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**Annotation:** The article presents the results of a study aimed at revealing the influence of sport on the human body and on everyday life.

**Keywords:** sport, physical exercises, health.

Sport and physical culture is an essential part of the culture, both of each person individually and of the whole society as a whole. That is why in our country the development of the mass physical culture movement has been and is of great importance. Considering the importance of physical education in modern society, several points can be singled out. The first of these is wellness. For example, let's take the fact that during the year in Russia due to temporary disability, 650 million man-days are lost during the year, while economic losses are equal to 10 billion rubles. Regular physical training helps to reduce the incidence of the population, has a positive effect on the mental characteristics of a person - improves his memory, attention, thinking, allows you to bring up valuable personal qualities - purposefulness, diligence, will, sociability, perseverance, collectivism, as well as develop an active life position. Physical education classes help to get rid of such bad habits as drinking alcohol and smoking, people of any age use their free time to their advantage.

The influence of physical exercises on the human body is manifested in a chain of general biological actions.

1. Increasing reserve capacity. The work of all systems and organs of a person engaged in regular physical training is significantly increased. Unlike physically untrained people, all their systems and organs in extreme situations will work without tension.

2. Economization effect. All systems and organs of a trained person work more economically. For example, the heart of a rower, skier, swimmer or runner at rest beats at a frequency of 44-60 beats per minute, and for someone who does not engage in constant physical training, 70-80 beats. Unlike untrained people, in trained people the number of breaths is 1.5-2 times less.

3. Compensation effect. Currently, one of the main causes of morbidity among the population can be identified as low motor activity - hypokinesia. It arose due to the fact that in connection with the growing technology and automation of everyday life and production, the number of people engaged in mental work has increased; increased the number of personal and public transport. Due to hypokinesia, the work of all body systems and tissue nutrition are reduced, which leads to premature aging. To increase physical activity and compensate for the harmful effects of hypokinesia, you need to exercise regularly.

4. Regulatory effect. Directed physical training (fitness, bodybuilding) is able to selectively improve body functions: as well as motor (increase in endurance, muscle power, elasticity, coordination of movements), and thus autonomic (improvement of metabolism, respiratory, cardiovascular and other body systems).

5. The effect of outdoor activities. Fatigue of the human body occurs with any kind of activity. Even a small set of physical exercises contributes to the removal of neuro-emotional stress, the rapid restoration of physical and mental performance.

6. Tropical (nourishing) effect. The data of modern physiology suggest that all the internal organs of a person are reflexively connected with the muscles through his central nervous system. Therefore, when performing certain muscular work, a person affects all internal organs, while helping to improve the nutrition of their tissues. Due to the fact that muscles and all organs are interconnected, a person is healed of many diseases with the help of targeted and regular physical education. The subjective expression of this action is a feeling of pleasure, motor euphoria, the so-called "muscle joy". "Muscular joy" is especially evident after performing low-intensity repeated exercises, such as swimming, skiing, running,

walking, etc. In addition, this feeling manifests itself when performing gymnastic exercises, as well as after doing any other type of physical education.

7. The effect of "peripheral hearts". The Belarusian physiologist N. I. Arinchin in his studies established that, according to the complex mechanism of the vibrational nature of the muscles, during contraction they allow pushing blood through the vascular system. Each muscle is not only a consumer of blood, but also a so-called pump - a "peripheral heart". Therefore, with regular physical education, all these "hearts" are included in the work, as a result of which the entire circulatory system is improved, helping the activity of the heart muscle. All of the above effects when doing physical training interact with each other, allowing for a huge healing effect on the entire body as a whole. You can join physical culture in several ways: to do it yourself (alone or with the whole family), participate in health group classes at the place of residence or work, and also engage in any sports section of your choice. Currently, independent physical education classes have become the most popular and massive. In order to achieve a certain degree of success, one should first study the basic theoretical knowledge in this area. It is physical education "literacy" that will allow the most rational and beneficial use of training for the body. People all over the world have different attitudes towards sport, and it plays a certain role for every person in life. Some people are completely indifferent to sports and consider it a waste of time, while others understand what the meaning of sports is and there are more of them than the first. Moreover, each of them has a different attitude to sports: some prefer to watch it on TV, others go in for some kind of sport or general physical training, for others, sport is a means of subsistence. These include active athletes, coaches, doctors, directors of sports societies, sports trustees, etc., and each of them contributes to the development of sports [1]. Sport has its own characteristics: it helps to get to know and unite people among themselves, in the vast majority of cases health and character are strengthened, mental abilities increase. People who go in for sports develop such skills as endurance, patience, strength, agility, speed, reaction, coordination, endurance. It also allows you to become more stress-resistant to negative environmental phenomena, get a lot of positive emotions if, for example, your favorite team wins or a person achieves a certain result.

Sport is an activity of people, which is organized according to certain rules and consists in comparing their intellectual and physical abilities, where preparation for this activity and the relationship between them that arise in its process is of great importance. Sport is one of the components of physical culture, the purpose of which is competition and preparation for them. It is expressed in the desire of a person to win, to achieve higher results, using all his mental, moral and physical qualities. Mass sports give a huge number of people the opportunity to improve their motor abilities and physical qualities, improve health and increase life expectancy. Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

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