28 - PREVENTIONIS THE BESTMEDICINE: PHYSICAL EXERCISEONFHTOF CHAPADÃO DO CÉU-GO.

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INTRODUCTION

Just look around us to see how notice able was the evolution of man, from the physical to the brain, because it was that enabled the technological and scientific advances we now see through them also were many changes in the social, political and cultural individuals.

The man became a creative and intelligent, transforming the environment in which he lives to better adapt. These changes have brought much convenience and progress in life, some would say it brought happiness.

With the scientific man could dominate nature, formed complex societies, could over come diseases to afflict humanity, creating unimaginable machines, cars, ships, airplanes, robots, space visit, go to the moon, etc.., But it alls till does not satisfy, continues always in search of new discoveries.

However, through out this transformation has not only positive aspects. For Schaff, quoted by Frigotto(1996, p.101), "the revolutionary transformation of science and technology, which brings about changes in production and services," must necessarily produce changes in social relations"." This new know ledge and technologies produced interfered with man's social life. According Canedo(1994, p.82) to:

> Continued population growth, production, consumption and capital, extension of net works of railways, introduction of regular lines of steamboats large, open channels, the circulation of ideas, all this gave the time a new value. Men have become more alive and rushed.

Increasingly rushed, humans became more individualized and today, we noticed that men have become more virtual than real resolve everything by computer, business, communications, work, and even relationships, distancing humans from their social life. The rush of day-to-day, because capitalism exaggerated, does not allow cordial relations between individuals.

Cooper(1992, p.21) has highlighted:

> ...we have made great progress in terms of science and technology. And there are also those who say we have come along way to wards developing political and social systems more civilized. In the area of physical endurance and energy personnel, however, think regressed light years compared to our ancestors.

Currently most people working in offices, parking or walking to the bus stop to their rooms, unlike our ancestors, who walked miles, hunting, running, doing various physical activities in their daily lives to ensure their own survival.

Science and technology have provided major advances and convenience to the lives of human beings, however, came with them "side effects". There was an even greater divide in society, and in the physical-motor, people have become more sedentary, which undoubtedly affect the physical well-being and psychological all of us humans.

The busy life individuals lead nowadays, family, studies, jobs, courses, etc. .make time for the practice of physical activity becomes greatly reduced, however, previous studies show that our bodies are not designed to lack of exercise. Cooper (1982) states that physical activity helps build stronger bones, improved blood circulation, increased protection against heart disease and a more positive mental activity.

PHYSICAL EXERCISES OF THE FHS CHAPADÃO DO CÉU– GO

Chapadão do Céu is a small town in the southern state of Goiás, has about 7000 inhabitants, located 503 km from the capital Goiânia, located in Lat.18 23'34" South and Long. 52 38'57" west at an altitude of 725 m, in the year 2011 was considered the best HDI status, this rating was no surprise, considering that all the work done in the city is aimed at the general welfare of population. Was featured and highly relevant to this HDI score the quality of health services provided to the community. And was thinking of this welfare in a humanitarian assistance and providing quality of life better the Municipal Health Department, in 2011, introduced the Physical Exercises to serve the population.

The practice of regular physical activity in the long term, called the systematic practice causes several anatomic-physiological changes in the body important, however, the benefits are not restricted to only the physical aspects, they also show positive changes in psychological state and social practitioners.

So if the regular practice of physical activity can bring great systematized positive changes in the individual's overall health, lack of exercise can allow the action of several diseases, from physical, psychological and psychogenic.

In order to meet this reality the Municipal Health Plain of Heaven -GO, under the administration of Sueli Morais da Silva, worrying about going beyond the medical health recovery, but already thinking in promoting and sustaining it by through healthy lifestyle habits, implanted in his system the PRO -CURE, a multidisciplinary project aimed at the professional qualification, the humanization of care and in particular disclosure, encouraging and monitoring of healthy lifestyle habits among the population céu- chapadense.

Through the PRO- CURE, a multidisciplinary team composed of doctors, nurses, physiotherapists, psychologists, speech therapists, social workers and physical educator conducted a course on "Neuroscience and the Application of it in the Health Area" taught by psychiatrist and neuroscientist Dr. Eduardo Aquino, in 2010.

