

**55 - PRACTICE GUIDANCE FOR EXERCISE IN PARINTINS – AM**

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**1. INTRODUCTION**

In Brazil, some programs with a focus on promoting and increasing physical activity has been highlighted, as is the case of Curitiba, Sao Paulo Shake (recognized as a model of health promotion have been globally recognized and consecrated by the Board of the World Health Organization - WHO); Shake Brazil, College of the City of Aracaju and Service Orientation Exercise (EOS) in the state of Espirito Santo and others. All with proven effectiveness and relevance of social importance. Based on these models this project implemented guideline to physical exercise in the city of Parintins / AM with similar parameters and especially with the main objectives of the already successful programs to promote quality of life. Like other programs become an important strategy for public health (Haskell et al 2007 and Dunn et al 1998), regular physical activity has played a strong component of health promotion, paying attention not only to prevent and treatment of illnesses (Bauman, 2004) So we ensure adequately the needs of the population does not yet have such a service, enter into a partnership to further enhance the quality of education offered in the institution concerned and especially to improve the quality of life of the inhabitants of Parintins AM.

Furthermore, the literature reinforces the importance of the practice of reducing the risk of mortality and morbidity, regardless of other changes in lifestyle (Weuve, 2004). Thus, this project fulfills the observations cited in the literature as the need for strategies and actions for the promotion of community health that includes physical activity and ways to quantify it and that physical activity is an important component of lifestyle healthy, especially by the evidence of various health benefits.

**2. OBJECTIVE**

The goal is to guide and encourage the regular and proper exercise, idleness and assist in the prevention and treatment of chronic non-degenerative diseases.

**3. METHODOLOGY**

This action is being carried out by academic level (physical education), being coordinated and directly supervised by teachers of Physical Education (project coordinators). The initial activity was the awareness of people, then carry out a literature review on the content being presented (Training of students). In addition, receive training on citizenship and its application in society, and prepare the activities to be implemented in modules.

Initially always offered a questionnaire on medical history must enjoy it for as much information as possible to the actual prescription of exercise.

Guidelines are offered free on the journey as a physical activity with pre-scheduled times. Classes are offered 50 minutes of stretching, 50 minutes of gymnastics "step", located gymnastics and guidance to walk.

Importantly, the individual who is participating in the project must sign an informed consent form, which indicates the purpose of the questionnaires and use of data in publications, and they are guaranteed anonymity.

**4. RESULTS AND DISCUSSION**

According to the data collected, the project was attended by an average of 145 people, distributed by gender according to table 1.

Table 1. Total Project participants will Guidance Practice of physical activity

Total	N	%
Men	30	10
Woman	115	90

We can highlight the role in "mass" of the female which allows us to infer two points that concern with the aesthetics and the pursuit of quality of life (longevity) is present in most women. In search of the perfect body aesthetically and "healthy", influenced by the industry body (the media), people are increasingly looking for spaces and operations of new technologies in support of a body "beautiful." They look for fitness centers and weight and other (wild) and clinical and aesthetic plastic surgery and often use anabolic steroids (chemical means) as a form of "health improvement".

".... With aesthetic purposes, the vast majority of women seeking at any cost have the perfect body and look their best, people who have come to completely change your face doing plastic surgeries one after another, but others prefer lower their measurements, place silicone in breast and / or buttocks, and so on, this relentless search for beauty, has been worrisome, because it ends up being something not so good for the individual, leading him to depression, which is very common. (OLIVEIRA, 2006)"

The habit of routine physical activities geared to improving health conditions is of fundamental importance to humans, among these physical activities is recommended to hike targeted for being an aerobic physical activity of low intensity and long duration to HAINES et al. (2007) and Manson et al. (1999) "

To complement and to endorse the previous data in this study add Anamnesis questioning about why the public participating in the project sought to practice physical activities proposed. So the real goal of the people as the practice of physical exercises reveals varied, as is shown in the table seguir. Tabela 2:

Table 2 identifies that the objective of people as the practice of physical activities.

