

TYPES OF HEALTH-IMPROVING GYMNASTICS

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Abstract. *Maintaining the healthy functioning of the human body and ensuring long-term physical well-being has been one of the most important issues since ancient times. Physical education and sports, as an integral part of human life, have developed in different forms throughout history. Among them, gymnastics has emerged as one of the main tools for health improvement. Today, gymnastics is practiced not only as a professional sport but also as an effective means of promoting health for the general population, including women, children, the elderly, and individuals with health problems. Gymnastics exercises help strengthen muscles, improve cardiovascular activity, increase joint mobility, maintain mental well-being, and reduce stress at any age. For this reason, health-improving gymnastics has become one of the most widespread forms of physical culture.*

Keywords: *Health-improving gymnastics Physical exercises Preventive health Therapeutic gymnastics Morning exercises Rhythmic gymnastics (aerobics) Water gymnastics General developmental training Rehabilitation Physical culture Stress reduction Cardiovascular health Joint mobility Healthy lifestyle.*

ВИДЫ ОЗДОРОВИТЕЛЬНОЙ ГИМНАСТИКИ

Аннотация. *Поддержание здорового функционирования организма человека и обеспечение долгосрочного физического благополучия является одной из важнейших задач с древних времен. Физическая культура и спорт, являясь неотъемлемой частью жизни человека, развивались в различных формах на протяжении всей истории. Среди них гимнастика стала одним из основных средств укрепления здоровья. Сегодня гимнастика практикуется не только как профессиональный вид спорта, но и как эффективное средство укрепления здоровья населения в целом, включая женщин, детей, пожилых людей и людей с проблемами здоровья. Гимнастические упражнения способствуют укреплению мышц, улучшению сердечно-сосудистой деятельности, повышению подвижности суставов, поддержанию психического благополучия и снижению стресса в любом возрасте. Именно поэтому оздоровительная гимнастика стала одним из самых распространенных видов физической культуры.*

Ключевые слова: *Оздоровительная гимнастика Физические упражнения Профилактика заболеваний Лечебная гимнастика Утренняя зарядка Художественная гимнастика (аэробика) Водная гимнастика Общеразвивающая тренировка Реабилитация Физическая культура Снятие стресса Сердечно-сосудистое здоровье Подвижность суставов Здоровый образ жизни.*

Introduction

The Concept of Health-Improving Gymnastics Health-improving gymnastics is a system of special physical exercises aimed at maintaining the body's activity, preventing various diseases, and increasing work capacity. These exercises may include basic elements of physical training as well as specialized therapeutic gymnastics.

Main Tasks: increasing overall body endurance; developing muscles and joints; strengthening the cardiovascular and respiratory systems; calming the nervous system and ensuring psychological stability; improving the quality of life. **Main Types of Health-Improving Gymnastics** Health-improving gymnastics is divided into several main types according to its purpose and orientation. Below are the most important ones: 1. **Morning Exercises (Health-Improving Morning Gymnastics)** Morning gymnastics is a set of exercises that helps the body transition from a state of rest after sleep to an active rhythm. It stimulates circulation and relaxes the muscles. *Features:* short (10–15 minutes) sets of exercises; stretching, bending, and circular movements; combined with breathing exercises; improves morning mood and work capacity. 2. **General Developmental Gymnastics.** This type of gymnastics is designed for different age groups and ensures balanced development of muscles, joints, and bodily systems. *Main exercises:* arm, leg, back, and neck movements; stretching, jumping, running elements; use of small equipment (balls, sticks, resistance bands).

Benefits: promotes healthy growth in children and maintains muscular activity in adults. 3. **Hygienic Gymnastics** Hygienic gymnastics consists of short exercises that are incorporated into the daily routine, often performed during work breaks. *Examples:* eye exercises, hand and neck stretches for office workers; workplace break exercises; special movements for people who sit for long periods. 4. **Sports and Recreational Gymnastics** This type is mainly for amateurs and athletes, aimed at strengthening and hardening the body. It includes exercises of varying difficulty, such as acrobatic elements, strength, and endurance training. 5. **Rhythmic Gymnastics (Aerobics)** Since the late 20th century, rhythmic gymnastics has become especially popular, particularly among women. It consists of exercise sets performed to music. *Advantages:* reduces excess weight; improves cardiovascular health; elevates mood and reduces stress; suitable for women of all ages. 6. **Therapeutic Gymnastics** This type is aimed at addressing specific health issues and should preferably be performed under medical supervision. *Applications:* spinal disorders; respiratory problems; cardiovascular dysfunctions; post-surgery rehabilitation.

Designed for specific groups such as people with disabilities, pregnant women, the elderly, or children. Exercises are light, safe, and adapted to individual capabilities. 8. **Water Gymnastics** Exercises performed in water reduce stress on the joints, strengthen muscles, and provide psychological relief. It is especially suitable for the elderly and individuals with excess weight. **Advantages of Health-Improving Gymnastics** Preventive effect – prevents diseases. Rehabilitation – accelerates recovery after illness or injury. Aesthetic effect – improves body posture and shape. Psychological effect – reduces stress and fatigue. Social significance – promotes active lifestyles as a mass sport. **Means Used in Health-Improving Gymnastics** Simple sports equipment: balls, sticks, ropes, resistance bands. Music: for rhythmic gymnastics. Pools: for water gymnastics. Special machines: for therapeutic gymnastics. **Practical Recommendations** Exercises should be performed regularly – at least 3–4 times a week. Movements must correspond to age, gender, and health condition. Combining exercises with breathing techniques increases effectiveness. Training outdoors or in well-ventilated rooms is more beneficial.

Clothing should be light and not restrict movement.

Conclusion Health-improving gymnastics is one of the most effective tools for maintaining health, increasing work capacity, and improving quality of life.

Its various forms – morning exercises, general developmental training, hygienic gymnastics, rhythmic gymnastics, therapeutic gymnastics, and others – are adapted to different age groups. If practiced regularly, any type of gymnastics benefits not only physical health but also mental well-being. In today's fast-paced life, gymnastics remains one of the simplest and most effective ways to ensure a balanced and healthy lifestyle. Therefore, incorporating health-improving gymnastics into daily routines is one of the key factors in ensuring a healthy and happy future for the next generations.

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