17 - PROFILE THE LIFESTYLE OF OLDER GROUP OF PARTICIPANTS IN A GYM PRIVATE INSTITUTION OF PORTO ALEGRE

ELIZETE DE FÁTIMA JACOBY;
DÉBORA RIOS GARCIA
Faculdades Integradas São Judas Tadeu, Porto Alegre, RS, Brasil.
lisijacoby@hotmail.com

INTRODUCTION

Population aging is taking significant proportions in recent decades. Especially in developing countries such as Brazil. According to statistical projections of the World Health Organization and the Brazilian Institute of Geography and Statistics (IBGE, 2002), by 2025 the elderly population will grow sixteen times against only five times the total population. This places Brazil in absolute terms, as the sixth country in the world in the elderly.

According to the Statute of the Elderly: Law No. 10.741, of October 1, 2003, meant for elderly people or the elderly, individuals over 60 years of age (BRAZIL, 2003). So this population is the fastest growing lately, and according to estimates by the UN, is that these numbers continue to increase considerably over the next 50 years, and in 2050, one in four Brazilians be old.

ForDuarte(2001apudSilva andSA, sd), Brazil beforetermed aYoung parentstodaycanbe considered a countrystructurallyaged,appointedby estimatinga figurefrom 32 million to 33 millionpeople overthe age of 60in 2025; and each yearthat passes, we will have agrowingpercentageof elderly people, due tomedical advancesand changesin behaviorin relationto health andlifestyle,such asphysical activities(PEREIRA, 1999apudFalsarellaandSAVE2007).

Aging is anatural process andcan occurin a healthy waywith some changesin lifestyle, among whichthe participationinregularphysical activityplays an importantrole(MAZZEO etal., 1998apudSAFONS, 2004). Butthis processis irreversible, can be acceleratedordeceleratedbyenvironmental and behavioral factors, exerting greatinfluence on himdisease andinactivity.(NAHAS, 2003).

However, there are aspects that can beneficially affect the process of aging and improve the quality of life and well-being, such as diet, lifestyle and level of physical exercise. (WAGORN et al, 1991 cited MIRANDA and Rabelo, 2006).

Research in several countries, including Brazil, show that lifestyle, places itself as one of the most important factors and determinants of quality of life and health of individuals, groups and communities (NAHAS, 2001).

The main factors influencing the lifestyle approach: the component nutritional, physical activity, preventive behavior, relationship with society, and stress management. However these factors can be modified by the individual, because if we neglect, they affect our health in a negative way. So more than ever the daily choices and decisions, ie, the lifestyle has affected and determined the way to live, with or without health and for how long (NAHAS, 2001).

Considering this fact, the lifestyle is currently one of the villains, which leads the individual to have certain limitations in their functional capacity, and this is considered a risk factor for health, it has been documented that physical inactivity may be a determining factor in old age with crucial losses to quality of life (FARO et al, 1996 cited MIRANDA and Rabelo, 2006).

Therefore physical exercise can attenuate the aging process, improve physical skills (balance, strength, endurance, etc.). And besides, when practiced in groups become more motivating and productive, because they can prevent social isolation main cause of depression in old age.

So with the increase of the population over 60 years, it is necessary to create strategies that minimize the effects of aging, and to encourage a active lifestyle, so to optimize the quality of life of seniors.

The Brazilian Charter of Physical Education (SAFONS and PEREIRA, 2004), says that the Physical Educator must resort to all means of formal and informal (exercises, gymnastics, sports, dance, adventure activities, relaxation, etc..)To educate human health and for active lifestyle. And one of the great challenges of physical education today is to act preventively in the community, combating sedentary lifestyles and increasing levels of population health (SAFONS and PEREIRA, 2004).

But human knowledge is in essence an effort to resolve contradictions between the representations of the object and the reality of it (FONSECA 2002, p. 10). Therefore the objective of this study was to analyze the lifestyle of the elderly participants of a group exercise in a private institution of Porto Alegre.

METHODOLOGY

To develop this study, we used the cross-sectional survey of a descriptive and exploratory. The sample comprised a group of 41 elderly volunteers of both sexes, aged between 60 and 84 years, living in Porto Alegre and regular exercise in weekly group exercise of a private institution of Porto Alegre.

In the data collection questionnaire was applied: Profile of Individual Lifestyle, also known as the Pentacle Wellness (NAHAS, 2000) that addresses components related to nutrition, physical activity, preventive behavior, social relationships and stress control. Each item presents three issues, where the elderly have the following response options: (0) no, (1) sometimes, (2) almostalways,(3)always.

