

**127 - PHYSICAL ACTIVITIES WITH OLDER PEOPLE**TAYNA RITA MATEUS PEREIRA  
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taynarita@hotmail.com e rtaam2001@yahoo.com.br**INTRODUCTION**

We are getting older: we, Brazil and the world. It is true that not all age the same way. In countries where there is so much inequality, such as ours, old age has many faces. It would ignore the different considerations of life of older worker who says that a healthy old age is a matter of "lifestyle" and that we just need to exercise and take care of food, to have a good quality of life. The issue is far more complex and it is not, in the few pages of an article. Anyway, many studies show that if the concerns become due, physical activities they involve specialized professionals can help maintain certain functions that are affected by aging.

Physical activities are beneficial to the elderly, such as decreased body fat, increase strength and muscle mass, strengthening of connective tissue, improving flexibility, decrease blood pressure. The reduction of triglycerides in the blood, reduce risks, strokes and maintaining the operation of some neurotransmitters. Physical activity improves the metabolism in general, but it is known that the heart is an organ of most benefit: now pumping more blood, allowing better oxygenation of vital organs like the brain, lungs and kidneys (LEÃO JUNIOR, 2005, p. 17).

Are important benefits, especially considering that chronic diseases are threatening the quality of life of older people. The lifestyle, the lack of physical activity can anticipate the functional losses that could come many years later and reduce the lifetime. In addition to the aspects pointed out, the exercise has other benefits, physical activity "reduces the levels of anxiety and stress, improving mood and body image of the individual, it also improves muscle tension, insomnia and decreases the consumption of drugs" (PEREIRA, 2009, p. 30).

Leão Junior (2005, p. 17), is associated with the habit of exercising to the psychological well-being:

Reduction of tension aerobic exercise improves physical health and improve psychological health, improved mood and reduced anxiety, improved well-being, decreased anxiety and improvement in emotional stability. The elderly practitioners of physical activities, and feel good, have more available within and outside the family, are less dependent, and know your body again, overcoming limitations and barriers often imposed.

What is clear is that physical activity is a major supporter of health, acting to promote it, not just in order compensatory, even if undertaken with older people. Meirelles (2000, p. 77) refers, therefore, the objectives of physical activity in old age:

Physical well-being, self-realization, sense of self-assessment, safety on the day-to-day basis by the mastery of the body, elasticity, increasing readiness for your activity, increase the mobility of large and small joints, strengthening muscles, because muscles have a special capacity for regeneration - the role of support equipment and transportation also depends on the muscles, improve breathing, especially in terms of strong expiry, increasing blood circulation, especially in the extremities, encouraging the entire cardiovascular system, increasing the resistance; increase the ability, capacity for coordination and reaction, besides being a means of cure for depression, conditions of fear, deception, empty interiors, annoyance, boredom and loneliness.

However, several exercises are contraindicated in the elderly, such as those using excess weight, in a weakened musculature, certain movements, or exercises that can cause muscle damage (Meirelles, 2000). It should also consider the individual issues related to the particular psychological and physiological. Efficiency and safety should be an inseparable binomial as inseparable is the feeling of pleasure, of satisfaction when performing activities while respecting the rhythm of each account also the time that physical activity can give better results.

**METHODOLOGY**

This study is characterized by a case study, where it can be helpful in the training of new ideas and hypotheses about problem areas, especially areas in which there is no structure or well-defined model (Thomas and Nelson, 2002, p. 296). This study involves the collection and analysis of information sources, where the data will be analyzed through observations.

Observations were made in the city ITAs from Paranavaí - PR, Brazil, on 24 July 2008 to August 13, 2008: 1st ITA (A) - Academy of the Third Age of Praça dos Pioneiros, 2nd ITA (B) - Academy Third Age of Praça da Xícara 3rd ATI (C) - Academy of the Third Age Jardim Ipê.

Were performed seven days of observations in each ATI, and every day, two observations were made at different times, while the shifts of morning and afternoon, all the city from Paranavaí - PR. The ITAs were: Praça dos Pioneiros (ATI "A"), Praça da Xícara (ATI "B") and Jardim Ipê (ATI "C"). The first hours of observations was 7:00 to 8:00 and the second from 16:00 to 17:00.

**ACADEMY OF THE THIRD AGE (ATI)**

Academy of the Third Age (ATI) is the name proposed by the current mayor of Maringá - PR, Silvio Magalhães Barros, to identify one of the initiatives of the administration within the program Maringá Healthy. ATI has emerged in China, more than ten years, the city of Pequim, where several people held and physical activities in the ITA in its public squares.

In Maringá, the program was based on the strategy Healthy Municipalities and Communities, the World Health Organization - WHO and the Pan American Health Organization - PAHO.