Objective	n	%
Aesthetics	13	09
Social interaction	02	01
Leisure	14	10
Thinning	55	38
Drugs	07	05
Physical conditioning	51	35
Others	03	02

Thus the data analysis confirms the concern with the body as an aesthetic factor and a promoter of health. An important observation was that 35% of the public wishing to go beyond these factors and seeks physical fitness that is often an obsession with athletes always in search results. We can only comment that this goal has left us shocked and that was never part of the project proposal PGFE.

And so to be aimed at health promotion work with the OPEF q recommendation where the literary walk to be an aerobic workout that can be practiced by anyone from the guidance of a qualified professional. Farinatti (1992), states that "the predominantly aerobic exercise (running, walking, swimming, cycling, etc.) are optimal for the promotion and maintenance of health" because the rich do not imply the health and physical integrity of individuals. Walking is arguably the ideal aerobic activity for all ages, especially for adults and the elderly "because it brings several benefits to health. To SIMOCELLI et al. (2003).

"... guided walk has been developed with the aim of improving aspects of the physical, such as coordination, strength, flexibility, and, consequently, the duties of cardiorespiratory and locomotor systems "significantly reducing the accumulation of adipose tissue (fat). Thus, many people use illicit means to acquire a body "healthy."

Another factor in this study was collected on the working of the participants PGFE with their respective variations are shown in Table 3 below. This factor was collected in this project to be an important reference to be highlighted by heterogeneity public participant. From the workload can better target physical activity within the project.

Table 3: Total hours worked by participants OPEF in their work.

Total hours worked	n	%
Less than 20 hours	35	24
From 20 to 40 hours	69	48
From 41 to 60 hours	32	22
Over 60 hours	09	06

These data allow us to infer that the workload of a group of workers is higher than that allowed in labor legislation. But the most important for this research is that even with this comprehensive yet for physical activity in the project PGFE in search of quality of life. Studies in this area reminds us that the greater the workload individuals seek less physical activity as leisure or even as health promoters. Thus we note that this group of people contradicts studies, but we believe that this difference is because the project is free and located in the city (central) and mainly because it is not offered every day of the week but 3 (three) times a week. All these factors we believe to be the difference for these guys to give us credibility and participate effectively.

Just as important to discuss community participation in the project PGFE researched to find out what if there was any restriction to physical activity or if there were any likelihood of accession. So when asked if they had any restriction on the practice of physical exercise, 15 people said yes, this represented 10% of Arians. 130 people said they have no restriction on the practice of physical activity totaling 90% of participants. Information is shown on Table 4.

Table 4: Restriction of physical activity

Restriction of physical activity	n	%
Yes	15	10
No	130	90

The data showed us that he had a predisposition to physical activity, but it important to highlight that 10% of the group highlighted the lack of incentive to practice was the main limiting factor. We quote below some statements that depicts this fact:

"... ah, I even start to make walking in the street here but stop walking in less than a week because it's too bad to walk alone ...."  
 "I have way to much time but I do not see weight loss results disincetive and then I stop to walk ..."  
 "... After it emerged the project here in the street I'm anxious to get the days and times that the monitors are here, because I feel encouraged because I am geared up and in physical activities ..."

In order to confirm their membership before the origin of the project PGFE asked participants about the practice or not regular physical activity by participants. Observer to 18 people who did not exercise, representing 12% of the percentage involved, while 127 said they practice some type of physical activity totaling 88% of participants.

Table 5: Practice physical activity.

Practice physical activity	N	%
Yes	127	88
No	18	12

Thus the project PGFE succeeded in his short time of existence capture the practitioners of regular physical activity without expert guidance. Something very rewarding for both teachers and students involved, because the community really understood the importance of guidance in the practice of physical activity and mostly believe in the power of academics and the proposal of PGFE.

An important factor that could not fail to be captured in this project is the predominant type of activity that participants perform at their workplace. So, the 6 represents the activities performed by people in their work. It shows that the vast majority of people said to stand most of the time, while another part is a lot of time sitting in the chair during the work.

Table 6: Physical activities performed in the workplace

Activities at work	n	%
Sitting in the chair	55	38
Walking	15	10
Lifting or carrying heavy loads	09	06
Driving	01	01
Stand	62	43
Others	03	02

The results allow us to highlight the importance of physical fitness and gymnastics called stretch located in OPEF available because they are directed to those factors identified in Table 6 as promoters of poor posture and cause pain

osteoartriomusculares.