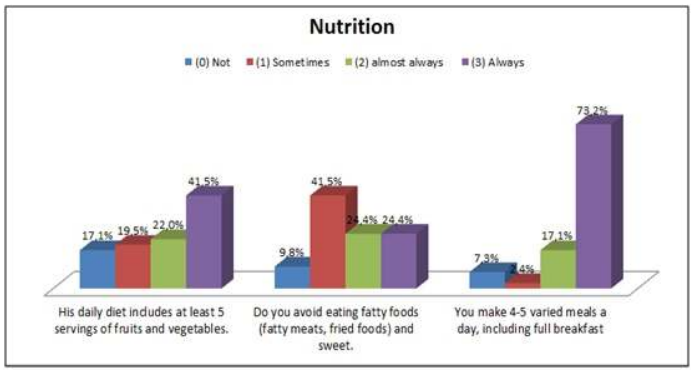
The participation of employees in the survey agreed with the resolution 196/96 of the National Health Council (CNS), using the Term of Consent. The data obtained through the data collection were used for scientific purposes. Data collection was conducted in the first half of 2013, the participants were interviewed individually after signing the consent form accepting participate voluntarily in the study.

ANALYSIS AND DISCUSSION OF RESULTS

For data analysis we used descriptive statistics. To better understand the results obtained from the questionnaires, it was decided to present the data collected in the form of graphs.

The following charts statements, presenting the results of the components of the individual lifestyle of the elderly.

GRAPHIC 1 - ANALYSIS OF COMPONENTS: NUTRITION



Source: the author.

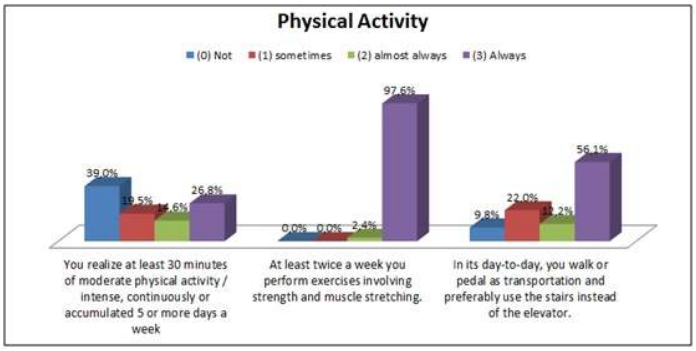
As the data presented in Figure 1 it can be seen that 41.5% of the elderly always include in your daily diet at least 5 servings fruits and vegetables. But 41.5% of individuals surveyed say only sometimes avoid the intake of fats and sweets. Already 73.2% always perform varied meals daily.

According to study CRUZ (2008), the results presented in this component reported that 62% of seniors do not have the habit of eating an adequate amount of fruits and vegetables daily. 50% of subjects always avoid eating fats and sweets and other 50% do almost constantly. 62.5% provide daily meals with a significant frequency.

The study PRADO et al., (2010), cites that 50% of participants reported ever include in your diet at least 5 daily servings of fruits and vegetables, 42.3% always avoid eating fatty foods and sweets, and 57, 7% always make 4-5 meals varied.

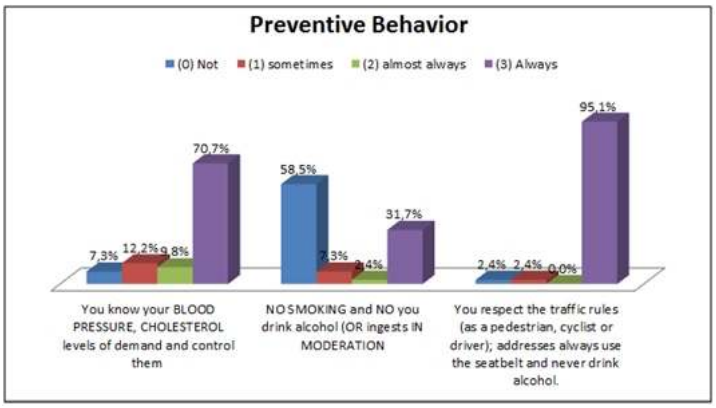
When compared with the present study the authors CRUZ (2008) and PRADO et al., (2010), we consider that the group studied showed satisfactory rate as the number of meals per day, but got lower indices in intake of fruits and vegetables and the question of the intake of fatty foods. In this case it would be necessary to guide them to seek a nutritional education, alerting them to the risks also keeping this kind of diet.

GRAPHIC 2 - ANALYSIS OF COMPONENTS: PHYSICAL ACTIVITY



Source: the author.

GRAPHIC 3 - ANALYSIS OF COMPONETENTE: PREVENTIVE BEHAVIOR



Source: the author.

