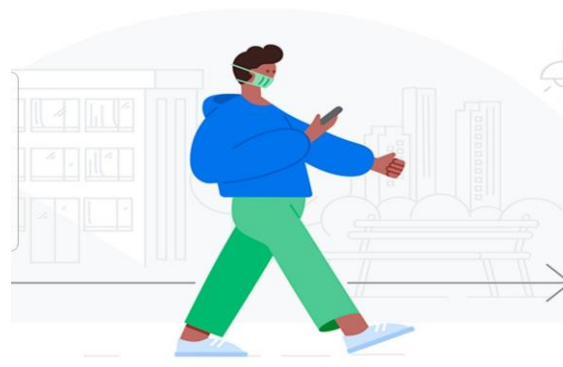


For both groups of patients participating in the study of manifestations of hypodynamics in the population of Uzbekistan, individual physical activity (PhA) was determined through the mobile application "HealthRunApp". Patients were prescribed the first and second days of inpatient treatment of PhA in a hospital and prescribed dosed walking under the supervision of a doctor for 9-10 days. Prior to treatment, patients with moderate physical activity prevailed in the first group according to the questionnaire ODA23+, while after 6 months, no patients with very low physical activity were observed in the group, and patients with high physical activity increased by 30%. Before treatment, the second group of patients was dominated by medium or low levels of physical activity according to the questionnaire ODA23+, but after 6 months, the group did not observe patients with very low PhA, and persons with high levels of physical activity were tripled.



According to veloergometry, 60.7% of patients of the first group, i.e. male patients, had low and very low tolerance to exercise, and after 6 months a low and very low level of tolerance to exercise was not observed. Approximately 39% of men had very high and high, 61% had moderate tolerance to exercise. In the second group, that is, 79% of women, PhA was initially low and very low, and after 6 months this indicator was observed only in 9.3% of patients. In 80% of patients, exercise tolerance was increased to moderate.

In addition to monitoring the effectiveness of prescribed physical activity, it is also important to take control of its safety. Conclusion. When regularly engaged in individual physical activity, selected with the through the mobile application "HealthRunApp", it leads to a significant increase in physical activity in both female and male patients, which in turn leads to an increase in the quality of life of patients.

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