1 - PHYSICAL ACTIVITY IN THE PROMOTION OF THE HEALTH AND LIFE QUALITY

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In the current world there is a solid and exhausting propaganda that the human being can solve their social problems, personal and economical through the sport and physical activity. The midia puts the whole instant in the top of the success pyramid some characters that conquered Olympic titles or great economical contracts with clubs or financial institutions as patterns of professional success, model of education and moral beginnings for the society, the one which this in conflict for ethical and moral problems in the middle of a general decadence of the personal values, physical and mental health of the Brazilians. That form of putting the sport and the physical activity as middle of solution for all of the human problems being's hereafter will cause an disenchant and discourage of the physical education professional with respect to the professional exercise as middle of promoting in the society the habit of a lifestyle activates as a group of behaviors that have for objectives the regular exercise, the health and mental balance.

It is more important point out the need of a life activates and the elimination of negative behaviors, such as the alcohol, tobacco and other drugs. The life activates is the road less traveled by most of the Brazilians, not for disregard or ignorance of their benefits, but for the type of comportamental habits, social value and certain economic standard for the effective economic model in Brazil.

The public system of health (SUS) it spends a considerable portion of their economic resources with the treatment of current pathologies of an inadequate lifestyle of the population that begins in the childhood and it is perpetuated in the adult phase.

The life activates is the natural lifestyle that almost everybody took before the people reach the benefits of the modernization industry, technological development, equipments that facilitate the work, television and computers. The world of the cybernetics with marvels of the ingeniousness turns possible to minimize the daily expense of energy using buttons, keys and voice commands to reach the survival needs, work and entertainment. Parallel to the decline in the need of expense of human energy has been having an increase in the consumption of foods greasy, convenient and fast. Individually, refuse of the physical activity and the growth of the consumption of foods might not have been a serialize problem. Though, happening jointly, as it has been in recent years, they create potential for the alarming growth in the epidemic of diseases caused by the lifestyle.

A lot of people see the life activates and their associated behaviors as a medieval torture or religious rite, replete of abstinence, denial and the human being's humiliation. Those people don't want to give up the pleasures of the greasy foods and they are unable to win the addictions of the cigarette, drugs and alcohol. Once the behavior, usually, it is interrelated with a solemnity-indulgence dogma, those same individuals are capable to despise the pleasures and rewards of the life activates. Lamentably, they make that with a considerable cost for itself own and for the society, although few admit to feel feather or regret of indulgence, they are destined to suffer the penitence of the fatigue, depression and other illnesses. For most of the people, pain, exhaustion and suffering don't need to be a part of our daily activity. The life active is not a denial life and privation and nor pain and suffering. It is a pleasant experience, a statement of the one that we can be physical, mental, social and spiritually. The physical activity provides the energy to begin, the energy to continue and the vitality to persist, to win the distance, restores the indulgence with moderation, it substitutes addictions and it produces health, energy and capacity to live.

The regular activity serves as a strategy of effective coexistence, an amusement amid the stress of the daily life. She occupies the mind allowing the passage of the time during difficult periods, it allows the substitution of bad habits for good habits, negative fixations for positive fixations; it is a meditation form, supplying benefits of other approaches associated to improvements in the health and in the physical fitness, gives a control sensation on our own life and the middle in that we lived.

When we have control of our life, we lost weight, we improved the force, the resistance and appearance, we felt better in relation to our body. That new trust can alter the way of seeing the life and even personality. The measure that the activity and physical fitness alter the corporal image that trust renewed in the body can be an important step towards better personal relationships. The self-esteem can be accentuated through the participation in appropriate programs of physical activity, maybe stimulating the physical ability and the self esteem. The physical activity to regulate it can influence the metabolism and secretion of some hormones. The aerobic activity elevates the temperature of the body temporarily and it induces the relaxation and the fatigue, light factors related to the tranquilizing effect of the exercise. The physical activity generates deep metabolic effects that include increase of the efficiency and of the susceptibility to hormones as the insulin. The fitness also influence favorably the hormones and associated depression neurotransmitters. The moderate physical activity to regulate it minimizes the effects of the stress. There is less risks in the physical activity than in the it continues inactivity. The life activates certainly will improve health, if you are free from symptoms, if you accomplish a gradual transition for a more active life and if you follow a correct program of physical activity. A medical examination before beginning a program of physical activity is necessary in case the person is sedentary there is a long time to discard heart disease risks and other pathologies.

The definition of health has been expanded to include a state of complete well-being physical, mental, emotional, spiritual and no merely the absence of disease or illness. The well-being is a conscious and deliberate approach for the ideal state of health physical, psychological and spiritual. The well-being leans on in the individual responsibility and in basic resources of health jointly with activates life.