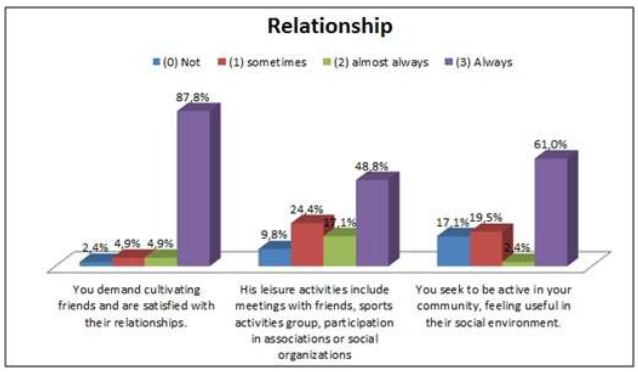
According tothe dataofFigure 3, 70.7% of the elderly always assertcontrol blood pressure and cholesterol levels, a relevant factorto prevent diseases, 58.5% said they did not use cigarettes and alcohol. But31.7% said that smoke and drink alcohol, a rate considered highin viewthese items to be harmful to the health of the individual. The majority 95.1% of subjects always respect traffic rules.

In this component of the study CRUZ(2008) showed that 81.25% of the subjects have a habit of performing preventive examinations, indicating a prevalence of health concern. In the case of beverage and alcohol, 87.5% said they did not smoke or drink more than one drink per day and 93.75% respect the traffic rules.

PRADO et. al(2010) observed that 88.5% of participants were aware of their blood pressure,your cholesterol level and always controlled them, 63.5% did not smoke and drank alcohol in moderation, and 86.5% always wore seat belts, respected the traffic rules.

In this component the comparative study CRUZ (2008) EPRADO et. al(2010) revealed that most seniors respect the traffic rules and also seek to control cholesterol levels and your blood pressure. However this group studied showed index worrying about the use or misuse of cigarettes and alcohol,whichare extremely harmful to the individual's health in general.

GRAPHIC 4 - ANALYSIS OF COMPONENTS: RELATIONSHIPS



Source: the author.

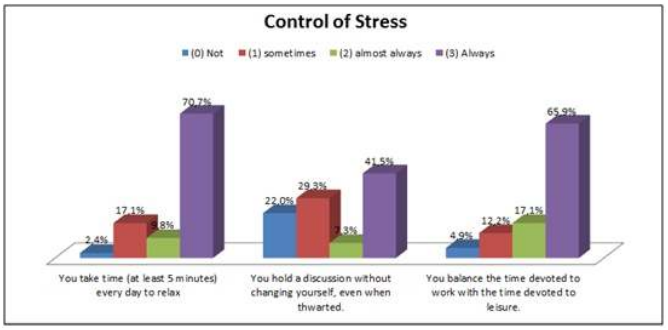
The results presented in the above chart indicates that 87.8% of seniors are satisfied with their relationships and seek to cultivate friends. Already 48.8% of the elderly include diversified activities in their leisure with friends and 61% claim to have active social life in their communities.

CRUZ (2008) reported in their study that seniors are 100% fully satisfied with their relationships and 62.5% claim to spend leisure time with friends and 62.5% and claim to have an active social life.

PRADO et al. (2010) found that most participants sought to meet new friends, and was satisfied with their relationships that always included meetings with friends, sports activities, or participation in associations in leisure pursuits.

According to study CRUZ (2008) and PRADO et. al (2010) and compared with the present study, most elderly was satisfied with their relationships, seeking to be active in the community in which they live, feeling useful in their social environment.

GRAPHIC 5 - COMPONENT ANALYSIS: CONTROL OF STRESS



Source: the author.

The component stress control was found that 70.7% of the elderly aside time each day to rest, which is very positive, as well as 65.9% of the population that seeks to balance time between work and leisure. However although most take time for themselves, a significant percentage between 20 and 30% loses control during an argument when thwarted.

The results presented by CRUZ (2008), this component shows that 68.75% of individuals dedicated times of the day to relax as well, 56.25% did not have difficulties in balancing time between work and leisure. The author also mentions that although most have a day time facing you and to relaxation, there is a small percentage of subjects, 37.5% who can not stay calm during an argument.

Examined the factor stress control PRADO et al (2010) found that 59.6% of participants always reserved at least 5 minutes every day to relax, to 34.6% always managed to keep a discussion without change even when thwarted and that 67.3% always sought to balance the time devoted to work with the time devoted to leisure.

When compared with the present study the authors CRUZ (2008) and PRADO et al (2010), we analyze the study group achieved satisfactory levels, on issues related to leisure and time to relax. But less than half of these individuals when analyzed three studies, can hold a discussion without change.

CONCLUSIONS

The study reports some negative indicators for a good quality of life, suggesting the development of planning for encouraging adoption of healthier habits seeking to prevent diseases associated with aging.

