

**A SPECIAL ROLE OF SPORTS IN PRESERVING THE HEALTH OF THE
POPULATION.**

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ABSTRACT:

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*In the introduction of the scientific article,
specific experiences of athletics movements,
independent learning methods and the impact of
athletics on public health are shown. One of our
main tasks is to compare athletics movements with
other sports and explore their similarities to health
and active living.*

Title: The Vital Role of Sports in Preserving Public Health

In a world where modern conveniences often promote sedentary lifestyles, the role of sports in preserving public health has become more crucial than ever. Beyond the exhilaration of competition and the camaraderie it fosters, sports offer a multitude of physical, mental, and social benefits that significantly contribute to the well-being of individuals and entire communities.

Physical Fitness and Disease Prevention

Engaging in sports activities is one of the most effective ways to maintain physical fitness. Whether it's running, swimming, cycling, or team sports like soccer and basketball, regular participation in sports helps individuals control weight, build strong bones and muscles, and improve cardiovascular health. This, in turn, reduces the risk of chronic conditions such as obesity, diabetes, heart disease, and certain cancers.

Moreover, sports contribute to enhancing immune function, making individuals more resilient to infections and illnesses. The physical exertion involved in sports stimulates the body's natural defense mechanisms, promoting the production of antibodies and boosting overall immunity.

Mental Well-being and Stress Reduction

Beyond the physical benefits, sports play a crucial role in promoting mental well-being. Regular physical activity has been shown to alleviate symptoms of stress, anxiety, and

depression by triggering the release of endorphins, the body's natural mood elevators. Participating in sports provides an outlet for pent-up emotions, helps individuals manage stress more effectively, and fosters a sense of accomplishment and self-esteem.

Moreover, the social aspect of sports encourages interaction and socialization, reducing feelings of isolation and loneliness. Whether through team sports or group fitness classes, individuals forge meaningful connections, build friendships, and develop a sense of belonging, which are essential for maintaining mental health and resilience.

Lifelong Learning and Personal Development

Sports offer valuable opportunities for personal development and lifelong learning. Participation in sports teaches individuals important life skills such as teamwork, leadership, discipline, and perseverance. Athletes learn to set goals, overcome challenges, and push beyond their limits, fostering a growth mindset that extends beyond the field or court.

Furthermore, sports provide valuable lessons in sportsmanship, fair play, and respect for opponents and officials. These ethical principles instilled through sports participation contribute to the development of responsible and empathetic individuals who can positively contribute to society.

Community Building and Social Cohesion

Sports have the remarkable ability to bring people together, transcending barriers of age, gender, ethnicity, and socioeconomic status. Whether it's a local soccer match, a neighborhood running club, or a city-wide marathon, sports events foster a sense of community pride and unity.

Communities that prioritize sports and recreational activities often experience greater social cohesion and reduced crime rates. By providing safe spaces for interaction and recreation, sports facilities become hubs of community life where people from diverse backgrounds come together to pursue shared interests and goals.

Conclusion

In a world grappling with rising rates of chronic diseases, mental health challenges, and social fragmentation, the role of sports in preserving public health cannot be overstated. From promoting physical fitness and disease prevention to enhancing mental well-being and fostering social cohesion, sports offer a holistic approach to improving the health and quality of life for individuals and communities alike.

As we navigate the complexities of modern life, investing in sports infrastructure, programs, and initiatives should be a priority for policymakers, educators, and community leaders. By providing accessible opportunities for sports participation and promoting a culture of active living, we can empower individuals to lead healthier, happier, and more fulfilling lives, ensuring a brighter and more resilient future for generations to come.

Athletics is very important for public health. It helps to make specific parts of the body strong and fit by using them from time to time. Track and field movements support continuous activity and visually aided illustrations and progressions.

Athletics activities can be in different forms, so it should be directed to the population's acceptability and personal characteristics. But in general, the initial stage can be started for the following actions:

Walking: Learning the difference between long walks and sprints is a good tool for hand support and breath control.

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Stretching: Since it is great for the abdomen, it can be very useful for using the muscular systems of the chest, arms and legs.

Legs: Walking with a bright path, pulling the leg with small balls, with a bright step helps to develop continuous leg length.

Hand and finger work: In athletics, it is important to learn hand and finger work using the tracks and squares designed to teach footwork. It can be very useful to measure your g, drop, twist and other long external tests. It can help to apply these movements in practical life and prevent learning them at the initial stage, to improve public health and sports periodicity. . Other athletic techniques, such as squats, deadlifts, and running, are also good options for passing sports.

Stride activities such as walking, jogging, or long-distance running play an important role in maintaining public health. Here are some ways to improve your health by developing these activities: Cardiovascular Health: Walking helps strengthen the cardiovascular system. Regular exercise can reduce the risk of cardiovascular diseases such as hypertension, stroke and heart attack. Improved fitness: Running and walking can help build endurance, muscle strength and flexibility, and improve coordination. This reduces the risk of injury and increases the overall level of physical activity.

Weight control: Regular walking activity helps in weight control and burning excess calories. This is especially important in an environment where obesity is becoming an increasingly common problem.

Psychological benefits: Walking and running reduce stress, improve mood and release endorphins that boost self-esteem. It also helps fight depression and anxiety.

Social benefits: Running or walking can be a social activity that helps strengthen bonds with friends and family, as well as making new connections by participating in group activities or activities.

Improve the quality of your sleep: Regular exercise can help improve the quality of your sleep, which in turn affects your overall health and well-being. Longevity: Many studies link regular exercise to increased life expectancy. A more active lifestyle that includes walking can reduce your risk of developing a number of chronic diseases and increase your chances of living a long, healthy life.

Therefore, the development and promotion of walking activities in athletics has the potential to significantly improve the general health and well-being of the population.

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