According to Aquino (2010), citing information from WHO warns that "by 2020, the problems with the psyche, behavior, drug addiction, will be the biggest demand of medical attention." Or, also according toO.M.S.in"1900- 1%of the population had mental disorders and drug addiction. In 1970, there were 12% in 1980 to 25% in 1990- 48%of the population and in current times, there is no state of physical well-being, psychological and bio-social, considered "normal"".

Aquino also cites information from prestigious universities of Harvard and Yale, with which environmental pressures

ranging can do stress of the population- 70to 80%of first see king medical consultation, regardless of specialty, is a psychogenic symptoms(dysfunction of the limbic system, that manages emotions and stress).

Given these sad data, actions were carried out in favor of a better quality of life and therefore a health promotion to population céu-chapadense. Among them we high light hiring a professional in Physical Education and deploying various forms of physical exercises available in various schedules to better meet community needs.

Opioids are natural hormones or neurotransmitters that act as regulator so feeling pain an dare important in the endogenous analgesic system. Endorphins (neuro-hormone) are produced by the body in the pituitary gland. Reis(2010)states that the last thirty years authors like Harber & Sutton, McGowan, Shyiu, Hoffmann and Heitkamp contributed greatly tow hat is known today about endorphin, as beyond its analgesic effect, it is believed that endorphins control there action of the body to stress by regulating some functions of the autonomic nervous system as the contractions of the intestinal wall, and determining mood.

One way for the release of endorphins is through aerobic exercise of moderate intensity, Reis (2010) cites that "In experiments on rats found a significant increase in brain endorphin concentrations and consequently an increase in pain threshold after a prolonged exercise of moderate intensity".

In view of these recent and important discoveries to practice regular physical exercise to release significant amounts of endorphins daily practitioners to individuals, will act as a natural painkiller-reducing symptoms of pain" without pre-diagnosed causes" and also as a promoter of mental health-improving mood, feelings of wellbeing and reducing anxiety.

Accordingly implanted six activities in the care offered by the ESF : Walk-oriented, follow the ATI(Academy for Senior Citizens-already in the Square Fruit) , aerobics, Jump, Mix Fitness and Bodybuilding.

The city invested acquiring materials for the exercises(trampolines, dumbbells, ankle weights, mats, balls ,bars, spaghetti, leggings for use in swimming pools, etc..)And also making covenants(with the club -for the use of pool and purchase a solar water heater, and a bodybuilding gym-for the use of equipment).

All persons, before enrolling in exercise undergo a medical evaluation and the appropriate forms are for warded to your physical condition and restrictions, if you have any; respond history and a record of a physical mark with teacher .Physics subsequently in it iniciate physical activity sistematyzed.

Knowing the initial physical condition of the student is of fundamental importance for prescribing the most appropriate activity to meet your goals and needs, in addition ,it is interesting that the teacher can have a monitoring of changes in this initial condition, resulting from the exercise program student's physical, and it is in this context that the physical assessment proves to be a vital working tool for the teacher. Guedes(1997), states that:

> ...physical fitness related to health includes only those components in motor issues can be credited some protection against degenerative diseases such as heart disease, obesity, hypertension and various musculoskeletal disorders, and maybe influenced by regular physical activity.

The exercise began in February 2011, with the first guided walk, follow the ATI mix and Gymnastics in May jump started lessons and water aerobics and only implemented in February 2012with bodybuilding.

The walk can be considered a safe exercise, with more than negative bio positive bio effects. According to Lima(2002, p. 16): "The walk can be considered as a safe physical effort, given that the risks of cardiovascular and orthopedic injuries are greatly reduced when observed and complied with the minimum standards of security."

The A.T.I. (Academy of the Third Age), located in the Plaza of the Earth, is commonly used in population since the year 2010, however, there was no instruction to use apparatus. According to Balsamo and Simon (2005)Aging determines structural changes that lead to decreased functional reserve, limiting performance during physical activity and reducing the ability of tolerance in various situation so high demand, especially in cardiovascular diseases. According RAMOS (1999)physical training can immediately produce a profound improvement of functions essential to the physical fitness of the elderly, the more active a person is less physical limitations she has.

The aerobics according to Figueiredo(1996)is a drift of hydro therapy uses water as an active factor in the therapeutic use of the same by the thermal factor, also plays important role in many chemical and mechanical stimuli. The benefits of water aerobics are many :

> ...relieve pain ,provide muscle relaxation, maintaining and increasing range of motion of joints, reeducate muscles atrophiedor semi, develop coordination paralyzes the muscles, develop strength and endurance, providing greater muscle strengthening, improvement or rehabilitation activities function al gait. (p.22)

In addition to these benefits , we can refer also to a better self-esteem, general relaxation, improves sleep and also there creation a aspect, relieves stress and provides better mental health.

