

THE IMPORTANCE OF FITNESS AEROBICS TOOLS IN WELLNESS TRAINING FOR WOMEN OF DIFFERENT AGES

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Annotation: This article covers the issues of effective use of fitness aerobics in wellness classes for women of different ages. Taking into account the age-specific physiological changes of the female organism, adapted forms of fitness aerobics, types of exercises, load levels and methodology for organizing training were analyzed. The article describes the complexes of fitness aerobics exercises suitable for women aged 18-30 years, 31-45 years and over 46 years and their positive health effects on a scientific basis. Through the means of fitness aerobics, it is justified that women can improve physical fitness, cardiovascular system activity, mental stability and quality of life.

Keywords: fitness-aerobics, women's health, wellness exercises, age characteristics, Zumba, step-aerobics, physiological adaptation, physical activity

INTRODUCTION

In modern society, women's health and physical activity are considered not only as an individual health, but also as one of the important indicators of family well-being and community stability. Women's physical activity, supported by age-appropriate wellness training, is instrumental in preventing health problems that occur at various physiological stages.

From this point of view, fitness aerobics exercises are recognized as the most comfortable, safe and effective wellness tool for women. Fitness aerobics not only strengthens the body, but also plays an important role in reducing stress, restoring mental state and improving the general condition of the female body.

MAIN PART

The physiological changes that occur in the body of women of different ages shape their need for physical activity to different degrees. Fitness aerobics is a universal wellness tool that serves to meet these needs and is of great importance in improving the general condition of the body, building muscle, stabilizing the functioning of the cardiovascular system and maintaining psychological stability.

The article analyzes the forms of fitness aerobics training adapted for different age groups (Zumba, step-aerobics, stretching, etc.), their effectiveness and health-improving properties. When choosing exercises, age, physical condition, health level and features of the movement apparatus should be taken into account.

The article also provides recommendations on the principles of methodological Organization of wellness training, loading levels and safety measures. As a conclusion, women's health and quality of life

1. The concept of fitness-aerobics and its impact on women's health

Fitness aerobics is a system of physical exercises consisting of rhythmic movements, which have a general health-improving effect on the body. Fitness aerobics for women serves as an important tool in strengthening health, getting rid of excess weight, building muscle, restoring mental state and improving the quality of life. It allows you to popularize physical activity, form a healthy lifestyle and choose age-appropriate physical loads.

2. Age-specific characteristics of the female organism

The body of women goes through various physiological stages throughout life. At each stage, it is possible to achieve a maximum wellness result by performing a physical load and correctly choosing the type of exercise:

- 18-30 years: active development, muscle formation, endurance and high metabolism. During this period, intensive cardio, dance aerobics, functional training are effective.
- 31-45 years: hormonal changes begin, weight control becomes more difficult, stress levels increase. During this period, stress-reducing exercises, strengthening and cardio-element exercises are recommended.
- Above 46 years: there is a climacteric period, a decrease in bone density, a weakening of the cardiovascular system. Types of aerobics enriched with light exercises, stretching, yoga elements will be effective.

3. Forms of age-appropriate fitness aerobics exercises

Age group	Type of exercise	Recommended download	Goal
18-30 years old	Zumba, intervalli aerobika	3-5 days / week, 30-45 minutes	Body shape, energy, endurance
31-45 years old	Aerobika, pilates	3-4 days / week, 30-40 minutes	Excess weight, muscle strength, stress
Over 46 years old	Light aerobics, stretching	2-3 days/week, 20-30 minutes	Mobility, heart health

4. Areas of health-improving effect of fitness aerobics

Fitness aerobics has a positive effect not only on physical, but also on mental health. Positive results are noted in the following areas:

- Cardiovascular system: the heart muscle increases, blood circulation improves, the risk of hypertension decreases.
- Overweight and metabolism: fat layers decrease, calories are burned, basal metabolic rate increases.
- Psychological state: the production of Serotonin and endorphins increases, stress decreases, sleep quality improves.
- Musculoskeletal system: movement activity increases, bone density is maintained, joint mobility is improved.

5. Methodological recommendations for the organization of practical training

When organizing wellness fitness aerobics classes with women of different ages, the following should be taken into account:

- Step-by-step Organization of training: it is important that there are introductory (warm-up), basic (intensive), final (stretching) parts.
- Load control: individual control, depending on heart rate, level of weakness and breathing.
- Musical background and positive atmosphere: the rhythm of music inspires women to practice, gives positive emotions.

* Safety: at any age, exercises are selected in which the position of the joints and muscles is implied.

CONCLUSION

In ensuring the health and physical activity of women of different ages, fitness aerobics exercises occupy a special place as a reliable, comfortable and mass medium. The correctly selected complex of exercises serves to raise their health, mental state and physical fitness, taking into account the peculiarities of the female body. And the transformation of fitness

aerobics into a lifestyle is the basis of a healthy society.

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. Development of online and interactive activities: on the basis of modern technologies, online classes and interactive activities are introduced, which can reach a wide audience.
7. Integration of wellness aerobics with medical rehabilitation: in the recovery after chronic diseases and injuries, the application of fitness aerobics programs in the medical field is also effective.

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