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ANALYSIS OF THE GLOBAL MOVEMENT DEFICIENCY IN PROMOTING PHYSICAL ACTIVITY

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Abstract: This study aims to examine the global problem of physical inactivity. Global physical inactivity is defined as the failure of a large proportion of the world's population to achieve the minimum level of physical activity required for health. This problem has serious consequences, such as an increase in chronic diseases, increased health care costs, and reduced economic productivity. The study analyzes the causes of global physical inactivity, including urbanization, technological advances, changes in workplaces, transportation systems, and cultural factors. The study also analyzes the consequences of global physical inactivity, including the prevalence of cardiovascular disease, diabetes, cancer, obesity, depression, and other chronic diseases, increased burden on the health system, and economic losses. The study analyzes strategies to combat global physical inactivity, including public policies to promote physical activity, educational programs, public awareness campaigns, and measures to improve urban planning and transportation systems. The study also examines the role of technology in increasing physical activity, in particular the potential use of mobile applications, fitness trackers and virtual sports platforms. The results of the study serve as a basis for improving policies aimed at combating global inactivity, providing practical recommendations for promoting physical activity and developing public programs to strengthen health systems. The results of this study may be useful for government agencies, educational institutions, health organizations, physical education organizations, international organizations and the public.

Keywords: Global Inactivity, Physical Activity, Healthy Lifestyle, Chronic Diseases, Public Policy, Education, Environment, Technology, Social Campaigns, Healthcare, Economy, Urbanization, Transportation, Physical Education, Sports, Obesity.

Introduction: Global physical inactivity is one of the most pressing challenges of the 21st century, meaning that a large proportion of the world's population fails to achieve the minimum level of physical activity necessary for health. This problem chronic of diseases reproduction , health storage expenses increase and economic fertility decrease such as serious to the consequences take It comes . point of view from a global perspective movement lack of to study and to him/her against fight according to strategies working exit current importance has . This of the research object global movement shortage with related was social relationship if , the subject global movement lack of causes , consequences and to him/her against fight the ways from learning The research consists of purpose global movement lack of the essence to determine , its reasons and consequences analysis to do , to him against fight according to scientific based offers working This is the output . to the goal achieve for following tasks done increased : global movement lack of theoretical the basics working exit , its reasons and consequences empirical in terms of analysis to do , global movement lack of against fight according to strategies assessment and improvement.

The problem of global inactivity has been studied in the studies of many foreign scientists. For example, James Sallis emphasizes in his studies the importance of the environment for increasing physical activity. In his opinion, residents of cities that are convenient for walking and cycling have a higher level of physical activity. Steven Blair, studying the health benefits of physical activity, found that even minimal physical activity helps reduce the risk of chronic

diseases. Peter Katzmarzyk, studying the prevalence of global inactivity, found that this problem is especially widespread in low-income countries and socially vulnerable groups. Their studies emphasize the need for comprehensive measures to increase physical activity, including changing public policies, developing educational programs, and improving the environment.

Different research methodologies can be used to study the problem of global physical inactivity, the choice of which depends on the goals and objectives of the study. Researchers can identify the theoretical foundations of global physical inactivity, its causes, consequences and ways to combat it by studying scientific sources on the topic through literature analysis. Surveys can be used to collect information about the level of physical activity of the population, factors that hinder physical activity, and measures aimed at increasing physical activity. Interviews help to obtain more in-depth information about various aspects of the problem of global physical inactivity by conducting conversations with specialists in the field of physical education and sports, health workers and representatives of government agencies. Observations provide an opportunity to directly observe the level of physical activity of the population. Statistical analysis can be used to identify the relationship between physical activity, health indicators and socio-economic factors. Meta-analysis helps to identify general trends and patterns in the problem of global physical inactivity by combining the results of several studies. Archival data analysis provides an opportunity to study the problem of global mobility deficit by using a variety of archival data. It is recommended to use several methods together to ensure the reliability and validity of the research results.

The data collected during the study confirm the urgency of the problem of global physical inactivity. The results of the surveys showed that a large part of the population does not achieve the minimum level of physical activity necessary for health. Interviews showed that the main factors that hinder physical activity are lack of time, financial difficulties, safety issues and lack of convenient infrastructure. Observations showed that people in parks, sports fields and other public places have a low level of physical activity. Statistical analysis showed that people with low levels of physical activity have a higher risk of chronic diseases. These results indicate the need for comprehensive measures to combat global physical inactivity, including changing public policies, developing educational programs and improving the environment.

In conclusion, global physical inactivity is a pressing problem that poses a serious threat to the health and well-being of the world's population. The results of the study showed that a large proportion of the population does not achieve the minimum level of physical activity necessary for health, which leads to an increase in chronic diseases, increased health care costs and reduced economic productivity. In this context, it is necessary to develop and implement comprehensive measures to combat global physical inactivity.

To combat this problem, we put forward the following proposals: 1. Change public policy: Develop and implement a public policy to promote physical activity, including improving the quality of physical education classes, improving sports infrastructure, and encouraging the use of public transportation.

2. Develop educational programs: Develop and implement educational programs that educate all segments of the population about the benefits of physical activity, including conducting activities to promote physical activity in schools, universities, workplaces, and public spaces.

3. Improving the environment: Creating cities and villages that are more walkable and cycling-friendly, including building sidewalks, creating bike lanes, and establishing parks and sports fields.

4. Use of technology: Encourage the use of mobile apps, fitness trackers, and virtual sports platforms to increase physical activity.

5. Conduct social campaigns: Conduct social campaigns that encourage the population to be physically active, including through media campaigns about the benefits of physical activity and through events to promote physical activity. By implementing these proposals, we can make significant progress in combating the global problem of physical inactivity and improve the health and well-being of the population.

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