148 - WALK: THE BENEFITS OF PHYSICAL ACTIVITY

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INTRODUCTION

By assuming bipedal posture, the man became the only animal to perform the act of conscious and walk through time, it has evolved gradually. Because of this attitude of (bipedal) after long-term moving around in the quadruped position, some complications have arisen in the joints of the ankle, knee and hip joint, the most worrisome, as they relate directly to the spine (SANTOS, 2002). Moreover, it is important to highlight the growing concern with health in general, if justified by (Araújo, 2001) by the disproportionate growth in the number of individuals with chronic diseases, especially hypertension, with the average increase in population age.

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

We also noticed the awakening of interest as well as health conditions and therefore the quality of life that these individuals will enjoy throughout their lives. Fortunately, today there are several preventive and therapeutic strategies, and is also widely accepted that physical exercise exerts a beneficial role for the health of the population. (Araujo & Araujo, 1986, Carvalho et al., 1996, Martinson et al., 2001).

Due to growing demand for better quality of life, people seek a solution in physical activity to reduce the risk factors cited as leading by American College of Sports Medicine (2003) family history, cigarette smoking, hypertension, hypercholesterolemia, fasting glucose, obesity and sedentary lifestyle - positive risk factors - serum HDL cholesterol and high - risk factor negative.

Concern about physical activity leads people from different social classes, ages, genders, religions, to perform any exercise, especially aerobic exercises such as walking. According Cossenza & Contursi (1998) aerobic activity is characterized by the use of large muscles in cyclical movements do not require as much of the body. Foss & Keteyian (2000) define aerobic activity such as transformation of glycogen into energy in the presence of oxygen. The practice of walking as physical activity is growing every day and many individuals engage in this activity because of its easy implementation, low cost, and weight control, reducing the risk of heart disease, diabetes and hypertension. Novaes & Vianna (1998), the instant it is practiced, are triggered emotional processes regulated by neurotransmitters such as serotonin or endorphins, which produce a state of euphoria and mood regulation.

At the same time as the practice becomes an effective way of reaching an improvement of health, but also the good way, some practitioners aspire to goals, which, detract from what should be paramount to achieve: the quality of life . Apparently people exercise is mirrored in other, much in the way of dressing, as in the execution of the exercise, thus allowing multiple errors occur such as inappropriate clothing, shoes with no shock absorber, plastic belly, between other. According to Santos (2003), is for these and other reasons, before beginning the practice of walking, must undergo a medical evaluation, and American College of Sports Medicine (2003) says it is important to provide an initial screening to participants in relation to risk factors and / or symptoms of various chronic cardiovascular, pulmonary and metabolic diseases, and that it be performed by a doctor or a physical education professional.

In the city of Maceió, many people walk on the waterfront, but also when it is distant, in their own neighborhoods, in parks and other places often inappropriate. These individuals begin to walk on its own initiative, for medical advice or friends, running, so the practice of the exercise of a random walk without specialized monitoring and without the knowledge of basic rules that contribute to a better use of the activity. Amid the neglect given to scientific training, practitioners walk lose the opportunity to acquire the best positive effects, increasing the possible discomfort, and even desmotivações lesions that may be caused by a lack of professional guidance.

This study aimed to examine how this practice is performed on the walk (systematic) in one of the edges of Macedonia as a starting point with the interest of guidance from a professional physical education.

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This activity benefits the body, improves and prevents heart problems, reduces body fat, helps to maintain body weight, improves respiratory function, lowers blood cholesterol and triglycerides, reduces anxiety and depression and improve the intellectual performance and provides greater emotional balance. But for this activity is for full utilization of the individual's health is necessary for technical and scientific standards with, clothing, time, duration, frequency, specificity of training are followed. In addition the individual must take into account age, gender, weight, previous training, cardiovascular status, drug intake, finally respect the individuality of each organism.

METHODOLOGY

Individuals participated in the survey who do walk on the waterfront of the city of Maceio.

