SPORT FOR ALL, A PREREQUISITE FOR LONGEVITY, HEALTH AND WEELBEING OF ALL AGE PEOPLE

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Abstract
Different types of sports contribute not only physical but also the emotional and human development too. During sports game experience such emotions, which we felt, standing in front of the TV or computer. Sport not only will make us feel good, look good, can prevent and extremely dangerous mental disorders, which can leave a lasting mark on our psyche. The relationship between sport for all and physical health in this report is viewed in terms of improving breathing, heart activity, endurance, flexibility, overweight. Clearly a response to „global” question: How to fight against overweight. Sport is an integral part of a full and healthy life, it is the tool of choice not only for the prevention of diseases, but also in the complex process of recovery. This report presents the sport for all like a key that opens the door to longevity, health and well-being of people of all ages.

Keywords: physical health, mental health, endurance, flexibility, overweight, heart activity, diseases, emotions, morning gymnastics, aerobic activities

INTRODUCTION
Different types of sports contribute not only physical but emotional and human development. During sports game experience such emotions, which we felt, standing in front of the TV or computer. Emotions can be positive or negative, but more importantly to their culturing control.

The human psyche is crucial for the progress of this life. From this perspective psychological development of a child is particularly important. Through sport strengthens the psyche to overcome various difficulties both physical and psychological and emotional perspective.

The feeling of victory over oneself contributes to self-esteem, satisfaction, wellbeing and development of personality. Through sport children communicate in a specific way, which contributes to their social development. They learn leadership, teamwork, mutual responsibility to the team, respect for rules. Sport reduces stress and anxiety, increased sense of physical satisfaction and mood.

It was found that after an active workout increases the confidence of a person. It becomes more agile, energetic and cheerful. Loads in the hall, morning gymnastics, light exercise for about ten minutes gladly donate our muscles. They are involved in the production of endorphins. And as their level is high, the mood is better. This is the link. Physical exercise if we switch to another wave. Even in cases of severe depression, it is recommended to do morning exercises. And one immediately noticed that he started to feel better. This is one of the drugs against depression.

The main reason for the so-called „winter depression“ experts pointed out the light and limited movement. However, doctors stress that this fatigue is not a disease and should never be confused with clinical depression, which is a serious disease. While clinical depression exhibit symptoms such as deep sadness, apathy and fatigue for more than two weeks, winter depression is harmless and is not increasing.

In conclusion it can be said that sport not only will make us feel good, look good, can prevent and extremely dangerous mental disorders, which can leave a lasting mark on our psyche. It can be incorporated in the therapy of such conditions. Sports activities in childhood contribute to the proper formation of the psyche of children and therefore can not protect society from many crimes committed by people with impaired psyche.

The conclusion is clear: always we should exercise
regardless of your schedule, laziness or our capabilities.

The relationship between sport and health can be seen in terms of breathing. Breathing is one of the most important physiological processes in the human organism.

Breathing is associated with all physical and chemical processes in the body and directly influence the metabolism and psyche. Therefore, proper breathing is an integral part of sports training, but unfortunately most people greatly underestimate its importance.

In general we can assume that there are three main types of breathing: neutral, positive and negative.

Neutral is our breathing at rest, breathing in such a trained person must maintain a pulse in about 50-60 minutes and make 10-8 inhalation-exhalation cycles per minute.

Positive breathing is used by many athletes and contributes exclusively for athletic performance (professional and amateur). When it increases the number of respiratory cycles. Generally seeks to reach double respiratory cycles.

If you have done for 16 minutes, try to do 32 so increasing the volume of the lungs. You must be very careful with this type of breathing and not practiced for more than a minute of untrained people. After exhalation this minute should immediately restore neutral breathing. The positive breathing leads to increased blood flow to the muscles and brain, increased levels of adrenaline in kravta. These are all things that contribute to the intense muscle work.

Negative breath is too extreme and intended only for profesionalisti. When it reduced respiratory cycles | half neutral breathing. It helps to overcome the pain, cold, heat and is used to immobilize the body. Its main effect is on the mind also affect heart function.

Negative breathing can lead to respiratory failure, coma, brain injuries, cardiac arrest.

During training, we must strive to deliver enough oxygen to our muscles. The basic principle in the execution of exercises is to breathe before the active phase of the movement and exhale passive, ie before making a movement should breathe upon completion accordingly exhale. Another common breathing technique is to exhale during the active phase of the movement, ie during the movement to its end when breathe again.

The durability is significantly improved when using deep breathing. The volume of the lungs is effected extremely well from a breathing technique, which is used in Pilates. It lies therein alternation of deep inhalation through the nose, followed by exhalation through the mouth. Following are two deep breaths through the nose, followed by two exhaled through the mouth and so up to five deep nasal inhalation, followed by five lips exhaled. During such breathing is very important to us back to be completely straight, it is preferable to be seated on the ground bent slightly and caught his knees with his hands.

Breathing is a vital component of sports training. Thanks to him we can feel in all its fullness benefits of the exercise. But breathing is a factor of great importance for everyone, whether sports or not. Through breathing techniques of yoga and Pilates can achieve physical and mental well-being and satisfaction at different levels. Breathe deeply and feel the beauty of the life!

Another important quality of good health is flexibility. One of the most important qualities that must be developed to achieve a healthy and good looking body. Movement, however, should not be implemented to the maximum, and in their functional freedom, meaning freedom of movement, which appears achievable for the place without risk of injury. In the functional freedom of movement does not feel pain, burning, tremor.

