



**Харківський національний медичний університет**

**Кафедра фізичного виховання та здоров'я**

**III Науково-практична заочна конференція  
з міжнародною участю  
«Фізична активність і якість життя  
ЛЮДИНИ»**

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## **«Фізична активність і якість життя ЛЮДИНИ»**

**Матеріали III Науково-практичної заочної конференції з  
міжнародною участю  
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Herman Polina  
**RUNNING AS A MEANS OF HEALTH MOTOR  
ACTIVITY**

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**Introduction.** Running is the most affordable means of human health. Health running classes do not require specially equipped places, do not require special training for running. The ability to clearly dose and control the load during running, allows you to use running for treatment and prevention purposes for people of different levels of fitness, age, gender and makes it one of the main tools in physical rehabilitation of various segments of the population.

**The aim of the study.** To study the features of the impact of running on the functioning of functional systems of the body.

**Material and research methods.** The influence of health-improving running activities on the activity of functional systems of the organism of different segments of the population was studied, for this purpose the method of analysis and generalization of scientific-methodical literature was used.

**Research results and their discussion.** Health running has a significant impact on the activity of the cardiovascular

system. The use of proper running loads can effectively affect the activity of small vessels: arterioles, venules, capillaries. As a result of running, new capillaries germinate in depleted areas and in areas damaged by disease. Prolonged running loads for 1.5-2 years help to improve the cardiovascular system: normalizes heart rate, accelerates the rate of recovery processes in the body by increasing the number of capillaries, which accelerates the delivery of nutrients and increases the rate of excretion of breakdown products.

Under the influence of running training of the heart muscle, there is a decrease in heart rate per minute, normalizes blood pressure, reduces blood viscosity, increases the number of erythrocytes, hemoglobin and lymphocytes in the blood, which increases blood oxygen capacity, facilitates heart function and reduces the risk of blood clots and heart attack. Health-improving classes have a significant effect on the respiratory system. Under the influence of classes there is an increase in the vital capacity of the lungs, decreases the rate of respiration, which increases the efficiency of aerobic and anaerobic energy supply. Running boosts metabolism. Running increases the activity of oxidative enzymes, increases the enzymatic activity in mitochondria, which helps burn fat and normalize body weight. As a result of running, mobility in the joints improves, ligaments and tendons are strengthened. Running prevents the development of degenerative changes in the joints associated with age and inactivity. Health-improving running helps to increase the flow of lymph to the articular cartilage and intervertebral discs, which is the best prevention of osteoarthritis and radiculitis.