The location of ATI is in different districts, located close to the Basic Health Units and local hiking, with the objective of

facilitating people's involvement in promoting health through physical activity.

The introduction of the ATI is made through the Municipal Sports and Recreation, which provides two trainees for technical guidance regarding the proper practice of physical exercises and provides a professional degree in Physical Education to monitor, supervise and guide these trainees, to attend meetings for evaluation and monitoring program ATI. The Municipal Council of Education is responsible for examining the ATI program and expresses its accession to it, pledging to participate in training sessions, information campaigns and meetings to evaluate and monitor the ATI program. The Local Health should review the ATI program and express their commitment to it, pledging to participate in training sessions, information campaigns and meetings to evaluate and monitor the ATI program. Neighborhood associations also must examine the ATI program and express their commitment to it, pledging to participate in training sessions, information campaigns and meetings to evaluate and monitor the ATI program.

In Paranaíba - PR, where we made our observations, the program aims to meet the ATI physical activities for seniors, reducing spending on diseases and investing in the health of people over 60 years of age, thus improving the quality of life of this population. The first Senior Academy was established in 2006 in Praça da Xicara. Later the city through the Department of Development, has implemented new units, resulting in 10ATI to date at the following locations: Praça da Xicara, Jardim Morumbi, Praça dos Pioneiros, Jardim São Jorge, Jardim Ipê, Vila Operária, Distrito de Sumaré, Distrito de Graciosa, Praça Maria Mãe da Igreja e Conjunto Habitacional Tânia Mara.

Each module ATI has about 10 aircraft. With this, you can do exercises to strengthen, relax, stretch and promote flexibility. One of the advantages of the Academy of the Third Age is that the pace and quantity are determined by the practitioner. Most devices use the power of the person to move it.

Despite the ease of the exercises, people are accompanied by professionals from the Municipal Health and Sports and Leisure. Teachers of physical education, trainees Course of Physical Education, physical therapists, nurses and doctors who advise on what the correct way to use the equipment for better health. However, these professionals serve on ATI only a few times.

The activity, accomplished with the help of the machines available in ATI, can improve the autonomy of the physical and intellectual movements of the elderly, keeping the dependence on increasingly distant. For the elderly perform satisfactorily physical activity is necessary to consider the different factors, both internal and external, that interfere with the responses to the stimulus applied. The quality of life is willing to be active in all situations of everyday life. The body and the mind must be in harmony.

- The observations that we helped compile the following data:
- Visible satisfaction of the attendees during the practice of physical activities;
- Some patrons the garments to inadequate physical exercise;
- On many occasions there is no professional follow-up physical education, which should guide and supervise the activities carried out;
- We realize that some people had after 10 minutes of exercise, signs of tiredness.

Through observations, we can see that in all ITAs was visible the level of satisfaction of the customers. Some women even were arranged to go to the ATI physical activity, some even wore bracelets, chains, lipstick and other makeup, all to feel better, but there are also those that go to ATI, not only to perform physical exercises but also to talk and be heard. In the chart below, we consider the greater presence of women.

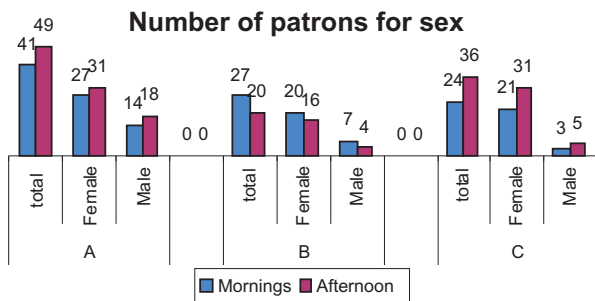


Figure 1 - illustration corresponding to the number of patrons for sex.

A Report made by TV Globo (Globo Reporter, Duarte, 2008) referred to the changes in how people are aging, "the main change is perhaps in order to face the time, that does not forgive and leave marks on the body . Moreover, we can not escape. In relation to the age of our mind and our emotions, the choice may indeed be one of each. Getting ready to go to physical activity, even things the wrong choice of clothing or supplements may indicate a positive movement towards life. Often, ATI is the only place where the elderly go, so do not miss the opportunity to look good and feel younger.

Below we can see that women do physical activities with appropriate clothing unlike men, they are more concerned about dressing appropriately. In ATI C, 100% of women have an adequate clothing for physical activity, both during the morning and in the afternoon.