It is a field study and case descriptive, cross-sectional. "The descriptive notes, records, analyzes and correlates events phenomena (variables), without manipulating them, studying facts and phenomena of the physical world, and especially the human world, without the interference of the researcher." In brief, descriptive research, in its various forms, works on collected

data or facts of reality itself. For this are used as major instruments for observation, interview, questionnaire, form and other techniques. We found this time a large number of persons per hour have been using this practice. Thus, for this study were selected persons of both sexes, whose age varied habits and common characteristic among them is the practice of walking on the seafront of the city of Maceio. As an instrument for data collection was a questionnaire for formal structured interview, with the possibility of orientation, ie, a guided interview. As such, use of analysis with the observation of exercise-walking, checking aspects of schooling, the main goal of the walk, battery life, among other professional monitoring. The interview objective questions was drawn up four in number (04) formulated in a way that was standardized for each question a number of equivalent and specific response.

RESULTS

We seek answers from the numbers of respondents as options, assign a quantitative research inserting in percentages for better clarity and interpretation of the study to readers.

Initially we collected data related to sex and age group of practitioners of the walk and found that 30% are male and 70% female. Mean age as shown in Table No. 01

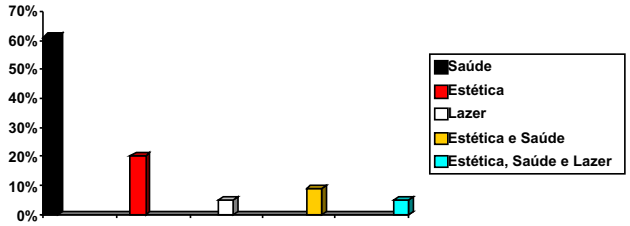
Table 01: Ages

AGE	PERCENTAGES
16 – 30 Years 31 – 45 Years 46 – 61Years 62 – 75 Years	30% 26% 37% 07%
60	100%

We note also that the female is more abundant and dedicated to this practice that the male can give it the fact that women on the edge of Jatiúca enjoy the walk to make their prayers and for being more concerned about their health than men.

The first question we seek to know the sample population which was the main purpose of standardized practice of walking and 03 responses **(health, aesthetics and recreation)** according to Figure 01.

Figure 01 - Health, Beauty and Leisure

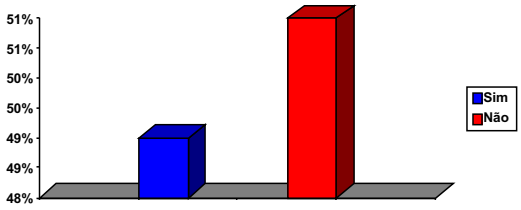


Thereby, 61% had d leisure, aesthetics and 9% 5% health and beauty, health and leisure.

We note how people are worrying about putting her health as the main goal when the physical activity, this reflects the significant expansion of the ideas of Kenneth Cooper, one of the creators who have researched and discovered how important it is for health physical activity, and especially aerobic activities and still the American College of Sports Medicine (2003) cites that significant health benefits can be obtained by including a moderate amount of physical activity.

The second question asked respondents if they had performed some physical or medical evaluation before starting the activity as the chart shows 02.

Figure 02 – Evaluation

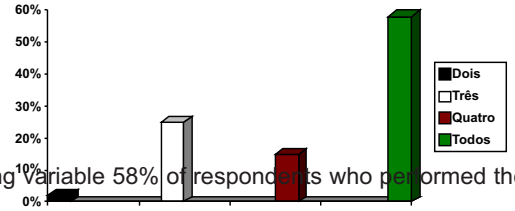


The responses show that essment and 51% did not.

These numbers show that most people, even without complete specificity for the practice of exercise done medical evaluation. That to us is a good start, because this evaluation can detect extreme health problems that may indicate against the exercise, as well as otherwise, display it.

Following the script of questions in the third question, we know how many days per week respondents performed the activity. See the chart 03.