Furtado (2004)explains that "Jump" is arrhythmic exercise program on aminitrampoline, being considered even benefits achieved by the regular practice of aerobic exercises. The success of this program is mainly related to pleasure and motivation that this activity provides besides obtain or maintain adequate level soft fitness to perform the daily tasks.

Strength training is one of the most practiced forms of exercise in the world. Currently, not only for youngsters but also for the elderly, has been recognized for its importance for this age group, heart disease and even for children, provided with some adaptations and care. Ferreira(2008)cites that "Currently, comes up attaching great importance to bodybuilding due to strength training for both health maintenance, and for improving the performance of athletes, increased muscle mass and rehabilitation."

The mix of gymnastics was a mode designed to vary the stimuli and cater to a diverse audience. Activities such as stretching, dancing, gymnastics located, abdominals and circuits are some of the exercises practiced in the "mix". Rose(2006)cites that stretching is training by which favors an improved range of motion, providing greater flexibility to the body. Kessler(2012)has emphasized that the dance:

> "...works hand-eye coordination, agility, rhythm and spatial awareness, develops body musculature in an integrated and natural, allows an improvement in self-esteem and break many psychological blocks, allows interaction and increased role of social relations, it becomes a leisure option and even promotes improvement of disease and other problems. "(P.05)

Regarding the gym located, Amaral(2003) defines aerobics located as:

...drilling corporaloneina series of physical and mental actions in requesting and activate the various systems and appliances organic, through gestures engines, analytical (localized) and volunteers, properly oriented so reveal a intentionality gestural mark, aiming to develop physical qualities, mental and social human being.

The circuit training, according DANTAS(2003); Tubino; SMITH, (2003)is a method of physical training that does not train specifically a physical capacity in its highest degree, and yes, has a general characteristic showing results both in preparation cardiorespiratory as neuromuscular.

Table 01: Physical Exercises offered by the Municipal Health Chapadão do Céu-GO

Início	Modalidade	Local	Frequência	Horário	Público alvo	Nº de participantes
02/2011	Caminhada	Praça da Terra	Terça e Quarta-feira	18:00 as 19:00	Obesos, idosos, manutenção da saúde corporal, distúrbios psicogêncios.	25
02/2011	Mix de Ginástica	E.S.F.	De Segunda a Sexta-feira	08:00 as 08:45	Indicados pelo grupo controle do peso, distúrbios psicogênicos, manutenção da saúde, estética.	15
02/2011	Mix de Ginástica	E.S.F.	Segunda, quarta e sexta-feira	16:00 as 16:45	Indicados pelo grupo controle do peso, distúrbios psicogênicos, manutenção da saúde e estética.	15
02/2011	A.T.I	Praça da Terra	Terça e Quarta-feira	8:00 as 19:00	Obesos, idosos, manutenção da saúde corporal.	20
05/2011	Hidroginástica	Clube do Céu	Quarta e Sexta-feira.	09:00 as 09:45	Idosos, pessoas com lesões articulares, obesidade mórbida.	15
05/2011	Hidroginástica	Clube do Céu	Quarta e Sexta-feira.	17:00 as 17:45	Idosos, pessoas com lesões articulares, obesidade mórbida.	15
05/2011	Hidroginástica	Clube do Céu	Terça e Quinta-feira.	17:00 as 17:45	Idosos, pessoas com lesões articulares, obesidade mórbida.	15
05/2011	Jump	E.S.F.	Segunda, Quinta e Sexta - feira	18:00 as 18:45	Indicados pelo grupo de controle do peso.	15
02/2012	Musculação	Academia Sport Center	Segunda, Quarta e Sexta - feira	07:00 as 07:45	Fortalecimento músculo articular, idosos, obesos, ganho de massa muscular.	10
02/2012	Musculação	Academia Sport Center	Terça e quinta	07:00 as 07:45	Fortalecimento músculo articular, idosos, obesos, ganho de massa muscular.	10

Source: City Department of Health Chapadão do Céu-GO

This article is a qualitative one, considering that the overall goal is not to measure some of the benefits gained, but rather provide a better quality of life for participants in general.

