

202 - PHYSICAL ACTIVITY IN ELDERLY: BENEFITS OF WALKING FOR A BETTER QUALITY OF LIFE

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1. INTRODUCTION

Walking is a physical activity suitable for people beginning the practice of physical activity susceptible to orthopedic injuries (elderly, people with excessive body weight, postmenopausal women, patients with chronic diseases, among others), people at risk for cardiovascular and respiratory diseases (smokers, hipercoleristêmicos, hypertensive, stressed, sedentary) and who enjoy this activity. (MAZO, 2004).

Thus, as mentioned above, enter the third age and stay at home, sleeping, knitting, watching TV, sedentary living in today, should no longer be synonymous with sadness, depression and diseases for people over 60 years. This is because currently, due to several studies, has been proven that physical activities practiced by the elderly can significantly increase the quality of life for many. Changing lifestyle habits through physical activity, takes a beneficial effect on active lifestyle, maintenance of functional capacity and physical autonomy during the aging process. Because of this information, and the desire to increasingly encourage the elderly to practice any physical activity such as walking, is that developed this research, but also to better understand the effects that walking can bring to the life of an elderly as physically active have less deterioration of physical fitness.

Therefore, the relevance of this research is related to the incentive to walk as daily physical activity as prevention abilities of the elderly, since the physical changes are largely from immobility. The lack of movement often leads to weakness and muscle shortening, resulting in difficulty of moving and intermittently affecting physiological functions of the elderly. It is recognized then that the subject deserves further consideration, because I believe that today many people who engage in walking as a daily physical activity, although a simple physical activity, brings a variety of benefits.

The exercises and physical activities, when practiced regularly, can contribute significantly to compensate for certain disabilities, increase the functional capacity or simply provide pleasure to those who practice them. Physical activity can benefit all people, regardless of age, but it is especially important to the health of the elderly.

2. OBJECTIVES:

To identify and describe the benefits of walking to a better quality of life.

3. QUALITY OF LIFE

Currently should be considered that about quality of life, is the same as talking to maintain a healthy life. Living healthy, you live longer. So, to get quality of life, there must be a balance and well-being of man as a human being, with the society they live and the crops grown. One issue that remains under discussion in society and even the Ministry of Health in relation to quality of life is the issue of care should be taken with the elderly. It should be noted that, maintaining the proper care for the elderly, resulting in an old stable. "[...] A peaceful old age is the sum of what benefits the body, such as exercise, diet, space for leisure, good family relationships, in short, we must invest in better quality of life." (Pires, et.al., 2009). The move is one of the best ways to get a better quality of life. According to Rodrigues (2003), "[...] already in the womb, the child expresses the need, and conduct of the individual molar pronounced in the physical co-existing with the outside world and the mind." Thus, it is perceived as a simple act of moving around can substantially change the life of a person. Because of this care, currently the average life expectancy is increasing, this also happens due to the guidelines of medical treatment advertisements on television, the physical educators, aimed at encouraging physical exercise. Under those guidelines, the participation of the elderly in programs of regular exercise is increasing, which directly influences the aging process, with impact on the quality and life expectancy, as states, & Matsudo Matsudo (1992), when setting the practical benefits of the movement, [...] Improve bodily functions, ensuring greater personal independence and a beneficial effect on the control, treatment and prevention of diseases like diabetes, heart disease, hypertension, arteriosclerosis, varicose veins, respiratory diseases, osteoarthritis, mental disorders, arthritis and pain disease. (Matsuda & MTSUDO, 1992, p. 23) Thus, it is shown that the practice of physical activity, especially walking, is one of the factors that motivate this stimulus to "maintenance" of health. Practitioners seek this form of physical activity, maintaining and improving the basic conditions of health, since the road is a leisure-time physical activity, which can fill the free time of any person, and also aims to promote the integration and socializing with people the same age.

4. THE PRACTICE OF WALKING

Walking is an aerobic physical activity and low impact for older people it is highly recommended as it does not necessarily need sophisticated equipment, the risk of injury is low and not have to pay to engage in that type of activity. Lima (2002) goes further, saying that, [...] The road is identified as one of the most suitable aerobic exercises, especially for the elderly and individuals with heart disease and metabolic diseases as diabetes, obesity and excess of triglycerides in the blood. (LIMA, 2002, p. 45).

The floor has, between the main motor characteristics of the human interaction with the world. The loss of ability to walk for the elderly, therefore affect their social interactions and performance of daily activities, which implies that, to preserve the ability to walk the elderly is to maintain its independence and autonomy. According to Guedes (2003), "[...] the walk becomes a very efficient exercise, then, is a simple activity that almost anyone can practice, and it has achieved higher levels of membership. "Thus, among the many advantages you get with the practice of walking, it noted that it allows the individual to exercise independently. As regular physical activity, if well targeted, the walk promotes a number of benefits such as improved health organic cardio - respiratory, sense of well being, improved self-esteem, physical fitness, social interaction, decreased body weight, stress, depression and blood pressure [...] the places recommended and safe for the practice of walking are the parks, squares, forests and sports complex. (LIMA, 1998, p. 23). Professor of Physical Education can act in this process, making any appropriate physical exercise, which fit in each case, avoiding a sedentary lifestyle and stress, can lead to many elderly people

die from diseases.

