28 - AEROBIC GYMNASTICS WORKSHOP FOR THE ELDERLY AND SERVICED BY CRASPSF IN SANTANA DO IPANEMA - AL: EDUCATING FOR HEALTH BODY

RAY BRUNO MIRANDA SILVA
MARIA CLEDILMA FERREIRA DA SILVA COSTA
State University of Alagoas - UNEAL / Santana do Ipanema - AL / Brazil
rbms1988@hotmail.com

1. Introduction

The workshops stretching and aerobics are presented as an action of extending UNEAL / Campus II, with the support of the Departments of Health and Welfare of the municipality of Santana do Ipanema, focused on the health education group of elderly women assisted byCRAS - Reference Center for Social Welfare, as well as patients with diabetes, hypertension, heart disease and other chronic degenerative diseases seen at PSF - Family Health Program, San Jose neighborhood both located in the municipality of Santana do Ipanema. This action arose from a project carried out by a student in biological sciences required by the discipline of public health, as well as the demand for information from senior citizens covered by CRAS and PSF on the correct form of physical exercise in the third age.

According to UNESCO, physical activity is a universal right and a basic need.

Physical activity can be understood as any bodily movement produced by skeletal muscles that results in energy expenditure, and components and determinants are biopsychosocial, cultural and behavioral, can be exemplified by games, fights, dances, sports, exercise, work activities and displacements (Pitanga, 2002).

According to Das (1999, p. 325), "Stretching is a form of work which aims at maintaining the achieved levels of flexibility and provides the realization of the normal range of motion with minimal physical restraint (mechanical) as possible." Its application allows the force to be used only for the benefit of the movement, thus preventing injuries and strains, and prepare the muscles for subsequent efforts.

Exercising regularly is one of the few factors that can prevent weight gain. Additionally, the fitness obtained through exercise, reduces mortality and morbidity, even in individuals who remain obese (Gomes et al., 2001). In contrast, physical inactivity (sedentary lifestyle) is a risk factor for chronic diseases more prevalent in the population, according to experts in the field (Matsuda et al., 2002).

Individuals subject to the more sedentary lifestyle are women, elderly, people of low socio-economic lower and disabled individuals. Different studies also show that physical inactivity is more common among women, the elderly and individuals with less education (Crespo et al., 2000)

So we propose workshops for stretching, as the response to a need to take to the elderly population of Santana do Ipanema, more and better information about health and physical activity.

If an exercise program is poorly designed, the practitioner can cause several health problems, therefore, people who wish to develop physical activity guidelines should receive appropriate education for the benefits of the exercise, otherwise the likelihood of risks exercise may be greater than the probability of benefits (Martins, 2000).

The project in question was submitted to the Internal Call PROEXT / UNEAL No. 04/2010 and with the overall objective of promoting the practice of daily stretching exercises, aerobics, as an alternative for the elderly, assisted by the CRAS and PSF, start to act actively the promotion of health, the resources obtained approval for the initial development of actions. The specific objectives of this project seeks to analyze the perception of the elderly in the way they have been conducting exercises; awareness among the elderly as the necessity of stretching exercises as a means of promoting health and conduct lectures - practice of stretching and exercise aerobics for the elderly in the form of workshops.

In this sense UNEAL fulfills its social function when it is proposed to provide information on health and physical activity for older people served by the project, enabling the benefits that active life can bring to them.

2. General Purpose

Promoting the practice of daily stretching exercises, tai chi, aerobics and lian gong as alternatives for the elderly and other patients assisted by the CRAS and PSF, start to act actively in promoting their own health.

3. Specific Objectives

To analyze the perception of the elderly, diabetics, hypertensives and patients with other chronic diseases - degenerative in the way they have been conducting exercises;

Sensitize these patients about the necessity of stretching exercises, tai chi chuan lian gong and aerobics as a measure of health promotion,and Conduct classroom - practices stretching, tai chi, aerobics and lian gong with these patients in the form of workshops.