We conducted a questionnaire with the participants, asking about what led them to start a physical exercise, practice time, if performed some physical activity before the project, if any restriction in relation to health and exercise, the immediate benefits and long term they felt after the start, what they feel when they get some time without exercising.

The benefits observed in the short term are: improved sleep, reduction of weight and measures, self-esteem, stress reduction and pain, reduction of PMS, increased libido.

The practitioner "L" of 57 years, a member of the group fitness and bodybuilding mix about 20 months quotes which started to be part of the treatment for depression and has since improved mood, sleep better, made new friends and does not feel more body aches.

The practitioner "N" of 48years,group member club mix, about 2years also states that started the exercises for medical treatment against depression quotes now feel more calm, with a better self esteem, and with more humor to work to improve service to its customers.

The long-term observations favor able to the practice are numerous, mentioning about: reduction of cholesterol levels, hypertension control, improved posture, reduced weight, it measures and maintenance, increased muscle tone-providing amore positive self-esteem by improving the aesthetics of the body, reduction and elimination of pain, better mobility, better cardio-respiratory fitness, socialization better and more positive mental health.

The practitioner "M" of 38 years, a member of the group jump, weight training and still do walk daily reports that started regular exercise about 5years with the goal of reducing weight and overcome depression, performed only before the walk, and about 2and a half years with the jump and 9 months with bodybuilding .Slimmed down13 pounds and is currently exercises to maintain muscle tone and.

The practitioner "P" for26 years, member of the group jump and mix of gymnastics, exercises began at about 9 months and has already eliminated 12 kg. Reported as improved self esteem, and feel motivated to achieve the ultimate goal of eliminating over20 kg. No longer able to run out the exercises.

"I" 49,a member of the group says that bodybuilding exercise "yet part of me, I can not live without," because he feels with his head airier, more willingness to start the day and note that the body is firmer and without pain.

FINAL THOUGHTS

The sports medicine and other areas of research on systematic physical exercises show the same results, numerous benefits to physical and mental health.

Seeking a better quality in health care céu-chapadense the Health Department of the city, meeting a new public

health perspective, active not only in order to heal diseases, but also as a preventative and promoting overall physical health individual, observing the positive studies that link physical exercise as an activity to improve indisputable and prevent a variety of illnesses that affect humans implanted in her care several modalities guided physical activities.

The results with the practice of regular exercise are well known, the study is a qualitative, not measuring physiological issues, but by giving a greater emphasis on psychosocial characteristics of patients participating in the activities. The number of participants is increasing and acceptance for a healthier lifestyle increases every day. This is the biggest and the best way of affirming the positive result of the applied work.

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PREVENTIONS THE BEST MEDICINE: PHYSICAL EXERCISEONFHTOF CHAPADÃO DO CÉU-GO.

ABSTRACT

As we follow the history of mankind, we shall see how notice able was the evolution of human beings both within physical, social and cultural development, however, these achievements also brought aggravating towards decreased physical endurance man light years. Technological developments brought humanity great comfort, comfort that this led to a sedentary lifestyle, risk factor and many aggravating diseases. Knowing that the human body was designed to move, and that its performance becomes better with certain load of exercise, it is necessary to allow such physical activities and provide the population in order to remedy, ensure and promote health quality. The Department of Health Chapadão do Céu thinking in general welfare of the population in February of 2011deployedits services in health care, various forms of exercises guided by a professional Physical Education. O purpose of implementation of this program is to allow anyone to have access to exercise-oriented, choosing the mode that best fits to achieve more positive. Do part of the activities people with psychogenic disorders, special groups such as the elderly, pregnant women and hypertensive people with overweight or underweight and finally also those seeking a healthier lifestyle, thinking in maintaining overall health.

KEYWORDS: Evolution, exercise, health.

PRÉVENTION EST LA MEILLEU REMÉDECINE: EXERCICE PHYSIQUE SU R E F DE CHAPADÃO DO CÉU -GO.