In people who do not train or later began to engage in fitness often show decreased joint mobility. The reason for this is the presence of various muscular spasms and blocks. Flexibility can be influenced by various injuries, limiting the mobility of a stava. By flexibility exercises reduces the risk of injury, increases the functional freedom of movement, improves posture, reduces muscle fever.

No less important is the health and the fact of poor circulation and limfoobrashtenie that occurs as a result of reduced mobility in the joints. When stretching caused irritation of the muscle spindles (specific receptors), they are excited and generate a signal (action potential) that reaches the spinal cord.

If the tension is too strong, near maximum freedom of movement, the spinal cord sends a command abbreviation. This can lead to a trauma, muscle spindles and damage to ligaments. These injuries can be extremely painful and severely limit the movement.

Basic methods of stretching are active and passive stretching, and in addition, there are also ballistic, dynamic, etc. Passive stretching is used on an external force is, for example, your partner has a pulsating pressure on your foot as you are lying down and one leg flat on the ground while the other (the one on which has external force) is up and straight in the knee joint.

In active stretching using their muscle strength that sustains us in a position. Tilt away with a straight back are examples of this type of stretching. In static stretching stretch to the point of pain, but once you arrive, back slightly and hold both for about 20-30 seconds. Bending to tight leg stance is an example of this type of stretching.

We can conclude that stretching provides exceptional benefits for the body as a whole. After stretching will feel great, your muscles will be tight, you will feel ready to exercise, your mind will be fully released. Furthermore, in classes with stretching injuries reduce your body shape and your stamina increases.

The presence of obesity is one of the most serious health problems of modern society. Though often underestimated problem obesity has multiple effects on humans. On the one hand, it is the cause of line diseases:
hypertension, sleep apnea, diabetes mellitus type 2, dyslipidemia, gout, asthma, cancer. Moreover, obesity is usually adjusted to poor posture, wear of the joints, back pain, and a third Uncommon mental disorders are associated with the development of depression and mental complexes of the way in which people with this problem is perceived by the other, and of themselves. Particularly common are such type of problems in childhood. Of course, obesity is unwelcome for anyone who keeps their appearance, but with peculiar force that goes for the ladies.

Quite comes the question of how to fight overweight. The answer is just one. The combination of intense aerobic activity, proper diet, rest and no stress.

To look at the importance of aerobic activity. Benefits to the body are mildly impressive. Except in the fight against overweight and their prevention, it has a beneficial effect on the heart and respiratory rate, lowers blood pressure, adapt your body to burn fat as a preferred source of energy, improves mental performance and reduces stress, improves posture, tones the muscles reduces low-density lipoprotein levels, transporting cholesterol from the blood to peripheral tissues, etc.. These facts are enough to convince anyone of the usefulness of aerobic activities and the need for them in our daily lives.

What is the nature of these workouts? Aerobic considered any activity that keeps working pulse rate within 60-90% of the maximum pulse rate. Maximum pulse frequency or MPF should never be exceeded, it is different for different ages and is determined by the following formula: MPF = 220 – age.

The point of cardio is both increases in pulse rate and blood return to the heart. Aerobic activities that best meets this requirement are walking, jogging, cycling, swimming and not least climb stairs. In order to achieve the results required aerobic activity is practiced at least 3-5 times per week.

The duration of aerobic exercise depends on the level of physical preparedness. When untrained people and ten minutes two or three times a day would have a positive impact. The principle under aerobic training is the gradual extension of training and improve performance. Of course, everyone has a threshold of opportunity and eventually reaches a point where it fails to surpass himself. Then you have to change the activity. If you ran or walked, start with a bike, dancing or anything else that you enjoy.

How to evaluate your efforts? Very easy way to do this is called a speech test, which is expressed in the fact that if we could speak, the effort is too great. Most probably, however, the measurement of the pulse and its continuous monitoring. Repetitive movements involving large muscle groups, heart rate increased rapidly and cause venous return of blood to the heart. When training on a full stomach may occur more abrupt changes in heart rate.

Aerobic activity is an integral part of training to achieve tight body to which most young people aspire. We usually aerobic activity should be combined with exercise, developing flexibility, which are abundant in methods such as Pilates, yoga and more. For ladies this type of training is extremely beneficial, while men usually have and resistance training.

Finally, we conclude that aerobic exercise is an integral part of a healthy lifestyle. Except that protects us from diseases row, it helps to look our best, endurance, strengthens the heart and lungs, ie if you want to stay healthy and devoid of stress, do regular aerobic workouts. Sport is a tool of choice for full life.

Our body is adapted to move in the environment, we have a perfectly organized mechanism that allows us to perform a huge number of moves in which this mechanism occurs continuously balanced mutual changes that enable movement. These changes are made at the biochemical, physiological, anatomical level. Our body is admired for its unique compensation opportunities that owns and great adaptability, which is capable of. It sport in its different varieties is the perfect set of movements that allows us to extract the optimum from our locomotor system.

Countless are the scientific evidence showing the benefits of sport on our health. It is through him we can get rid of a huge number of diseases affecting each system. Of course, the sport must be practiced in an intelligent way.

CONCLUSION

Sport is an integral part of a full and healthy life, it is the tool of choice not only for the prevention of diseases, but also in the complex process of recovery. Sport is a natural need and at the same time a lifeline for all of us who swim in the ocean of fried, greasy, sweet, rich food preservatives, immobilization, dirty air, stress. Sport is the key that opens the door to longevity and health and well-being of people of all ages.

REFERENCES


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