Thus, we highlight the importance of coexistence groups for the elderly, which should be expanded so that other individuals to benefit from improvements in their quality of life.

Anyway with the intervention of professionals of Physical Education, acting and promoting a culture in subjects related to active and healthy life, you can generate changes in the lifestyle of an entire population especially with regard to the elderly, thus developing a better quality of life.

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Rua Dezessete de Junho nº 821 aptº 203 - Bairro Menino Deus
POA - RS
lisijacoby@hotmail.com

PROFILE THE LIFESTYLE OF OLDER GROUP OF PARTICIPANTS IN A GYM PRIVATE INSTITUTION OF PORTO ALEGRE

ABSTRACT

The global aging has increased considerably in recent years, but the quality of life of envelhecentes has been influenced by several factors, the main one being the lifestyle. The aim of this study was to analyze the lifestyle of the elderly participants in a group exercise. The sample consisted of 41 patients of both sexes, aged 60 years. The survey instrument used was the pentacle of Welfare, through the questionnaire Profile Individual Lifestyle (NAHAS 2001, p. 21). The lifestyle adopted by this group of seniors were considered satisfactory among the five components of the lifestyle analyzed. The results suggest that older adults who perform physical activities regularly seek to adopt a healthier lifestyle, and this has increased the life expectancy of this population.

PROFILDE LAVIEDU GROUPE DE PLUS DE PARTICIPANTS DANS UN ETABLISSEMENT PRIVE DE GYM DE PORTO ALEGRE

RÉSUMÉ

Levieillissement mondial a considérablement augmenté ces dernières années, mais la qualité de vie desenvelhecentesa été influencée parplusieurs facteurs,dont le principal estle mode de vie. Le but de cetteétude était d'analyserlemode de vie desparticipants âgés dansun exercice de groupe. L'échantillon était composéde 41 patientsdes deux sexes, âgés de 60 ans. L'instrument d'enquêteutilisé était lepentaclede la protection sociale, à traversl e questionnaire Profilindividuel Lifestyle (NAHAS 2001, p.21). Le mode de vieadopté parce groupe d'aînésont étéjugés satisfaisantsparmi les cinqcomposantes dumode de vieanalysés.Les résultats suggèrentque les personnes âgéesqui pratiquentrégulièrementdes activités physiquescherchent àadopter unmode de vie sain, ce qui a augmentél'espérance de viede cette population.

PERFIL DE LA VIDA DEL GRUPO DE EDAD DEL OS PARTICIPANTES EN UN GIMNASIO INSTITUCIÓN PRIVADA DE PORTO ALEGRE

RESUMEN

El envejecimiento mundial ha aumentado considerablemente en los últimos años, pero la calidad de vida de envelhecentes has ido influenciado por varios factores,el principal esel estilo de vida. El objetivo de este estudio fue analizarel estilo de vidade los participantes de edad avanzada en un ejercicio de grupo. Lamuestra estuvo constituida por 41 pacientes de ambos sexos,mayores de 60años.Elinstrumento de la encuesta utilizada fue el pentáculo de Bienestar Social, a través delcuestionario Perfil Vida Individual (NAHAS 2001, p. 21). El estilo de vida adoptado poreste grupo de personas mayores seconsidera satisfactorio entre los cinco componentes de la forma de vida analizados. Los resultados sugieren que los adultos mayores que realiza na ctividades físicas con regularidad tratan deadoptarun estilo de vidamás saludable, lo que ha aumentado laesperanza de vida deesta población.

PERFIL DO ESTILO DE VIDA DOS IDOSOS PARTICIPANTES DE UM GRUPO DE GINÁSTICA EM UMA INSTITUIÇÃO PARTICULAR DE PORTO ALEGRE

RESUMO

O envelhecimento mundial vem aumentando consideravelmente nos últimos anos, porém a qualidade de vida desses envelhecentes vem sendo influenciada por diversos fatores, sendo um dos principais o estilo de vida. O objetivo deste estudo foi analisar o estilo de vida dos idosos participantes de um grupo de ginástica. A amostra foi composta por 41 idosos de ambos os sexos, com idade superior a 60 anos. O instrumento de pesquisa utilizado foi o Pentáculo do Bem Estar, através do questionário Perfil do Estilo de Vida Individual (NAHAS 2001, p. 21). Os hábitos de vida adotados por este grupo de idosos foram considerados satisfatórios dentre os cinco componentes do estilo de vida analisados. Os resultados obtidos sugerem que os idosos que realizam atividades físicas regularmente buscam adotar um estilo de vida mais saudável, e por isso tem aumentado a expectativa de vida desta população.