As part of the diagnosis of the medical history of the participants listed some questions related to health.  
 Table 7: It's possible symptoms reported by participants PGFE.

Symptoms	Sometimes	Always	Never
Abdominal pain	13	57	61
Leg pain	13	53	35
Pain in the arms	05	31	65
Pain in the neck or coast	17	53	31
Chest pain	00	10	91
Joint pain	04	32	65
Shortness of breath with mild effort	06	19	83
Feeling weak	01	29	75
Dizziness	04	35	62

Table 8, it addresses the possible surgical suffered by participants.

Surgical Intervention	n	%
Column	01	01
Articulation	01	01
Slipped Disco	03	02
Other	47	32
Not undergo operation	92	06

Table 09: This problem diagnosed or treated by a doctor.

Problems	n	%
Stroke	00	00
Anaemia	25	17
Asthma	03	02
Obesity	03	02
Other	14	09
No known problem	59	41

Table 10: Deals with issues related to the health of participants

Problem	n	%
Alcoholism	01	01
Arthritis	01	01
Problems muscle	04	03
Hypertension	11	07
Emphysema	01	01

All data presented above indicate the existence of factors that contribute to the development of DC and the locomotor system, but in reduced numbers which allows us after an evaluation of physical and motor participants an opportunity to increase the complexity of the proposed exercises but in charge of work each series of exercises.

To conclude this first job offer collect data that could depict the profile (Figure 1) and behavioral involvement of participants. Thus the satisfaction questionnaire and interviews were conducted to contribute to assessments of the activities performed.

To complement the data on the potential risk of cardiovascular disease expanded our protocols adding anthropometric measurements we answered that question on the waist and hips. The data assessed were age, weight, height, body mass index (BMI), waist circumference and waist hip ratio data were broken down at the table with standard deviation (SD) more or less.

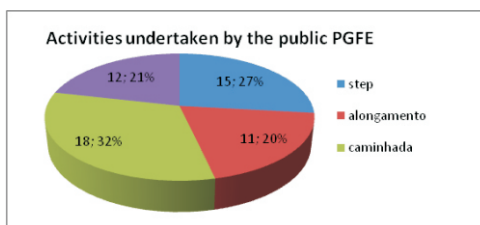
Table 11: Results of the physical evaluation of the participants.

	Mean ± standard deviation
Age	34,8 ± 3,5
Weight(kg)	67,7 ± 13,5
Height (cm)	1,60 ± 0,09
BMI (kg / m)	26,3 ± 4,09
Waist circumference (cm)	85,15 ± 9,5
Waist-hip ratio	0,85 ± 0,70

The results then allow us to conclude that the age where risk of cardiovascular disease is close to the critical and high BMI have that enable them to say that the statement of health promotion from OPEF is appropriate because the activities are low intensity and long duration. Principles according to the literature appropriate for this audience.

Accordingly, the stretching exercises performed in replicates of 15 to 20 seconds for each muscle group for 30 minutes at least three times a week, considerably improves the performance of the respiratory system, helping also in postural re-education, with static movements. Hence the importance of OPEF adopt this method of execution, which includes muscular endurance, aerobic fitness and flexibility (Guedes, 1999)

Chart 1: Average participation in the activities of PGFE.



We can see in the chart above, public preferences regarding the activities offered by PGFE. Among them, walking is the activity that is more acceptable (32% stake).

The expectations of the public participant PGFE, according to the survey reveals that 100% of the participants had their expectations met.

For the public the academic guidance given by the course of Physical Education are very good Federal University of Amazonas (FUA) A small portion on which (2%) of the total considered the need for improvements in OPEF, among which the need for materials such as mats, steps, leggings and so on. for the implementation of activities. Another research sought to determine whether after the practice of physical exercises, these individuals feel pain from the practice of activities. After all forms of bodily movement produces changes in the body. These changes may have a temporary or permanent, ie, the so-called acute or chronic exercise, respectively. No matter what type of exercise, is muscle strengthening, flexibility, agility and aerobic, the body always responds physiologically to the stimulus. Once we identified that 2 people said they feel the pain which is 4% of all participants, said they did not, 18 people representing a total 38%, while 36 people said they feel pain sometimes accounting for 64% of participants.