Figure 03 - Frequency Daily



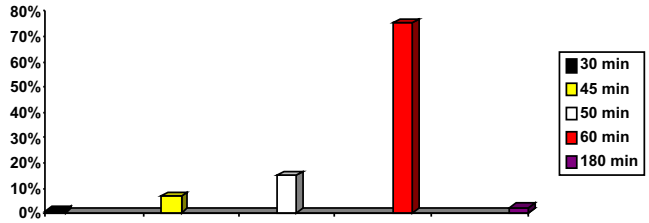
With respect to this training variable 58% of respondents who performed the walk every day, 15% responded that

performed weekly for 4 days, 25% said they performed the activity for 3 days a week and only 2% of respondents walked for two days a week.

The above result shows that a significant percentage of the population do the walk every day, this can be quite positive, but the question is whether this variable is being directly linked to the intensity of exercise, because this factor is directly related to the total volume of training if there is a consistency in the application of this variable over-stimulation is capable of generating muscle and joint pain.

The fourth question aimed to know what was the duration of the walk. As shown in chart 04

Figure 04 - Time



We note that 75% [illegible] pondents practice activity in 50 minutes, 7% in 45 minutes, 2% of respondents who performed the activity at 180 minutes and 1% of respondents perform the activity in 30 minutes.

The threshold for the duration of the exercise depends on the interaction of other factors to McArdle (1998) the threshold for the duration of the exercise includes the total work done (length or volume of training), exercise intensity, frequency of training and initial level of fitness . Therefore, the use of the principle of interdependence between volume / intensity is the most objectively used in determining the duration of exercise. This training period also allows a great loss calorie, so it is promising for those who want to lose or control weight (POLLOCK, 1993).

For practitioners who live in a high state of inactivity, the "more likely" present a heart, it is suggested about 30 minutes of moderate activity (Nieman, 1999).

We observed that most people who walk on the edge of the city of Maceio, according to the Americam College of Sports Medicine, 2003 should start to practice before the walk start a pre-participation screening so that this way she can establish an intensity activity moderate thus obtaining better results more safely.

We believe that the lack of professional practice that may cause physical damage to your health. The thread where this study was to find the answers to the problem generator of our research. Physical education has a great importance in this regard to promote a healthy lifestyle through the practice of regular physical activity and the changing lifestyle of the individual.

According to survey conducted found that the sample population is in agreement with respect to the orientation of a physical education professional. In which he is qualified to guide the best possible way the practitioner of this exercise, you can then do some clinical work as well a multidisciplinary approach, already making it beneficial for a healthy and peaceful life.

Respecting all the limitations of this study found that people who walk on the waterfront of the city of Maceió is at risk to start a program of moderate intensity physical activity.

Recommended for the population studied:

- Find a doctor for an evaluation;
- Find a Professional Physical Education;
- To seek to make diagnostic tests.

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ABSTRACT

Due to growing demand for better quality of life, people seek a solution in physical activity to reduce risk factors. This research aimed to examine how this practice is performed on the walk (systematic) in one of the edges of Macedonia as a starting

point with the interest of guidance from a professional physical education, even by the fact that these individuals do not know the possible problems caused by a practice of improperly. MethodologyThis is a survey along the coast of Macedonia, which aimed to verify if the practitioners of this activity is receiving or not receiving adequate guidance for this type of practice. The research is characterized as a field study, quantitative descriptive. A questionnaire was given to 50 people. The results show that in general a small part of respondents, receive guidance from a professional physical education. Thereby making evident the need for monitoring of a qualified professional. We conclude that most people who walk on the edge of the city of Maceio, according to the Americam College of Sports Medicine, 2003 should start to practice before the walk start a pre-participation screening so that this way she can establish an intensity activity moderate thus obtaining better results more safely.