5. BENEFITS OF WALKING WALK

practiced regularly becomes an essential component of healthy lifestyle, preventing disease, improving health and quality of life. According to Mazo, Walking is a physical activity suitable for people beginning the practice of physical activity susceptible to orthopedic injuries (elderly, people with excessive body weight, postmenopausal women, patients with chronic diseases, among others), people at risk for cardiovascular and respiratory diseases (smokers, hipercoleristêmicos, hypertensive, stressed, sedentary) and who enjoy this activity. (MAZO, 2004, p. 45) Mazo, supplemented with the same vision beneficial to walk, when he says that [...] Walking is a safe physical effort as it offers reduced risk of cardiovascular and orthopedic injuries, being an activity of simple implementation, easy adaptation and use a little technique and equipment, allowing a better acceptance by the people. (MAZO, 2004, p. 56) Generally, people nowadays are turning to the practice of walking with the goals of losing weight (by burning calories) and also as an alternative to get some improvement in overall health: physical well-being, mental and emotional. For these reasons, it is important to describe the benefits, difficulties and peculiarities of physical conditioning to prevent and reduce the functional decline that aging causes. With the gradual decline in physical fitness, the impact of aging and disease, the elderly tend to go changing your lifestyle and daily routine of activities and habitation patterns subdued. The effects associated with inactivity and poor adaptability are very serious. They can cause a serious reduction in performance in motor skills, ability to concentrate, reaction and coordination, generating processes of self-devaluation, apathy, insecurity, lack of motivation, social isolation and loneliness. (Pires, et al., 2009).

Because of this, it is the Professional Physical Education, seek ways to minimize and prevent these and make them individuals, especially the elderly, healthier, more fit, active and willing, independent, reinstated, with better living conditions, enhancing and being valued, aiming at the improvement of quality of life. Thus, the benefits that physical activity can bring a person's life are: It increases the efficiency of the heart by improving blood circulation, improves oxygenation of the cells and the organism as a whole, improves respiration, making it more efficient and revitalizing the lungs, strengthens muscles, bones and ligaments, improves digestion and bowel function, increases the resistance and prevents fatigue; regulates the glandular system, improves mental capacity and memory, decrease body fat and excess cholesterol, improves sleep, retard aging, stimulates the production of the substance responsible for the welfare it avoids the stress and depression. (Guedes, 1995, p. 66) Regarding the psychological effects, one can say that the practice of physical activities as walking, can reduce anxiety and depression. Acts against insomnia, improves self-esteem, but also in social relations. [...] When practiced regularly, allows: more organic health, stimulates the muscle groups, improves the coordination of the arms and legs helps in burning calories and fat, when accompanied by a nutritional control, improves motor skills, joint, and cardiac muscle, increases the efficiency of the lungs, heart and blood vessels, strengthens the muscles of the lower limbs, aiding in better posture support, foster greater contact with the body and with nature, relax and helps to combat insomnia; stimulates creativity and provides better social contact. (MAZO, 2004, p. 46)

6. CONCLUSION

So, as you can see, old age is no longer synonymous with physical decline and mental, because it is believed that the practice of regular physical activity, particularly walking, are changing the lives of many older people who once lived in sedentary often sick, and today, with the full awareness that exercise is healthy, this activity seeks one more reason to live, and fight against prejudice, against diseases, and living in harmony with the body and mind.

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PHYSICAL ACTIVITY IN ELDERLY: BENEFITS OF WALKING FOR A BETTER QUALITY OF LIFE ABSTRACT

This study aimed to show the benefits of walking to a better quality of life in the Third Age. Thus, the relevance of this article is related to the incentive to walk as daily physical activity as prevention abilities of the elderly, since the physical changes are largely from immobility. The lack of movement often leads to weakness and muscle shortening, resulting in difficulty of moving and intermittently affecting physiological functions of the elderly. The objective of this paper is to present the point of view of the physical education teacher, the relationship between walking and physical activity related to the elderly for a better quality of life, and specifically show the effects of regular physical activity, such as walking for the elderly and their benefits; encourage the elderly to physical activity, understand the profile of older practitioners and non practitioners of physical activities; quantify some

effects of walking and physical activity for people aged over 60 years and, offering better quality of life by walking for people with advanced age. Methodologically, this article is characterized by an exploratory, qualitative descriptive, which contains a review and literature searches, articles and journals, aimed at providing theoretical support for this study. Thus, one can observe that the regular practice, especially walking, are good only for the elderly, resulting in improved living conditions and health, maintaining the harmony of mind and body.

KEYWORDS: Physical Activity, Senior Citizens and Quality of Life.

