



# Developing A Combination of Health Exercises for Middle-Aged Men Aged 45-60

**F.KH.Karimov**

Tashkent institute of finance  
Associate professor of "Physical culture and sports" department

## ABSTRACT

This article discusses the development of a set of health exercises for middle-aged men, especially 45-60 ages. It describes the exercises that can be performed on a daily basis, as well as complex actions that need to be done separately.

### Keywords:

Exercise, physical training, complex, men aged 45-60, method, physical education.

## Introduction

Life is a set of actions. As there is a creature that has stopped moving, and it starts to go backwards day to day. For middle-aged men, especially between 45 and 60 years of age, regular physical activity is a very important physiological process. This is a period of transition, and it is important that men's lifestyle and level of activity delay their aging process.

## Research Methodology and Empirical Analysis

And for some as a person gets older, he or she will be unable to keep themselves in a good form. However, it is possible to maintain the body to the maximum by performing the appropriate actions.

### Sleeping 8 Hours A Day

Men aged 45-60 should first pay attention to the sleep system. Extensive research by U.S. scientists has shown that lack of sleep can lead to overweight. For people aged 45-60, the normal sleep duration is 7-8 hours, and most importantly, this sleep should be of good quality.

### Focus On Posture

As you grow older, you need to choose exercises that will help you maintain your body in good shape. Because both the health of the internal organs and the appearance depend on the functioning of the musculoskeletal system.

### Eating In Moderation

As you grow older, standard weight loss methods become less effective. At the age of 45, the hormonal background changes, which leads to weight fluctuations. It is difficult to maintain a constant weight during this period, and especially to lose weight. Experts recommend using the following measures in the diet:

- Pay attention to the amount of water in your diet so that excess liquid is not retained in the tissues. Drink water between meals. Eat your favorite drink in the first part of the day.
- Prefer milk and vegetable proteins. Beef and mutton are difficult to digest, as you get older. If you cannot imagine your life without meat, choose poultry and fish. Eat more cottage cheese, cheese and mushrooms.
- Eat low-carbohydrate products. After the age of 40, the metabolism slows down, but it can be

accelerated by choosing cereals, fruits instead of sweets, chocolate and others.

## Results

For men aged 45-60, it is advisable to perform the following set of exercises:

1. Get used to repeating morning gymnastics exercises, walking in the fresh air.
2. Perform active activities 2-3 times a day for 5-10 minutes at work or at home. Exercises such as walking, jumping (two legs on the ground in pairs), sitting, bending, stretching, swaying, vibrating, rotating, depending on the weather, should be repeated. When the weather is bad, you need to sit on the porch and do exercises for the limbs, torso and abdomen. Rolling to the right and left while lying down, rolling to the right and left while lying down, rolling, lifting the legs high while lying down, moving back and forth, extending to the sides, etc. it is better to do the exercises.
3. Holidays with family members or loved ones, walks in parks, amusement parks, scenic spots, good conversations. If possible, go to the foothills, swim in cold water in spring and summer, play football, volleyball, tennis and other games.
4. Organizing recreation with loved ones in parks, neighborhood cafes, and participation in games such as chess, checkers, dominoes, billiards, and backgammon.
5. Participation in existing health groups, learning to exercise, and getting used to it.
6. Targeted use of television and radio, newspapers and magazines and special literature for physical education and health activities.
7. Performing various exercises and games with family members, especially boys and girls, going on trips, having conversations and discussions about health and its further improvement.

## Conclusion And Discussion

It is concluded that it is important to alternate work and leisure exercises and use them wisely. It is necessary to study the procedures of the theory of physical education, that is, to be able to choose the exercises and get used to following them completely. The most important thing is to eliminate inappropriate traits such as carelessness, laziness, indifference, jealousy of time. It is important to feel that physical training is the key to good health and to study it carefully. Only then will everyone be able to maintain their health, work actively and lead a healthy life. That is why you have to be completely committed to exercise. The physically weak, the sick, and the disabled will need to see a doctor and be treated by special teams at health facilities, centers, and institutions.

It should also be noted that people who are tired from work and other activities could also use massage exercises at home. Massages are described in the next chapter.

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