4.Methodology

4. 1. Study population:

The sample consisted of 35 elderly patients in the PSF CRAS and 55 - San Jose, all female and aged between 60 and 76 years and 35 to 70 years respectively.

4. 2. Selection Criteria:

Were included in this study, people who met the following requirements:Being part of the best age group of CRAS; Chronic diseases - degenerative type Diabetes Mellitus, Hypertension and Cardiovascular Diseases; In consultation with the nurse responsible for the PSF of the neighborhood and San Jose and express interest in participating; Assiduously CRAS and the PSF of the San Jose neighborhood

4. 3. Data collection:

The initial data collection was conducted in November 2010. The interviews were conducted by a student author of the work and lasted 02 hours. The best age group was invited to the CRAS, where they were directed to a large, open space within the

Centre and the other for the PSF - San Jose and were headed for a well-ventilated shed inside the station, all were interviewed a by one.

4.4. Practice time:

Initially we did an interview, which addressed questions about age, weight, to the use of tobacco and alcohol consumption, the way in which physical activity is doing, if you have any disease, if family members have any disease, clothe, intake liquid during physical activity and proper nutrition to keep losing and gaining weight, medical history was performed with 35 elderly and 55 elderly CRAS of the PSF.

In other instances the elderly were invited to participate in workshops theory - practice of stretching, aerobics, tai chi chuan lian gong and lasting for one hour daily and three times a week at CRAS and five in the PSF. The times offered for the elderly in the PSF were held in a warehouse located within the PSF and was attended by 55 seniors. The workshops offered for the elderly in the CRAS were performed in an open space within the CRAS which included the participation of 35 seniors and three times a week about 50 seniors will the square of Dr. Adelson Izac Miranda to conversations with experts on prevention and promotion health. These moments have occurred in the CRAS evening hours from 17:00 to 18:00. The PSF has occurred in two rounds in the morning from 05:00 06:00 and 16:00 in the afternoon and 17:00 in the square occurs from 19:00 to 18:00. The moments are started with dynamic presentation, followed by a round of conversation that varies from week to week, and covers various topics such as physical activity and diabetes, hypertension, heart disease and others, the importance of stretching, the use of suitable clothing and of fluid intake and physical activity to improve the quality of life of the elderly and subjects of interest to all, where they talk about what they are feeling, made it began stretching and aerobics later, ending with lian gong movement, they are always being asked about ending the class, aiming to improve. The aim is basically stretching the muscles working cervical, thoracic and lumbar spine, the upper and lower limbs. They also emphasized educational exercises autoposturas, automassagens, bodily felt sense and ergonomic training, helping to self-management habits of prevention and health promotion.These actions are being performed in the group, which promotes greater interaction and exchange of experiences among the elderly.

4. 4. Instrument for data collection:

Was used for data collection a complete history, consisting of the following data:

Identification;

Diagnosis and treatment data;

Use of tobacco and / or alcoholic beverages;

Physical activity;

Meaning of quality of life; interference of chronic disease in the quality of life in different aspects: study / work / home activities, relationships with family and friends, recreation and leisure, physical capacity, independence / self-care and self-system and other .

The form included open and closed questions, aimed at obtaining subjective data related to the theme, allowing the free verbalization by the respondent.

5. Results Achieved

Despite the short time since implementation of the workshops results are evident when participants changed their habits in physical activity by doing the shoes, the right clothes, a bottle of water, two of them said they had stopped smoking and decreased to ten alcohol consumption and according to the same eating habits have also changed what is proven by the weight loss that occurred with the majority as well as those who were lost, there were also those who won, because this group was initially said to be well heterogeneous and it is people who need to gain weight.

Partial results of this project were presented at the Third Week of Teaching Physical Education at the University of Brasilia - UNB - UAB Week Scientific and II of the State University of Alagoas - UNEAL.

The workshops are still being developed and the level of acceptance by those involved has been quite satisfactory, but only at the end of the project will be possible to evaluate the actual impact of the action taken on the behavior of the elderly. The partnership of the Departments of Social Welfare and Health Coordination through the Center for Health Promotion and CRAS, made possible by joining forces and carrying out actions that meet the need of elderly backland, enabling education, and consequently a better quality of life.

