

METEORISM INFLUENCE OF SPORTS ON STUDENTS

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Annotation:

The article examines the problems of increased gas formation in the intestines of students. The effect of sports on the human body is described. Research has been done to alleviate the symptoms of flatulence through exercise.

Keywords: health; sports; flatulence; students; Physical culture.

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Students are ashamed of the disease and do not share their experiences with others. They are ashamed to admit that they have flatulence. Without consulting experts, students unknowingly buy several pills for flatulence, which in most cases do not give any results. I would like to pay special attention to the students of Krasnoyarsk. Their schedule does not allow them to eat a full meal, so poor nutrition contributes to the formation of even more gas in the intestines. During flatulence, spasms and pains may appear, which is an unpleasant event, especially for a person who is learning, for the next profession. Sometimes the student is ready to endure all the unpleasant sensations, but when the stomach starts making strange sounds during the lecture, it is very disturbing for the student suffering from flatulence. In such cases, absenteeism due to bowel problems is not uncommon.

Compatibility. Recently, more and more students are complaining about intestinal problems, they want to improve their health and live a full life.

Scientific news. In today's world, there are many interesting hobbies on the Internet, spending passive time on computers and gadgets, and taking care of your health will



be useful. Many patients know that they should do sports, but they have made a habit of not taking care of their health, pointing out that nothing will help.

The goal. Elimination and improvement of health problems of students of the city of Krasnoyarsk.

Materials and methods. An anonymous survey was conducted on the Vkontakte social network about students' problems with the intestine and their interest in solving this problem. We also took 15 students of the Siberian State University with flatulence for the experiment.

Presentation of the main material. Treatment of flatulence is based on several principles. The first is to eliminate the cause of increased gas formation. For this, it is necessary to adjust the diet and treat existing diseases of the upper digestive tract: esophagus, stomach, biliary tract and pancreas.

The second is to get rid of gas through exercise.

We use the second method.

Due to sports, intestinal peristalsis can be improved, intestinal walls contract as needed and blood flows in sufficient quantity.

First of all, we mainly recruited volunteers to play sports with flatulence. I would like to note that we recruited 15 of the most courageous students who were not afraid to contact us to participate in our study.

Our lessons, like all sports, are divided into several parts. The first and most important part was to warm up all the muscles. For this, at first, the students walked in a circle in the gym and did breathing exercises. Later, exercises on soft mats began. Exercises were performed lying, standing and sitting. It was an exercise for all muscles and joints. Although the roots of the problems are in the intestines, we need to work on all muscle groups, because we can achieve the desired result - getting rid of flatulence.

So we developed our own program aimed at getting rid of intestinal gas.

It is worth noting that you should not overdo the exercises. We did not set the task - do not pump all the muscles. We have only one goal - health.



We spent twenty days training with our subjects in the gym. None of them could skip class, that was the main condition. After all, the result cannot be achieved with non-permanent classes.

We could not force students to give up starchy foods and sweets, because the average student's day is filled with a lot of brain work. It is the students who need to feed the brain with something sweet. Also, taking into account that Krasnoyarsk students do not have time or money for a full meal, we decided not to limit them with food. the training , the students felt that they were getting better and that the food was being digested more easily day by day. They noted that after five days of training, spasms, pains and sounds almost did not bother them. Some began to visit the institute more often because they were not embarrassed by the sounds coming from the stomach, because they simply did not exist.

The main motivation that everyone liked was that in addition to getting rid of flatulence, you can strengthen your figure well and improve physical fitness.

Exercise therapy was adopted as the basis of our exercises. This exercise therapy is the gentlest but most effective type of sport, which allows not only the use of all muscle groups during exercise, but also the development of breathing. But when playing sports, you need to do the right breathing. It is an exercise therapy that allows you to perform the necessary set of exercises to maintain a healthy body.

Test subjects will not have big muscles - our classes will only give health.

Scientists have proven that children born with a high index and with a low health index adapt to the environment worse than children born with an average index. This example confirms that it's exercise therapy that gives the student the speed he needs to feel healthy, not the big muscles and lean body that helps relieve the student's spasm pain.

Summary. Students' flatulence treatments helped them get rid of or reduce symptoms of constant gas, cramping, and pain in the bowel area. Of course, everything depends on each organism, but most of the students spoke only positively about the effect of sports on their body.



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