The accomplishment of aerobic exercise frequently increases the aerobic capacity improving the health, appearance, vitality and quality of life. Rhythmic activities of great such muscular groups as fast walk, jogging, cyclism, swimming, ski and oar are aerobic exercises. Such exercises demand increases sustained in the breathing, circulation and metabolism of the muscle causing adaptations in the systems and involved muscles. The participation in aerobic exercise is associated with benefits of health and longevity with improvement in the aerobic capacity. The physical activity improves the appearance, it aids in the self-confidence and corporal image, opening the doors for a new and defiant world full of new experiences and people interested in several objectives. The moderate regulate physical activity is a permanent aid for the health, aptitude, weight control and longevity.

The flexibility is the width of movements through which the members are capable to move. Skin, conjunctive tissue and intrarticular problems restrict the

movement width, in the same way that the excessive corporal fat. The lesions happen when a member is forced besides her normal width, then the improvement of the flexibility reduces in potential the lesions. The flexibility contributed to the

success in the work and in the sport. The absence of flexibility implicates in the development of sharp lesions, chronic lesions and problems in the lumbar area. All of the people benefit with regular prolongation exercises, the senior people have a special need, tends in view that the conjunctive fabric is less elastic with the age.

The effects of the physical activity in the weight control and energy swinging are very established. When the exercise is systematic and progressive, it takes the an improvement in the aerobic conditioning.

Studies show that workers physically inapt can become a risk for the own safety and the one of their friends. Capable workers physically are more productive than their sedentary friends, they miss the work less and they have very less chance of suffering disability due to the work or of if they retire precocity due to heart diseases or degenerative. Capable workers physically have a more positive attitude in general in relation to the work and the life.

The physiology this becoming more and more important in the workplace to determine work demands and auxiliary in the workers' relationship, to workout and to diversify the workers' training to improve the acting and to reduce lesions; to rehabilitate damage workers, to combat the discrimination in the work due to the age, sex, race or deficiency and to promote the health and the well-being. The only way to maintain the physical capacity of work along a worker's career is to request annual tests of physical fitness and the participation in aptitude programs related to the work. A good physical fitness program maintains or it develops the capacities aerobics and muscular demanded in the work, satisfying the needs of health and the workers' well-being. The program also promotes the prevention of lesions with prolongation exercises and invigoration, it assures the necessary acclimatization to the heat and the altitude and teaches the importance of the nutrition and hydration, because the workers are less prone to suffer incapacitate lesions and they return more quickly to the work after a lesion. The acting in works with physical demand is related with the aptitude, the more heavy it is the work, adult will be the need of aerobic and muscular aptitude.

The age reveals little thing about her health, appearance, aptitude or acting capacity. Although the light aging to the death, he makes in different indexes for different people, depending on the hereditariness and personal decisions concerning like you chooses to age. People that opt to not to age quickly can reduce the morbidity and to extend the vigorous years living a life activates healthy. The lifestyle is primordial for the longevity, providing a good quality of life with energy and independence to enjoy the life to the maximum along every day. The fitness maintain the aptitude and others measured of acting that they usually refuse with the age, because a healthy body is an important aid for the good mental health. Many forms of physical activity can satisfy them an individual's need. Physical activity programs that are pleasant and propitiate pleasure and satisfaction are prone to encourage the adhesion. For many people would be impossible a great health without the physical activity was in his life routine. It is necessary to emphasize the subject that the importance of the physical activity is going besides the discussion about the possibility of to prolong the life or to prevent cardiovascular disease, being important for the quality of life.

Several studies have been exploring the relationship between physical activity and the global quality of life including variables as mental and social health. Although the type and the amount of activity physical essentials to the global quality of life are not described precisely, the evidences related to the paper that the physical activity carries out in the quality of life of a person are increasing. The energy and the well-

being physical, mental, psychological and social that can result of the physical activity are enough reasons to promote the physical activity. The reduction of the risk of developing premature problems of health and the potential of a longer life is additional benefits. Activities and healthy habits are related with total conditioning and to the bass risk of developing serious problems of health. Those behaviors include to exercise regularly, to maintain healthy nutrition, to sleep appropriately, to relax and to work with the stress, to abstain of the tobacco, alcohol and drugs.