RÉSUMÉ

Comme nous suivons l'histoire de l'humanité, nous verrons comment notable a été l'évolution de l'être humain à la fois au sein de l'épanouissement physique, social et culturel, ces réalisations aussi apporté aggravante vers diminué physiques d'endurance années-lumière de l'homme. Les développements technologiques apporté du réconfort grande humanité, le confort que cela a conduit à un mode de vie sédentaire, facteur de risque et de nombreux doenças.Sabendo aggravante le fait que le corps humain est conçu pour bouger, et que sa performance est meilleure avec certaine charge de l'exercice, il est nécessaire de permettre à ces activités physiques et fournir à la population afin de remédier, d'assurer et de promouvoir la santé qualidade.A ministère de la Santé Chapadão do Céu penser au bien-être général de la population en Février de 2011 a déployé ses services en matière de soins de santé, les diverses formes d'exercices guidés par un but Física.O l'éducation professionnelle de la mise en œuvre de ce programme est de permettre à quiconque d'avoir accès à l'exercice orienté, choisir le mode qui correspond le mieux à de réaliser une partie plus positivos.Fazem des personnes souffrant de troubles psychogènes activités, les groupes spéciaux comme les personnes âgées, les femmes enceintes et les personnes hypertendus présentant un surpoids ou une insuffisance pondérale et finalement aussi ceux qui cherchent un mode de vie sain, penser dans le maintien de la santé globale.

MOTS-CLÉS: Evolution, exercice, santé.

LA PREVENCIÓN ESLA MEJORMEDICINA: EJERCICIO FÍSICO EN ESF DE CHAPADÃO DO CÉU-GO.
RESUMEN

Al seguir la historia de la humanidad, veremos cómo notable fue la evolución de los seres humanos, tanto dentro del desarrollo físico, social y cultural, sin embargo, estos logros también trajo agravante hacia disminuido físico saños de resistencia hombre luz. Los avances tecnológicos trajeron gran humanidad confort, la comodidad que esto llevó aun estilo de vida sedentario, el factor deri es goy enfermedades. Conocimiento muchos agravante de que el cuerpo humano fue diseñado para moverse, y que su rendimiento es mejor concierta carga de ejercicio, es necesario para que estas actividades físicas y proveer a la población con el fin de remediar, garantizar y promover la salud calidad. A Departamento de Salud Chapadão do Céu pensando en el bien estar general de la población en febrero de 2011,desplegó sus servicios en el cuidado dela salud, las diversas formas de ejercicios guiados por un profesional de la Educación Física. O propósito de la implementación de este programa es permitir que cualquier persona tenga acceso al ejercicio orientado a elegir el modo que mejor se adapte apara lograr parte más positivos. Hace de las personas con trastornos psicógenos actividades, los grupos especiales, como los ancianos, las mujeres embarazadas y las personas hipertensas con sobre peso o peso insuficientey, finalmente, también la búsqueda de aquellas una vida más sana, pensando en el mantenimiento dela salud general.

PALABRAS CLAVE: Evolución, el ejercicio, la salud.

PREVENIR É O MELHOR REMÉDIO: EXERCÍCIOS FÍSICOS NA E.S.F DE CHAPADÃO DO CÉU – GO.
RESUMO

Ao percorrermos a história da humanidade, veremos quão notória foi a evolução do ser humano tanto no contexto físico, social e cultural, entretanto, essas conquistas também trouxeram agravantes, no sentido da resistência física o homem regrediu anos luz. A evolução tecnológica proporcionou a humanidade grande conforto, conforto este que o levou ao sedentarismo, um fator de risco e agravante de muitas doenças.Sabendo-se que o corpo humano foi elaborado para se movimentar, e que o seu funcionamento se torna bem melhor com certa carga de exercícios físicos, torna-se necessário permitir e proporcionar tais atividades físicas à população, a fim de sanar, garantir e promover uma saúde de qualidade.A Secretaria de Saúde de Chapadão do Céu pensando no bem estar geral da população, em fevereiro de 2011 implantou em seus serviços de atendimento à saúde, várias modalidades de exercícios físicos orientados por um profissional de Educação Física.O objetivo da implantação deste programa é de permitir que qualquer pessoa tenha acesso a exercícios físicos orientados, escolhendo a modalidade que se enquadra melhor para alcançar resultados mais positivos.Fazem parte das atividades pessoas com distúrbios psicogênicos, grupos especiais como:idosos, gestantes e hipertensos, pessoas com excesso de peso ou abaixo do peso e por fim, também, aqueles que buscam um estilo de vida mais saudável, pensando na manutenção da saúde em geral.

PALAVRAS-CHAVE: Evolução, exercícios físicos, saúde.