People who noticed an improvement of their physical skills such as strength, flexibility, agility and balance, was also the subject of this research found that 95% of participants perceived bodily changes related to physical fitness, improved reporting on activities diárias. e 5% found no improvement in the implementation of activity. But it is important to emphasize that these data are impíricos and it would take another line of research to answer concretely such skills.

When asked what they think about the time and intensity of exercises performed in PGFE, the response was good (86%), 12% considered optimal and 2% was irregular because of PGFE be done only 3 times a week, they would like to see done every day, Monday through Friday.

The space used to develop the PGFE, Bois' Square in the city of Parintins, an area agreed by all, since it is easily accessible and organized conducive to the development of activities. .

The last question concerns the continuity of the project, the benefits that PGFE brought the community involvement and satisfaction in practice, the answer to this question could not be otherwise, 100% requested the continuation of the saying that the project is encouraging them to practice physical activity.

For them the space used to develop the project is good because it is spacious and offers all the conditions for its implementation fosters the spread of activities since it is a great movement in the vicinity of the square.

## FINAL

Over a year of project development GPFE, we observed that there was a very good involvement from both the public and the academics who contributed to the establishment and consolidation of project which today represents an important achievement in physical education in the INSTITUTE OF EDUCATION AND SOCIAL SCIENCES ZOOTECNIA (IESSZ)Parintins.

The step activities, localized exercise, stretching and guided walk held in the square of the horse council, has done much for people to improve their physical fitness to perform activities of daily life by providing health and welfare for these individuals.

We also stress that this space used for conducting the activities mentioned above as well as innovative for this city, shows an ongoing commitment to the search for physical education geared toward meeting the desires of the community by encouraging people to adopt a healthy lifestyle and to combat the incidence of chronic degenerative diseases that affect large-scale population.

The interest shown by the participants shows that gradually people are becoming aware about the importance of physical activity, and this interest is higher among women than men, a common behavior in accordance comes works that served as basis in drafting this project, since women working hours is less, or their time is better managed including leisure time, whereas among men, the leisure time and taken on weekends with soccer fields peeled the suburban areas of the city.

As for the academic course of Physical Education, noted membership, commitment and highlight how important the project OPEF considering that the playing field of real and present them to put into practice the knowledge acquired in the classroom that values the further education learning they sought.

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**PRACTICE GUIDANCE FOR EXERCISE IN PARINTINS - AM****ABSTRACT**

Programs with a focus on promoting and increasing physical activity are remarkable effectiveness and relevance of social importance. Based on successful models already in Brazil this project called Orientation physical exercise is being deployed in the city of Parintins - AM. It aims to guide and encourage the regular and proper exercise, combat sedentary lifestyles and assist in the prevention and treatment of chronic non-degenerative diseases. In this first year of implementation and significant results have a very good involvement from both the public and the academics who contributed to the establishment and consolidation of project which today represents an important achievement in physical education in the ICSEZ Parintins. The step activities, localized exercise, stretching and guided walk out has contributed much to the people engage in physical activity, improve their physical fitness to perform activities of daily life by providing health and welfare for these individuals. We also stress that this space used for conducting the activities mentioned above as well as innovative for this city, shows an ongoing commitment to the search for physical education geared toward meeting the desires of the community by encouraging people to adopt a healthy lifestyle and to combat the incidence of chronic degenerative diseases that affect large-scale population.

