed, strength and concentration of attention, load on the organs of perception, uniformity of labor, etc.);
- 4) the degree and nature of fatigue according to subjective indicators (prevalence of attention, sensation of pain in the muscles, headache, irritability, etc.);
- 5) the presence of individuals with deviations in health among those who practice physical exercises (it is advisable to choose private exercises for them);
- 6) sanitary and hygienic factors (lighting, noise, the presence of more than necessary gas).

In wellness-preventive Gymnastics, which is carried out for those who work in dusty air, excessively aerated conditions, it is necessary to use special breathing exercises. At the same time, it is necessary to focus on the fact that breathing will be complete at the expense of deep breathing.

In order to prevent the development of various diseases, a whole complex of health-improving measures is recommended, as well as physical exercises. Before the lunch break, it is necessary to take a hot bath or warm your hands with hot air in special devices. At the same time it is necessary to wipe the paws of the hands, squeeze the fingers, spread, collect and adjust.

After the end of work, it is necessary to take a shower, perform a special complex of health - preventive Gymnastics and self-healing.

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