



## DEVELOPING A SET OF WELLNESS EXERCISES FOR MIDDLE AGED MEN (45-60 YEARS OLD) ACCORDING TO PHYSICAL PREPARATION

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### Annotation

The statistics of morbidity and mortality of men aged 45–60 years has been determined in this article. A technique for increasing the functional capabilities of men aged 45–60 with the help of health-improving physical training on simulators has been developed and experimentally substantiated, which helps to optimize physical performance, functional state and improve the quality of life.

**Keywords:** 45–60 years old, types of motor activity, simulators, functional state, physical performance.

### Аннотация

В данной статье определена статистика заболеваемости и смертности мужчин 45–60 лет. Разработана и экспериментально обоснована методика повышения функциональных возможностей мужчин 45–60 лет с помощью занятий оздоровительной физической культурой на тренажерах, способствующая оптимизации физической работоспособности, функционального состояния и улучшению качества жизни.

**Ключевые слова:** мужчины 45–60 лет, виды двигательной деятельности, тренажеры, функциональное состояние, физическая работоспособность.

### Annotatsiya

Ushbu maqolada 45-60 yoshdagi erkaklarda kasallanish va o'lim statistikasini aniqlangan. Simulyatorlarda sog'lomlashtiruvchi jismoniy tarbiya yordamida 45-60 yoshdagi erkaklarning funksional imkoniyatlarini oshirish texnikasi ishlab chiqilgan va eksperimental asoslangan bo'lib, bu jismoniy faoliyatni, funktional holatni optimallashtirish va hayot sifatini yaxshilashga yordam beradi.

**Kalit so'zlar:** 45-60 yoshdagi erkaklar, motorli faoliyat turlari, simulyatorlar, funktional holat, jismoniy ko'rsatkichlar.

### Introduction

The decline in the world population, the lack of physical activity among representatives of various age and social groups, greatly reduce the economic potential. The current situation is largely related to the continuing negative demographic changes (since the 1990s, the birth rate has decreased by 2 times).



## Results and Discussion

Globally, death rates for men are 5 times higher than for women. Among its main causes, the first place is occupied by cardiovascular diseases, which occur 4-5 times more often than in women, the second - respiratory diseases (the incidence of the disease in men is 4-5 times higher than in women).

Unfortunately, men, following the stereotypes that have formed in society, either organize their leisure time in the field of entertainment that is far from a healthy lifestyle, or begin to actively engage in power sports (for example, athletic gymnastics or kettlebell lifting) instead of practicing health-improving programs with a load, physiologically adequate for their age. It is known that the use of methodically well-designed physical culture and health programs based on respiratory and cyclic exercises has a positive effect on the functional state and physical performance of middle-aged men. This is due to the effect of aerobic physical activity on the functions of external respiration and blood circulation. As practice shows, regular physical exercises allow a person to effectively continue working even in the presence of certain chronic diseases with a minimal risk of their exacerbations. The health care strategy of the adult population in the modern world involves the prevention of any age-related pathology using integrated approaches. The policy pursued by the state related to limiting the sale of alcohol, tobacco products, reducing smoking areas, monitoring cardiovascular and respiratory diseases in professional groups, affects a relatively narrow range of problems. That is why it is necessary to develop and widely introduce into practice long-term programs based on the dosed use of regular physical activity that can optimize the functions of the cardiorespiratory system and increase the functional performance of men over 45 years of age. The health-improving technique included special (for chest muscles) and cyclic aerobic exercises of moderate intensity using simulators. In the first half of the year, the trainings were held in a sparing training mode (3 sessions per week for 45 minutes), in the second - in the training mode. In the preparatory and final parts of the lesson, static and dynamic breathing exercises were performed, in the main part - special exercises to strengthen the muscles of the chest (10 min), exercises on the breathing simulator "PIK-1" (pause between them in 1 min) and on the simulator "Cardio-Twister" (8-10 min). Also, in the main part of the lesson, exercises were performed on the simulator of the GYROKINESIS, GYROTONIC system (8-10 min), providing deeper breathing due to additional expansion of the chest (Fig. 1).



Fig 1. Simulator of the GYROKINESIS, GYROTONIC system



During the first half of the year, trainings were held once a week for 45–50 minutes in the open air with cyclic (Nordic walking) and choreographic exercises, walking along the health path at a pace of 40–50 steps/min.

In the second half of the year, the total number of classes increased to 4 times a week, exercises on the Finnlo EllipsisSX1 simulator were added to the main part of the classes, performed for 8–10 minutes (Fig. 2). The pace of Nordic walking, walks along the path of health has increased to 70 steps / min.



Fig 2. Finnlo Ellipsis SX1 simulator

The men of the experimental and control groups were examined twice - at the beginning and at the end of the annual experiment. The studied characteristics included: heart rate, systolic and diastolic blood pressure, Genchi and Stange functional tests, lung capacity after a two-minute run, Harvard step test index. The assessment of the dynamics of motor activity was carried out using a pedometer according to a generally accepted method.

Analysis of the results of the study showed that by the end of the experiment, the heart rate decreased by 21.1% in men practicing according to the developed method, and by 29.8% in the control group. Also, in the men of the experimental group, a decrease in systolic and diastolic blood pressure by 9.5 and 9.9%, respectively, was detected. The decrease in the indicators of the cardiovascular system occurred against the background of an increase in the general motor activity of men: in the experimental group - by 42.5%, in the control group - by 45.6%. By the end of the experiment, the indicators of the Genchi test in the experimental group increased by 24.8%, the Stange test - by 21.6%. The functional class of aerobic capacity by the end of the study in the experimental group increased by 17.8%, exceeding the control level by 15.2%, the indicators of the Harvard step test index - by 22.4%.

## Conclusion

The developed method of increasing the functional capabilities of men aged 45–60 with the help of health-improving physical culture, in our opinion, can be considered promising not only in optimizing physical performance and functional state, but also in improving the quality of life in general in this age category.



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