With actions such extension, the UNEAL break its walls and reaches the outside community. The challenge of bringing the knowledge produced within the university to serve the community has been one of the biggest barriers experienced by the Brazilian public universities and in the case of a HEI located in the backlands of Alagoas, this challenge is even greater. It remains to say that given the objective conditions imposed by the social, political and economic context in which the UNEAL / Campus II, is inserted, it has undertaken efforts to meet its social function.

8. References

8.1 CONTAR, J. **Integração Biologia e Educação Física:** reflexões dinâmicas e experienciadas com acadêmicos. Revista da Educação Física/UEM, Brasil, 3 jul. 2008. Disponível em:
<http://periodicos.uem.br/ojs/index.php/RevEducFis/article/view/4034/2783>. Acesso em: 26 mar. 2010.

8.2 C R E S P O, C. J. ; SMIT, E. ; ANDERSEN, R. E. ; CART E RPOKRAS, O. & AINSWO RTH, B. E. 2000. **Race/ethnicity, social class and their relation to physical inactivity during leisure time:** Results from the Third National Health and Nutrition Examination Survey, 1988-1994. American Journal of Preventive Medicine, 18:46-53.

8.3 DANTAS, Estélio H. M. **Flexibilidade:** alongamento e flexionamento. 4ª Ed. Rio de Janeiro: Shape, 1999.

8.4 GOMES VB, SIQUEIRA KS, SICHIERI R. **Atividade física em uma amostra probabilística da população do Município do Rio de Janeiro**. Cad. Saúde Pública. 2001.

8.5 MARTINS, D. M. **Exercício Físico no Controle da Diabetes,** Mellitus. Guarulhos: Ed. Phorte; 2000.

8.6 MATSUDO, V., **Esporte, lazer e qualidade de vida** In MOREIRA, W.W. ; SIMÕES, R. (org.), Fenômeno esportivo no início de um novo milênio, Piracicaba: Unimep, 2000.

8.7 PITANGA, F. J. G. **Informações em Saúde para Proposta de Políticas Públicas de Promoção de Atividades Físicas na Região Nordeste do Brasil.** Revista Baiana de Educação Física, 2000. 1, 3, 48-53.

9. Attachments

9. 1. records



INTERVIEW



WHEEL OF CONVERSATIONS



PRACTICE TIME



1 LINING THE THIRD AGE



WALK AGAINST VIOLENCE TO THE ELDERLY



LINING OF THE THIRD AGE

AEROBIC GYMNASTICS WORKSHOP FOR THE ELDERLY AND SERVICED BY CRASPSF IN SANTANA DO IPANEMA - AL: EDUCATING FOR HEALTH BODY

SUMMARY

This article results from a research project and extension-related workshops that includestretching of all members of the body, tai chi, aerobics and lian gong, offered to elderly patients in the Family Health Program - PSF, in San Jose neighborhood and the Center for Reference and Social Care - CRAS, both located in the municipality of Santana doIpanema - AL. Initially, we performed semi-structured interviews with a history and physical assessment in all cases, where it was identified that these elderly maintained a sedentary lifestyle and had more health problems. The project has been ongoing since November2010, serving two classes, at different times, three times a week. The results of this projecthave shown the importance of physical activity, since it has contributed to the weight reduction, reduction of pain in the legs and spine, and especially with the increasedpsychosocial health, because these meetings and the friendships that were made as well as the distraction before, during and after is very large, it is known to change in habits, such as clothing, food and others who come to work directly with the promotion of health that is our primary goal.