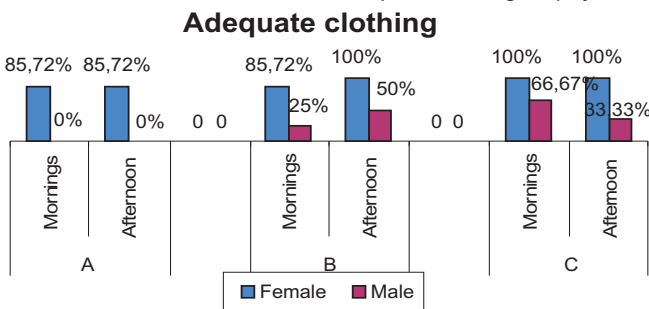


Figure 2 - illustration corresponding to dress appropriately.

Should be drawn to the use of appropriate clothing and shoes in the execution of physical exercises. In the case of ATI,

the proper attire would be: a cap or hat for sun protection, cotton clothing, comfortable, and shoes with cotton socks.

But the visitors, complained much of the lack of a physical education teacher in the ITAs. A professor at ATI would worry about physical activity appropriate for the Elderly. Corazza (2005, p. 49), says that working with the elderly, "should keep the overall functional capacity, preserving the state of skeletal muscle and improving the psychological state", ie, there is a specific way or method indicated by experts to obtain good results in activities with older people. Without guidance, the exercises can be done in a non-correct and move to offer rich to the elderly. Corazza (2005, p. 28) also states that the teacher would have the "task of making them feel happy, joy, lightness of soul and spirit, make them levitate the inside in any context." Poetry aside, a teacher would prevent the misuse of equipment and incorrect practice of movement. In the days of intense heat and sun, people should choose to perform exercises on equipment that is in the shade of trees, since they are made of metal, too hot, making it difficult to use. Barbanti (1990, p. 103), gives a hint that may mitigate this heat, "the ideal would be to use the least amount of clothes possible, to assist the mechanism of heat dissipation. May be added gloves to hold the iron bars of the apparatus.

### CONCLUSION

The data lead us to conclude that there was a positive response of the population, the deployment of ATI. However, they also alert us to some issues that should be thought of in the implementation and monitoring of project activities elderly.

To Barbanti (1990, p. 99), "in terms of exercise, the biggest mistake people make is too soon. The secret is regularity and moderation." The observation indicates that type of error as a cause of fatigue. Should be remembered that if there was an accompanying professional activity, this problem could be mitigated or even avoided. The exercise will be planned and gradually changed the physical education teacher, according to each person, and if that happens the body will respond within 24 hours after exercise, and it can be stressful for the elderly, being a factor negative rather than positive.

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### PHYSICAL ACTIVITIES WITH OLDER PEOPLE

#### ABSTRACT

The present work starts by discussing the benefits that physical activity can provide people with more than 60 years. Then describes and analyzes physical activity in Academies of the Third Age (ITA), number of devices installed in public squares in the city from Paranavaí - PR. Finally we make some comments on other practices recommended in the work of physical education that may be linked to the exercises performed in ATIs.

**KEY-WORDS:** aging - aging - physical activity.

### ACTIVITÉS PHYSIQUES AVEC LES PERSONNES ÂGÉES

#### RÉSUMÉ

Le présent ouvrage commence par discuter des avantages que l'activité physique peut donner aux gens plus de 60 ans. Il décrit et analyse la pratique des activités physiques dans les académies du troisième âge (ITA), nombre de dispositifs installés dans les places publiques dans la ville de Paranavaí - PR. Enfin, nous faire quelques commentaires sur d'autres pratiques recommandées dans le travail d'éducation physique qui mai être liée à des exercices effectués dans ATIS.

**MOTS-CLÉS:** vieillissement - le vieillissement - activité physique.

### ACTIVIDAD FÍSICA CON PERSONAS MAYORES

#### RESUMEN

El presente trabajo comienza por examinar los beneficios que la actividad física puede ofrecer a las personas con más de 60 años. Se describe y analiza la práctica de actividades físicas en las academias de la Tercera Edad (ITA), el número de dispositivos instalados en las plazas públicas en la ciudad de Paranavaí - PR. Por último se hacen algunos comentarios sobre otras prácticas recomendadas en la labor de educación física que pueden estar vinculados a los ejercicios realizados en ATIS.

**PALABRAS-CLAVE:** envejecimiento - envejecimiento - actividad física.

### ATIVIDADES FÍSICAS COM PESSOAS IDOSAS

#### RESUMO

O trabalho que apresentamos começa por discutir os benefícios que a atividade física pode proporcionar às pessoas com mais de 60 anos. Em seguida descreve e analisa a prática de atividades físicas em Academias da Terceira Idade (ATIs), conjunto de aparelhos instalados em praças públicas, na cidade de Paranavaí – PR. Finalmente fazemos algumas considerações relativas a outras práticas, recomendáveis no trabalho da Educação Física que, podem associar-se aos exercícios realizados em ATIs.

**PALAVRAS-CHAVE:** Idoso - envelhecimento – atividade física.

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