

Jismoniy tarbiya retsepti

Tekshiriluvchining ism sharifi:

1. Sizning sport bilan shug'ullanish darajangiz

- ☐ Sog'likni asrash uchun yetarli darajada emas.
- ☐ Sog'likni asrash uchun yetarli lekin, sog'likni mustahkamlash uchun kifoya emas.
- ☐ Sog'likni mustahkamlashga yetarli darajada.

2. Sizga sog'ligingiz va hayotingiz sifatini yaxshilashingiz uchun quyidagi sport turini tavsiya qilaman.

1) Sport turi

- | | | |
|---|-------------------------------------|---|
| <input type="checkbox"/> Tez yurish | <input type="checkbox"/> Yurish | <input type="checkbox"/> Toqqa chiqish |
| <input type="checkbox"/> Suzish | <input type="checkbox"/> Suv sporti | <input type="checkbox"/> Velosipedda uchish |
| <input type="checkbox"/> Aerobika | <input type="checkbox"/> Raqs | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Muskul o'stirish | <input type="checkbox"/> Boshqalar: | |

2) Sport bilan shug'ullanish vaqti

- | | | | |
|----------------------------------|-------------------------------------|---|-------------------------------------|
| <input type="checkbox"/> 10minut | <input type="checkbox"/> 15-30minut | <input type="checkbox"/> 30minutdan ortiq | <input type="checkbox"/> Boshqalar: |
|----------------------------------|-------------------------------------|---|-------------------------------------|

3) Sport bilan shug'ullanish soni

- | | | |
|--|--|---|
| <input type="checkbox"/> 1haftada 1-2marta | <input type="checkbox"/> 1haftada 3-4marta | <input type="checkbox"/> 1haftada 5martadan ortiq |
|--|--|---|

3. Jismoniy mashg'ulot orqali yaxshi tomonga o'zgarishi mumkin bo'lgan sizdagi kasalliklar

- | | | |
|--|--|--|
| <input type="checkbox"/> Ortiqcha vazn | <input type="checkbox"/> Stress(asab buzilish) | <input type="checkbox"/> Yuqori qon bosimi |
| <input type="checkbox"/> Qandli diabet | <input type="checkbox"/> Yurak xastaligi | <input type="checkbox"/> Insult |
| <input type="checkbox"/> Dislipidemiya | <input type="checkbox"/> Osteoporoz | <input type="checkbox"/> Artralgiya/Bel og'rig'i |
| <input type="checkbox"/> Yiqilish | <input type="checkbox"/> Tushkunlik | <input type="checkbox"/> Boshqalar: |

4. Boshqa sharhlar (uzog'i bilan 100 ta harf)

Shifokorning ism sharifi / Imzo:

※ Ushbu tavsiya yashash tarzini yaxshilash uchun retseptdir. Dori tayyorlashda ishlatish mumkin emas.