



METHODS OF USING NATIONAL DANCE AND MOVEMENT GAMES TO DEVELOP BALANCE SKILLS IN YOUNG WRESTLING GIRLS

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ANNOTATION

This article deals with the importance of dance and sport games. Regular Physical activity and exercise can help you stay healthy, energetic and independent as you get older. Exercise play avital role in preventing health diseases and stroke. The health benefits of doing regular Exercise have been shown in many studies.

Key words: *sport, games, dance, movement, important*

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. The term “Physical activity” is not equal to “exercise”. Exercise is a subcategory of physical activity which is structured, repetitive, and purposeful [1]. “A sound body has a sound mind” It means that if a person is weak, dull, and sick, he is not able to do his work efficiently and quickly. It is very important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise as essential part of their routine are more happy and efficient than others. Exercise does not mean to go to gym or some club for daily activity; it only means to do some physical activity no matter how and where. Exercise is useful in preventing or treating coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. Strengthening exercises provide appropriate resistance to the muscles to increase endurance and strength. Cardiac rehabilitation exercises are developed and individualized to improve the cardiovascular system for prevention and rehabilitation of cardiac disorders and diseases. A well-balanced exercise program can improve general health, build endurance, and slow many of the effects of aging. The benefits of exercise not only improve physical health, but also enhance emotional well-being. Regular physical activity remains an essential behavior for endorsing health, postponing or preventing predominant musculoskeletal disorders such as mechanical low back pain, neck and shoulder pain and decreasing the risk of increasing coronary heart disease, hypertension, diabetes, osteoporosis, obesity and colon cancers [2, 3]. The period of adolescence represents the transition from childhood to adulthood and lifetime habits such as regular exercise are normally begun at this time [4]. But unfortunately research indicated that physical activity rates decline consistently during the adolescent years [5, 6]. No matter what your age or shape, you should exercise daily. Not only does exercise so you can wear your favorite dress, it strengthens your muscles, keeps your bones strong, and improves your skin, increased relaxation, better sleep and mood, strong immune function, and more. Daily exercise helps in strengthening of heart muscles. It helps maintain desired cholesterol levels. Daily physical activity reduces one’s chances of stroke and the risk of heart disease. Regular exercise lowers blood pressure and improves blood circulation. Exercise helps in reduction of excess body weight leading to lower blood pressure. Exercise results

in the burning of calories. If supplemented with proper nutrition, exercise is the way to prevent obesity. Any healthy person may become unfit physically if he does not practice exercise regularly. The efficiency of our muscles reduces if we are not doing regular physical workout. So we must do physical fitness exercises every day. Exercise is linked with many physical and physiological benefits that help an individual to function effectively and feel good. Exercise provides an entertaining way to spend enjoyable time. People of all age who are usually inactive can improve their health and well-being by becoming active at a level of moderate intensity in daily basis. Regular Exercise significantly reduces the high blood pressure, risk of developing heart disease, stroke, some cancers, diabetes, and may help to remove the stress, anxiety, and depression. At any age, being physically fit is an advantage to your overall health. Everybody knows that the need of exercise in our daily lives, but we may not know why or what exercise can do for us. Exercise means, the daily practice of doing some physical work. Exercise is the key to good health and fresh mind [13]. The daily practice of some physical work does not mean to take stress on body, but it is actually the stress relieving activity. A good health is obligatory for doing a good work. A famous quote is there is awesome evidence that people who lead active lifestyles are less likely to suffer from illness and more likely to live longer. Exercise not only makes you physically fitter but it also improves your mental health and general sense of well-being. Getting fit is not just about running on a treadmill for hours in your local gym, it can be a dance class or a new hobby like fencing or mountain biking. It could be a group or team activity like football or a karate class. Whatever form of exercise you choose, you'll practically certainly meet new people and may make new friendships. These recommendations can be achieved through 30-60 minutes of moderate-intensity exercise (five times a week) or 20-60 minutes of vigorous-intensity exercise (three times a week) or a combination of both types. One continuous session combined with multiple shorter sessions (of at least 10 minutes) is also acceptable.

IMPORTANCE OF SPORT GAMES

Each one of us has a physical body made of muscles, blood, bones and various other living tissue. When any of these are injured or not working properly then we get ill. Nobody likes to be ill. So, it is important that we keep our body healthy and fit. Exercising the body is one way of keeping it healthy. If we do not exercise then our muscles become weaker and we are less able to do things properly. Also the bones can become weaker and thus break easily. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and merely enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent "diseases of affluence" such as cardiovascular, type 2 diabetes, and obesity [5]. It may also help prevent stress and depression, increase quality of sleep and act as a non-pharmaceutical sleep aid to treat diseases such as insomnia, help promote or maintain positive self-esteem, improve mental health, maintain steady digestion and treat constipation and gas, regulate fertility health, and augment an individual's sex appeal or body image, which has been found to be linked with higher levels of self-esteem. Childhood obesity is a growing global concern, and physical exercise may help decrease some of the effects of childhood and adult obesity. Some care providers call exercise the "miracle" or "wonder" drug—alluding to the wide variety of benefits that it can provide for many individuals.

In the United Kingdom two to four hours of light activity are recommended during working hours [2]. This includes walking and standing. In the United States, the CDC/ACSM consensus statement and the Surgeon

General's report states that every adult should participate in moderate exercise, such as walking, swimming, and household tasks, for a minimum of 30 minutes daily . Exercise not only makes you physically fitter but it also improves your all body health and general sense of well-being. Physical activity or exercise can reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Daily exercise can reduce stress and anxiety, boost happy chemicals, improve self-confidence, increase the brain power, sharpen the memory and increase our muscles and bones strength. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

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