ACTIVITÉ PHYSIQUE DANS PERSONNES AGEES: LES AVANTAGES DE LA MARCHE POUR UNE MEILLEURE QUALITE DE VIE

RÉSUMÉ

Cette étude visait à montrer les avantages de la marche à une meilleure qualité de vie dans le Troisième Âge. Ainsi, la pertinence de cet article est lié à l'incitation à marcher comme une activité physique quotidienne dans les capacités de prévention des personnes âgées, car les changements physiques sont en grande partie de l'immobilité. Le manque de mouvement conduit souvent à la faiblesse et le raccourcissement du muscle, entraînant une difficulté de déplacement et qui affectent de façon intermittente les fonctions physiologiques des personnes âgées. L'objectif de ce document est de présenter le point de vue de l'enseignant en éducation physique, la relation entre la marche et l'activité physique liée aux personnes âgées pour une meilleure qualité de vie, et plus précisément de démontrer les effets de l'activité physique régulière, comme la marche pour les personnes âgées et de leurs avantages; inciter les personnes âgées à l'activité physique, comprendre le profil des pratiquants âgés et les non pratiquants d'activités physiques, de quantifier certains effets de la marche et l'activité physique pour les personnes âgées de plus de 60 ans et, en offrant une meilleure qualité de vie en marche pour personnes d'âge avancé. Sur le plan méthodologique, cet article se caractérise par un exploratoire, qualitative descriptive, qui contient une étude et des recherches documentaires, articles et revues, qui vise à fournir un appui théorique de cette étude. Ainsi, on peut observer que la pratique régulière, la marche en particulier, ne sont bonnes que pour les personnes âgées, résultant dans des conditions de vie améliorées et à la santé, le maintien de l'harmonie de l'esprit et le corps.

MOTS-CLÉS: activité physique, des personnes âgées et qualité de vie.

DE LA ACTIVIDAD FÍSICA EN PERSONAS MAYORES: LOS BENEFICIOS DE SENDERISMO PARA UN MEJOR CALIDAD DE VIDA

RESUMEN

Este estudio tuvo como objetivo mostrar los beneficios de caminar a una mejor calidad de vida en la Tercera Edad. Así pues, la relevancia de este artículo está relacionado con el incentivo a caminar como actividad física diaria, como la prevención de las capacidades de las personas mayores, ya que los cambios físicos son en gran parte de la inmovilidad. La falta de movimiento a menudo conduce a la debilidad y el acortamiento muscular, resultando en dificultad de movimiento y de forma intermitente afectan a funciones fisiológicas de los ancianos. El objetivo de este trabajo es presentar el punto de vista del profesor de educación física, la relación entre caminar y la actividad física relacionada con la edad avanzada para una mejor calidad de vida y, específicamente, mostrar los efectos de la actividad física regular, como caminar de los ancianos y sus beneficios; fomentar las personas mayores a la actividad física, entender el perfil de los profesionales y los profesionales no mayores de actividades físicas; cuantificar algunos efectos de caminar y la actividad física para personas mayores de 60 años y que ofrece mejor calidad de vida a pie de las personas con edad avanzada. Metodológicamente, este artículo se caracteriza por un estudio exploratorio, cualitativo, descriptivo, que contiene una revisión y búsquedas en la literatura, artículos y revistas, destinadas a proporcionar un apoyo teórico para este estudio. Así, se puede observar que la práctica habitual, especialmente caminar, son buenos sólo para las personas de edad, resultando en mejores condiciones de vida y la salud, el mantenimiento de la armonía de la mente y el cuerpo.

PALABRAS CLAVE: Actividad física, Tercera Edad y Calidad de Vida.

ATIVIDADE FÍSICA NA TERCEIRA IDADE: BENEFÍCIOS DA CAMINHADA PARA UMA MELHOR QUALIDADE DE VIDA

RESUMO

Este estudo teve como finalidade mostrar os benefícios da caminhada para uma melhor qualidade de vida na Terceira Idade. Assim, a relevância deste artigo está relacionada ao incentivo a caminhada, como atividade física diária, como prevenção das habilidades dos idosos, uma vez que, as alterações físicas são em grande parte provenientes da imobilidade. A falta de movimentação leva muitas vezes a fraqueza e encurtamento muscular, resultando na dificuldade de se movimentar e comprometendo intermitentemente as funções orgânicas do idoso. Assim, o objetivo geral deste artigo é apresentar sob o ponto de vista do Professor de Educação Física, a relação existente entre a caminhada como atividade física voltada para Idoso para uma melhor qualidade de vida, e especificamente, mostrar os efeitos das atividades físicas regulares, como a caminhada, para o idoso e seus benefícios; Estimular o Idoso à prática de atividades físicas; Compreender o perfil dos idosos praticantes e não praticantes de atividades físicas; Quantificar alguns efeitos da caminhada como atividade física para pessoas com faixa etária superior a 60 anos; e, Oportunizar melhor qualidade de vida, através da caminhada, para pessoas com idade mais avançada. Metodologicamente, este artigo se caracteriza por um estudo exploratório, de natureza qualitativa descritiva, onde consta de revisão e pesquisas bibliográficas, artigos e revistas especializadas, tendo em vista conferir suporte teórico ao presente estudo. Assim, pode-se observar que as práticas regulares, em especial a caminhada, só fazem bem aos idosos, resultando em melhores condições de vida e saúde, mantendo a harmonia da mente e do corpo.

PALAVRAS-CHAVE: Atividade Física, Terceira Idade e Qualidade de Vida

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