ATELIER DE GYMNASTIQUE AEROBIC POUR LES PERSONNES ÂGÉES ET ENTRETENU PAR CRAS PSF À SANTANA DO IPANEMA - AL: L'ÉDUCATION POUR LA SANTÉ DU CORPS

RÉSUMÉ

Cet article résulte d'un projet de recherche et de vulgarisation relatives ateliers qui comprennent des étirements de tous les membres du corps, le tai-chi, d'aérobic et le gong lian, offerts à des patients âgés dans le Programme de santé familiale - PSF, à San José de voisinage et le Center for Reference and Social Care - CRAS, tous deux situésdans la municipalité de Santana do Ipanema - AL. Initialement, nous avons effectué des entretiens semi-structurés avec une histoire et d'évaluation physique dans tous les cas, où il a été identifié que ces personnes âgées a maintenu un mode de vie sédentaire et avait des problèmes de santé plus. Le projet est en cours depuis Novembre 2010, servant deux classes, à des époques différentes, trois fois par semaine. Les résultats de ce projet ont montré l'importance de l'activité physique, car elle a contribué à la réduction de poids,diminution de la douleur dans les jambes et la colonne vertébrale, et surtout avec la santépsychosociale accrue, parce que ces rencontres et les amitiés qui ont été faites ainsi quede la distraction avant, pendant et après est très grand, il est connu pour changerd'habitudes, comme des vêtements, de nourriture et d'autres qui viennent pour travailler directement avec la promotion de la santé qui est notre objectif principal.

TALLER DE GIMNASIA PARA LA TERCERA EDAD AEROBIC Y ATENDIDOS PORCRAS PSF EN SANTANA DO IPANEMA - AL: EDUCACIÓN PARA EL CUERPO DE LA SALUD

RESUMEN

Este artículo se deriva de un proyecto de investigación y extensión relacionadas con los talleres que incluyen el estiramiento de todos los miembros del cuerpo, tai chi, aeróbicos y lian gong, que ofrece a los pacientes de edad avanzada en el Programa de Salud Familiar - PSF, en el barrio de San José y el Centro de Referencia y Asistencia Social -CRAS, ambos ubicados en el municipio de Santana do Ipanema - AL. Inicialmente, se realizaron entrevistas semi-estructuradas con una historia y examen físico en todos los casos, donde se identificó que estos ancianos mantienen un estilo de vida sedentario y tenían más problemas de salud. El proyecto ha estado en curso desde noviembre de 2010, sirviendo a dos clases, en diferentes momentos, tres veces por semana. Los resultados de este proyecto han demostrado la importancia de la actividad física, ya queha contribuido a la reducción de peso, reducción del dolor en las piernas y la columna vertebral, y especialmente con el aumento de la salud psicosocial, debido a que estasreuniones y las amistades que se hicieron así como la distracción, antes, durante y después es muy grande, se sabe que el cambio en los hábitos, tales como ropa,alimentos y otros que vienen a trabajar directamente con la promoción de la salud que es nuestro principal objetivo.

OFICINAS DE GINÁSTICA AERÓBICA PARA OS IDOSOS ASSISTIDOS PELO CRAS E PSF EM SANTANA DO IPANEMA - AL: EDUCANDO PARA A SAÚDE DO CORPO

RESUMO

Este artigo resulta de um projeto de pesquisa e extensão, relacionado a oficinas que englobam alongamentos de todos os membros do corpo, tai chi chuan, lian gong e ginástica aeróbica, oferecidas para idosos atendidos no Programa Saúde da Família – PSF, no bairro São José e o Centro de Referencia e Assistência Social - CRAS, ambos localizados no município de Santana do Ipanema – AL. Inicialmente foram realizadas entrevistas semi-estruturadas e avaliação física com anamnese com todos os atendidos, onde foi identificado que estes idosos mantinham uma vida sedentária e cada vez mais tinham problemas na saúde. O projeto está em andamento desde novembro de 2010, atendendo duas turmas, em horários diferentes, três vezes por semana. Os resultados deste projeto têm mostrado a importância da atividade física, uma vez que o mesmo vem contribuído para a redução de peso, diminuição de dores nas pernas e coluna e principalmente com o aumento na saúde psicossocial, pois esses encontros e as amizades que foram feitas, bem como a distração antes, durante e depois é muito grande, já é notória a mudança nos hábitos, como vestimentas, alimentação e outros que diretamente vem a colaborar com a promoção da saúde que é o nosso principal objetivo.