KEY WORDS: Quality of life and health walk

MARCHE: LES AVANTAGES DE L'ACTIVITÉ PHYSIQUE

RÉSUMÉ

En raison de la demande croissante pour une meilleure qualité de vie, les gens cherchent une solution à une activité physique pour réduire les facteurs de risque. Cette recherche visait à examiner comment cette pratique est effectuée sur la promenade (systématique) dans l'un des bords de la Macédoine comme point de départ d'intérêts avec les conseils d'un professionnel de l'éducation physique, même par le fait que ces individus ne sais pas Les possibles causés par des problèmes de la pratique du mal. MethodologyThis est une enquête sur les côtes de la Macédoine, qui visait à vérifier si les praticiens de cette activité reçoit ou ne reçoit pas de directives adéquates pour ce type de pratique. La recherche est considérée comme une étude de terrain, descriptive quantitative. Le questionnaire a été remis à 50 personnes. Les résultats montrent qu'en général, la petite partie des répondants, de recevoir les conseils d'un professionnel de l'éducation physique. Ce qui rend évidente la nécessité d'une surveillance d'un professionnel qualifié. Nous concluons que la plupart des gens qui marchent sur le bord de la ville de Maceio, Selon le Collège de Médecine du Sport Americam, 2003 devrait commencer à pratiquer avant la marche commencer le dépistage pré-participation, afin que de cette façon, elle peut établir une activité d'intensité modérée obtenant ainsi de meilleurs résultats de façon plus sécuritaire.

MOTS CLÉS: Qualité de vie et la santé de marche

MERCADO: LOS BENEFICIOS DE LA ACTIVIDAD FÍSICA

RESUMEN

Debido a la creciente demanda de una mejor calidad de vida, la gente busca una solución en la actividad física para reducir los factores de riesgo. Esta investigación fue examinar cómo esta práctica se lleva a cabo en el paseo marítimo (sistemática) en uno de los bordes de Macedonia como punto de partida de intereses con el asesoramiento de un profesional de la educación física, ni siquiera por el hecho de que estas personas no conocen los posibles problemas causados por la práctica del mal. MethodologyThis es una encuesta de la costa de Macedonia, que fue diseñado para determinar si los practicantes de esta actividad es recibir o no recibir una orientación adecuada para este tipo de prácticas. La investigación es vista como un estudio de campo, descriptivo cuantitativo. El cuestionario fue aplicado a 50 personas. Los resultados muestran que, en general, la fracción de los encuestados, con el asesoramiento de un profesional de la educación física. Esto hace evidente la necesidad de la supervisión de un profesional cualificado. Llegamos a la conclusión que la mayoría de la gente que camina en el borde de la ciudad de Maceió, El Colegio de Medicina del Deporte Americam, el año 2003 empieza a practicar antes de la marcha comenzó antes de la participación de detección, de modo que de esta manera, se puede establecer una actividad física moderada por lo tanto la obtención de mejores resultados de forma más segura.

PALABRAS CLAVE: Calidad de caminar la vida y la salud

CAMINHADA: OS BENEFÍCIOS DA ATIVIDADE FÍSICA

RESUMO

Devido a crescente busca por uma melhor qualidade de vida, as pessoas procuram na atividade física uma solução para reduzir os fatores de risco. Esta pesquisa teve como objetivo verificar como esta sendo realizada a Prática da caminhada (sistematizada) em uma das orlas de Maceió tendo como ponto de partida o interesse de orientação por parte de um profissional de Educação Física, até pelo fato desses indivíduos não conhecerem os possíveis problemas causados por uma prática de forma inadequada. Metodologia Trata-se de uma pesquisa realizada na Orla Marítima de Maceió, que teve como objetivo verificar se os praticantes desta atividade vem recebendo ou não uma orientação adequada para este tipo de prática. A pesquisa caracteriza-se como um estudo de campo, de natureza quantitativa descritiva. Foi aplicado um questionário com 50 pessoas. Os resultados mostram que de forma geral uma pequena parte dos entrevistados, recebem orientação de um profissional de educação física. Ficando assim evidente a necessidade do acompanhamento de um profissional habilitado. Concluímos que a maioria dos indivíduos que caminham na orla da cidade de Maceió, segundo o Americam College of Sports Medicine, 2003 deveriam antes de começar a prática da caminhada iniciar uma triagem de pré-participação para que desta forma ela possa iniciar uma atividade de intensidade moderada obtendo desta forma melhores resultados de forma mais segura.

PALAVRAS-CHAVE: Qualidade de vida, Caminhada e saúde.