



# The role of physical recreation in the life of Russian combat veterans returning after a special military operation

PhD **I.E. Evgrafov**<sup>1</sup>

<sup>1</sup>Volga Region State University of Physical Education, Sports and Tourism, Kazan

UDC 355.292

Received by the editorial office on 20.12.2024

**Keywords:** *physical recreation, special military operation, individualized rehabilitation programs.*

**Relevance.** Physical recreation plays an important role in the lives of combat veterans, contributing to their physical and psychological recovery, as well as successful reintegration into society. Regular exercise helps veterans cope with various problems that arose as a result of participation in military operations [1].

**The purpose of the study:** to consider the main provisions of physical recreation that contribute to the restoration of physical fitness and psychological stability of combat veterans who have returned from a special military operation.

**Results of the study and their discussion.** Physical activity helps to restore physical fitness, strength, endurance, flexibility and coordination. This is especially important for veterans with injuries and disabilities, for whom adapted training programs help improve the functional capabilities of the body.

Sports help reduce the level of stress, anxiety and depression, which are common among veterans. The production of endorphins during physical activity improves mood and promotes emotional stability. Group activities also promote socialization and help veterans overcome feelings of isolation.

Regular exercise can reduce chronic pain, which is often a consequence of injuries received in combat. Physical activity helps to normalize sleep, which is especially important for veterans suffering from insomnia or other sleep disorders.

Participation in sports events and group training promotes the social integration of veterans, helps them find new friends and feel part of a community. The choice of physical activity should be based on the individual characteristics, physical condition, and preferences of the veteran. It is important to consult with a doctor and an adaptive physical education specialist.

– Adapted physical education: Specially designed programs for veterans with disabilities that take into account their limitations and capabilities.

– Cardiovascular training: walking, running, swimming, cycling - strengthen the cardiovascular system and improve overall physical fitness.

– Strength training: strengthens muscles and bones, increases endurance.

– Yoga and Pilates: improve flexibility, coordination, and promote relaxation.

– Group activities: aerobics, dancing, team sports - promote socialization and increase motivation.

– Outdoor activities: hiking, fishing, hunting - help reconnect with nature and relieve stress.

A sociological survey conducted at the Kazan Higher Tank Command School (October 2024) among cadets aged 21 to 30 years studying there and returning after a special military operation showed that 50% of respondents devote their free time to family and family recreation in nature, 30% to meeting and communicating with friends, 20% of respondents regularly engage in physical activity and use these means to restore their physical and psychological health.

**Conclusion.** Physical recreation can become an important tool in the process of rehabilitation and reintegration of war veterans, helping them return to a full life.

## References

1. Romanov, K. P., Parfenova L. A., Salmova A. I. The application of billiard in the comprehensive rehabilitation of combat veterans. *Teoriya i praktika fizicheskoy kultury*. 2024. No. 11. P. 104

Corresponding author: combatant28@bk.ru