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## **STUDY OF PHYSICAL ACTIVITY OF MENTAL LABOR WORKERS**

In today's world, where the development of technologies and information systems has become an irreversible part of everyday life, mental work occupies a central place in the economy and society. At the same time, in connection with the growth of automation and computerization, the amount of physical activity among representatives of mental labor is becoming a less important aspect of their working life. However, physical activity must be considered as a basic and even key element for maintaining physical and psychological health, which in turn optimizes work productivity.

Over the past decades, research has shown that physical activity has a huge impact on a person's physical and mental health. Regular physical activity improves blood circulation, reduces the risk of heart disease and increases energy levels. This is especially important for mental workers who spend a lot of time at computers and in office environments.

Prolonged work in a forced sitting position leads to long-term static tension of the same muscle groups. Often, users of electronic computing machines are forced to sit in a slouched position, which is characterized by maximum bending in the lumbar and thoracic regions of the spine and forward bending of the body. This posture has a number of adverse biomechanical and physiological consequences, which leads to pain in the cervical and lumbar regions of the spine, osteochondrosis of the spine, hemorrhoids, prostatitis and other diseases.

Scientific studies also confirm that physical activity affects cognitive functions such as concentration, attention and memory. Regular physical exercise can improve cognitive abilities and contribute to better solving tasks that require brain stress. This can have a direct impact on the productivity of intellectual workers, raising it to a new level.

To achieve optimal work productivity of mental labor workers, it is important to create conditions for physical activity in the work environment. Companies can implement fitness programs, organize breaks for physical activity and encourage employees to lead a healthy lifestyle.

Physical culture breaks (physical culture minutes) at workplaces are recommended to be carried out 3–4 times during an eight-hour working day, lasting 1–3 minutes. The exercises performed during the physical culture break are determined independently depending on the feeling of certain signs of fatigue, while 5–6 exercises are performed.

Therefore, the physical activity of mental labor workers is important both for their health and for work productivity. Conscious inclusion of physical activity in the work schedule can lead to positive results, increasing the quality of life and the efficiency of professional activity.

### **Список літератури**

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