**KEY WORDS:** health promotion, physical activity, orientation

**PRATIQUE D'ORIENTATION POUR L'EXERCICE EN PARINTINS – AM****RÉSUMÉ**

Les programmes axés sur la promotion et l'augmentation de l'activité physique est remarquable efficacité et la pertinence d'une importance sociale. Sur la base de modèles éprouvés déjà au Brésil ce projet d'orientation appelé l'exercice physique est en cours de déploiement dans la ville de Parintins AM. Elle vise à guider et encourager l'exercice physique régulier et approprié, de combattre la sédentarité et aider à la prévention et le traitement des non chroniques, les maladies dégénératives. En cette première année de mise en œuvre et des résultats significatifs ont une implication très bon à la fois le public et les universitaires qui ont contribué à la création et la consolidation du projet, qui représente aujourd'hui une étape importante dans l'éducation physique dans le Parintins ICSEZ. Les activités de l'étape, l'exercice localisées, d'étirement et promenade guidée out a beaucoup contribué à la population pratiquent une activité physique, d'améliorer leur aptitude physique à exercer des activités de la vie quotidienne en fournissant de la santé et le bien-être de ces personnes. Nous soulignons également que cet espace utilisé pour mener les activités mentionnées ci-dessus ainsi que des innovateurs pour cette ville, montre son engagement continu à la recherche de l'éducation physique orientée vers la réalisation des désirs de la collectivité en incitant les gens à adopter un mode de vie sain et à combattre les l'incidence des maladies dégénératives chroniques qui affectent la population à grande échelle.

**MOTS CLÉS:** promotion de la santé, l'activité physique, l'orientation

**GUÍA PRÁCTICA PARA EL EJERCICIO DE PARINTINS – AM****RESUMEN**

Programas con un enfoque en la promoción y aumentar la actividad física son notables, la eficacia y la pertinencia de importancia social. Sobre la base de modelos exitosos que ya están en Brasil este proyecto denominado ejercicio de orientación física está siendo desplegado en la ciudad de Parintins AM. Su objetivo es orientar y fomentar el ejercicio regular y adecuado, combatir el sedentarismo y contribuir a la prevención y el tratamiento de las enfermedades crónico-degenerativas. En este primer año de aplicación y los resultados tienen una importante participación muy buena de público y los académicos que han contribuido a la creación y consolidación del proyecto que hoy representa un logro importante en la educación física en la Parintins ICSEZ. Las actividades de paso, ejercicios localizados, estiramiento y caminata guiada a cabo ha contribuido mucho a la gente participar en la actividad física, mejorar su aptitud física para realizar las actividades de la vida diaria, proporcionando salud y el bienestar de estas personas. También hacemos hincapié en que este espacio utilizado para la realización de las actividades mencionadas anteriormente, así como innovadores de esta ciudad, muestra un compromiso continuo con la búsqueda de la educación física orientada hacia el cumplimiento de los deseos de la comunidad, alentando a la gente a adoptar un estilo de vida saludable y luchar contra la la incidencia de enfermedades crónico-degenerativas que afectan a la población a gran escala.

**PALABRAS CLAVE:** promoción de la salud, actividad física, la orientación

**ORIENTAÇÃO A PRÁTICA DE EXERCÍCIO FÍSICO EM PARINTINS – AM****RESUMO**

Programas com o foco na promoção e aumento da atividade física têm notória eficácia e de relevante importância social. Partindo de modelos já bem sucedidos no Brasil este projeto denominado Orientação a Prática de Exercícios Físicos está sendo implantado no município de Parintins/AM. Tem como objetivo orientar e incentivar a prática regular e correta de exercícios, combaterem o sedentarismo e auxiliar na prevenção e no tratamento de doenças crônico-degenerativas não transmissíveis. Neste primeiro ano de implantação possui como resultados expressivos um envolvimento muito bom tanto por parte do público como dos acadêmicos que se empenharam na realização e consolidação deste projeto que hoje representa uma conquista importante do curso de Educação Física do ICSEZ em Parintins. As atividades de step, ginástica localizada, alongamento e caminhada orientada realizadas tem contribuído muito para iniciarem pessoas na prática de atividade física, melhorem seu condicionamento físico para a realização das atividades do dia a dia proporcionando saúde e bem estar para estes indivíduos. Destacamos também que este espaço utilizado para realização das atividades acima citadas além de inovadora para esta cidade, revela um comprometimento do curso na busca de Educação Física voltada para atender os anseios da coletividade incentivando as pessoas a adotarem um estilo de vida saudável e assim combater a incidência das doenças crônicas degenerativas que afetam em larga escala a população brasileira.

**PALAVRAS CHAVES:** promoção da saúde, atividade física, orientação

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