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ATIIVIDADE FÍSICA IN THE PROMOTION OF THE HEALTH AND LIFE QUALITY

ABSTRACT:

From the antiquity the physical activity has been prescribed in the treatment and prevention of several illnesses. In the modern world some studies show the importance of the physical activity in the conditions of the man's health. We know that the lifestyle is one of the factors that cause disease in the current society, owed mainly to the sedentary life and unhealthy life habits in the feeding, therefore the physical activity becomes indispensable to avoid several illnesses that cause disability and precocious death. The measure that the people increase their levels of physical conditioning, they move forward towards a better quality of life with full accomplishment social, psychic, spiritual and laboral, surpassing the stress and the depression. The life activates represents economy, reducing futures medical expenses, decreasing deep responsibilities to the family and the society. The regulate physical activity it serves as a strategy of positive health, an amusement amid the lifestyle disturbed that the human beings take in the technological world of the present time, where the home, the family and the personal values are in an inferiority plan.

KEY WORDS: physical activity, lifestyle, nutrition.

ACTIVITÉ PHYSIQUE DANS LA PROMOTION DE LA SANTÉ ET QUALITÉ DE VIE

RESUMÉ:

De l'antiquité l'activité physique a été prescrite dans le traitement et prévention de plusieurs maladies. Dans le monde moderne quelques études montrent l'importance de l'activité physique dans les conditions de la santé de l'homme. Nous savons que la manière de vivre est un des facteurs qui causent des maladies dans la société courante, dû principalement aux

sedentarismo et habitudes de la vie maladives dans l'alimentation, par conséquent l'activité physique devient indispensable d'éviter des plusieurs maladies qui causent invalidité et mort précoce. La mesure que les gens augmentent leurs niveaux de climatisation physique, ils avancent vers une meilleure qualité de vie avec réalisation pleine social, télépathe, spirituel et laboral, surpasser le stress et la dépression. La vie active représente économie, frais médicaux des contrats à terme réducteurs, diminuer des responsabilités profondes à la famille et la société. L'activité physique le régler sert comme une stratégie de santé positive, un amusement entre la manière de vivre dérangée que les êtres humains rentrent le monde technologique du temps présent où la maison, la famille et les valeurs personnelles sont dans un plan de l'infériorité.

MOTS CLEF: activité physique, manière de vivre, nutrition.

ATIIVIDADE FÍSICA EN LA PROMOCIÓN DE LA SALUD Y CALIDAD DE VIDA

RESUMEN:

De la antigüedad la actividad física se ha prescrito en el tratamiento y prevención de varias enfermedades. En el mundo moderno algunos estudios muestran la importancia de la actividad física en las condiciones de la salud del hombre. Nosotros sabemos que que el estilo de vida es uno de los factores que causan las enfermedades en la sociedad actual, debido principalmente a los sedentarismo y los hábitos insalubres en el alimento, que por consiguiente la actividad física se pone indispensable para evitar varias enfermedades que causan invalidez y la muerte precoz. La medida que las personas aumentan sus niveles de condicionar físico, ellos avanzan hacia una calidad buena de vida con el logro lleno social, psíquico, espiritual y laboral, superando la tensión y la depresión. La vida activa representa la economía, mientras reduciendo los futuros gastos médicos, disminuyendo las responsabilidades profundas a la familia y la sociedad. La actividad física regular sirve como una estrategia de salud positiva, un entretenimiento en medio del estilo de vida perturbado que los seres humanos alojan el mundo tecnológico del tiempo presente donde la casa, la familia y los valores personales están en un plan de inferioridad.

PALABRAS LLAVE: actividad física, estilo de vida, nutricion.

ATIIVIDADE FÍSICA NA PROMOÇÃO DA SAÚDE E QUALIDADE DE VIDA

ABSTRACT:

Desde a antiguidade a atividade física tem sido prescrita no tratamento e prevenção de diversas enfermidades. No mundo moderno alguns estudos mostram a importância da atividade física nas condições de saúde do homem. Sabemos que o estilo de vida é um dos fatores que causa doenças na sociedade atual, devido principalmente ao sedentarismo e hábitos de vida insalubres na alimentação, portanto a atividade física torna-se imprescindível para evitar diversas enfermidades que causam invalidez e morte precoce. A medida que as pessoas aumentam seus níveis de condicionamento físico, elas avançam em direção a uma qualidade de vida melhor com plena realização social, psíquica, espiritual e laboral, sobrepujando o estresse e a depressão. A vida ativa representa economia, reduzindo futuros gastos médicos, diminuindo profundos encargos para a família e a sociedade. A atividade física regular serve como uma estratégia de saúde positiva, uma distração em meio ao estilo de vida conturbado que os seres humanos levam no mundo tecnológico da atualidade, onde o lar, a família e os valores pessoais estão num plano de inferioridade.

PALAVRAS CHAVES: atividade física, estilo de vida, nutrição.