

## THE EFFECT OF MORNING PHYSICAL EDUCATION ON THE HUMAN BODY

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**Abstract:** *This study examines the positive effects of morning physical education on human health. The study examines the effects of physical activity on the cardiovascular system, nervous system, immunity, metabolism, and general vital activity. It is argued that morning exercises increase a person's efficiency, improve mood, improve sleep quality, and are important in preventing diseases. The role of regular exercise in forming a healthy lifestyle is also analyzed.*

**Keywords** *Morning exercises, physical education, physical activity, healthy lifestyle, health, organism, blood circulation, cardiovascular system, muscles, joints, nervous system, immunity, mood, stress, fatigue, energy, strength, sleep quality, metabolism, weight control, metabolism, endurance, mobility, muscle strengthening, fatigue reduction, work capacity, mental activity, oxygen supply, vitality, disease prevention, physical training.*

**Introduction:** Today, the formation and maintenance of a healthy lifestyle has become an important issue for every person. Physical activity, in particular, morning physical education exercises, play a special role in strengthening human health. Morning exercises have a beneficial effect on all systems of the body, helping to start the day actively and energetically. They improve blood circulation, strengthen muscles and joints, stabilize the nervous system, strengthen immunity and improve general condition. Especially for young people and adolescents, making morning physical education a habit plays an important role in their healthy growth. Therefore, it is urgent to study in depth the effect of morning physical education on the human body.

In modern life, attention is increasing to a healthy lifestyle. Morning physical education (i.e. light morning physical education) is of great importance for the normal functioning of the body. This simple but effective habit is an important tool for strengthening human health, increasing work capacity, and improving mental state. Morning exercises increase the force of heart contractions, keep blood pressure normal, and improve blood circulation. This helps prevent cardiovascular diseases. Exercise increases the depth and frequency of breathing. Oxygen delivery

to the body improves, which increases brain function and overall energy levels. According to studies, regular physical activity increases the activity of immune cells and increases resistance to infections strengthens. Exercise calms the nervous system, reduces the level of stress hormones (cortisol). The production of endorphins improves mood, improves mood. Morning exercises wake up muscles, bring joints into a mobile state. Pain caused by inactivity is prevented. Morning exercises increase metabolic activity. This helps to burn calories more effectively, reduce fat deposits and control weight. Thanks to exercises, the body begins to produce energy in the morning, and this state is maintained throughout the day. Stress reduction: Morning exercises reduce cortisol levels. Attention and alertness: Physical activity supplies more oxygen to the brain, which increases attention. Self-confidence: A person who starts the day with exercise feels active, organized and positive. Exercise regulates the body's biological clock ("circadian rhythm"). This makes it easier to fall asleep at night, deepens sleep. Scientific studies have shown that exercisers have a much higher quality of sleep.

| Direction of impact           | Science-based benefit (%) |
|-------------------------------|---------------------------|
| Cardiovascular System         | 85%                       |
| Mental State (Stress, Mood)   | 75%                       |
| Energy Level                  | 80%                       |
| Metabolism and Weight Control | 65%                       |
| Sleep Quality                 | 60%                       |
| Immune Boost                  | 70%                       |

Morning physical education has many benefits for the human body. It has a beneficial effect on the cardiovascular, nervous, respiratory, immune, musculoskeletal systems, improves mood, reduces stress and increases working capacity. Making morning physical activity a habit is an important part of a healthy lifestyle.

**Conclusion:** Morning physical education is an important factor in maintaining and strengthening human health. It has a positive effect on the cardiovascular, nervous, respiratory, musculoskeletal and immune systems. Through morning exercises, the body is prepared for active work throughout the day, mental and physical performance increases, stress and fatigue decrease, and mood improves. Also, this habit activates metabolism, ensures healthy sleep and improves the overall quality of life. Therefore, everyone should include morning physical

education in their daily lifestyle. This is an investment in health and helps prevent serious diseases in the future.

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