

HEALTH-IMPROVING THEORETICAL AND METHODOLOGICAL FOUNDATIONS OF FITNESS AEROBICS EXERCISES AND THEIR APPLICATION IN PRACTICE

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Annotation: This article covers the theoretical foundations of wellness fitness aerobics exercises, methodological approaches and their positive impact on human health. Fitness aerobics as a popular form of physical activity offers exercise complexes adapted for different age groups. The article analyzes the principles of Organization of aerobics training, the criteria for their selection, the health-improving effect that they show on the cardiovascular, respiratory, muscular and nervous system. Safety, loading and technical issues are also covered in the practical application of exercises, and some exercise complexes are presented as an example.

KEYWORDS: fitness-aerobics, wellness, physical activity, methodical approach, healthy lifestyle, exercise, loading principles, women's health, cardio exercise, breathing techniques

INTRODUCTION In modern society, the formation of human health, physical activity and a healthy lifestyle remains one of the pressing problems. Many medical studies conducted show that physical activity deficiency is one of the main factors in various chronic diseases, overweight, depression, and cardiovascular disease.

From this point of view, wellness fitness aerobics exercises serve as a very important tool for the human body. Fitness aerobics includes rhythmic movements, a set of exercises, breathing techniques, taking a musical background and an individual approach, to ensure wellness and mental stability. This type of exercise can be performed not only by professional athletes, but also by people of any age, with low physical fitness.

This article covers the theoretical and methodological foundations of wellness fitness aerobics, its physical and psychological health-improving effect, exercises

MAIN PART

1. Content and background history of fitness aerobics

Fitness aerobics is a complex of physical exercises performed on the basis of a musical rhythm. It serves to improve health, general physical development, strengthen the cardiovascular and respiratory systems, shape the body and get rid of excess weight. Fitness aerobics appeared in the United States in the second half of the 20th century, and in a short time became widespread around the world. Originally designed for professional athletes, it was later developed into a wellness tool for all layers.

2. The health-improving importance of fitness aerobics exercises

Fitness aerobics exercises have a healing effect in the following areas:

- Cardiovascular system: keeps the heart rate in moderation, improves blood circulation, reduces the risk of hypertension and heart disease.
- Respiratory system: increases breathing volume, strengthens the endurance of respiratory organs.
- Muscular and skeletal system: increases the mobility, flexibility and strength of the body.
- Nervous system: reduces stress, improves mood, helps improve sleep quality.

Fitness aerobics, along with physical activity, embodies the harmony of musical expression, rhythm, movement, which enhances its psychological positive effect.

3. Methodological organization and stages of exercises

Fitness aerobics training is divided into the following stages:

- Incoming (preparatory) stage – lasts 5-10 minutes. At this stage, light exercises are performed to warm up the body, activate the movement of the joints.
- Main stage-20-30 minutes. At this stage, intensive movements, rhythmic exercises, running, jumping, body twisting and bending elements are performed.
- Final (calming) stage – 5-10 minutes. In this part, breathing exercises, stretching and relaxation techniques are performed.

4. Methodical approach to the selection of exercises

The following methodological principles are considered when choosing exercises:

- Age and fitness compatibility: there are separate approaches for children, adolescents, women, pregnant, elderly.
- Load intensity: training is adjusted to the heart rate (optimal heart rate — 60-75 percent of the maximum heart rate).
- Breathing technique: breathing with movement should be harmonious. It is recommended to take a deep breath through the nose and exhale through the mouth.
- Safety: no overload on the joints and muscles during exercise, proper muscle function, sudden movements should be avoided.

5. Practical application of fitness aerobics exercises

Fitness aerobics can be used in practice in the following forms:

- Group training (in clubs, fitness centers)
- Individual training (at home, through online programs)
- In pedagogical activity (physical education classes in schools and higher education institutions)
- In rehabilitation and Wellness Centers (for those with chronic diseases)

Many modern applications, such as Zumba, Tabata, Step-aerobics, Body-sculpt, functional training — fall into fitness-aerobics styles and are widely popular.

6. Recommendations for different age groups

- Children and adolescents: exercises with dynamic and play elements. Fun and musical exercises will increase their interest.
- Women: exercises aimed at shaping the body, getting rid of excess weight, making the nervous system healthier.
- Elderly: light, calming exercises; exercises that restore muscle stretching and joint movement.

Day	Type of training	Time (minutes)	Exercise description	Purpose
Monday	Cardio-aerobics	40	Walking, running, jumping, rhythmic exercises	Strengthening the cardiovascular system
Tuesday	Strengthening exercises	30	Movements to strengthen muscles	Increase muscle tone
Wednesday	Relaxation and stretching	20	Muscle stretching, breathing exercises	Muscle relaxation and recovery
Thursday	Step-aerobika	40	Moves, jumps on the Step platform	Increase balance and endurance
Friday	Functional training	35	Complex exercises, with the participation of many	Improving fitness

Day	Type of training	Time (minutes)	Exercise description	Purpose
			muscles	
Saturday	Zumba	45	Aerobics with dance elements	Raising the mood and losing weight
Sunday	Rest	-	Rest, light walk	Recovery and rest

CONCLUSION

Wellness fitness aerobics exercises are an integral part of modern physical education and a healthy lifestyle. They serve not only to improve physical health, but also to stabilize the psychological state, reduce stress and raise mental mood. The theoretical and methodological foundations of fitness aerobics exercises make it possible to effectively and safely organize training. By taking into account the right approach and individual characteristics, it is possible to develop personalized exercise programs for people of different ages and physical fitness. Practical application plays an important role in strengthening physical health, preventing chronic diseases, increasing physical activity. Therefore, the widespread popularization and methodological improvement of wellness fitness aerobics exercises is an urgent task.

SUGGESTIONS AND RECOMMENDATIONS

1. Adaptation of fitness aerobics programs to age and level of physical fitness: exercises should be developed according to age groups and health status, taking into account individual characteristics.
2. Creation and updating of methodological manuals: in order to effectively organize training, it is necessary to develop and distribute modern methodological manuals and training programs on fitness aerobics.
3. Training and training of coaches: it is important to develop a system of training quality teachers and coaches, to ensure their continuous professional development.
4. Popularization of wellness aerobics: fitness aerobics should be widely promoted in schools, higher education institutions, sports clubs and wellness centers.
5. Compliance with safety rules: safety measures, proper technique and exercise intensity must be monitored to avoid injuries during training.
6. Online and interactive activities

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