115 - ACADEMY OUTDOORS: EXPANDING POSSIBILITIES

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INTRODUCTION

Lack of physical activity is the biggest health problem of the 21st century. For that arise academies outdoors with the proposal to promote an improved quality of life for all ages, through physical activity. Although this is the big "ideology" publications direct gyms outdoor practically for seniors. Based on this logic this article intends to present a well succinctly research contradicting this direction and presenting complete possibilities and overruns which can identify the importance of these academies to other audiences , beyond the third age.

The objective of this article was to identify opportunities in a global view of the physical outdoor activities specifically air academies outdoors in the literature over the past 10 years. Contributing to reports and guidelines for a withdrawal of the sedentary population, expanding the vision of public benefit and consequently remove the gyms outdoor underutilization.

METHODOLOGY

Medline, SciELO , SPORTDiscus , Scopus and Google Scholar (table 1) : a systematic methodological review with the following sources of data was performed . Research on the Internet (Web) relevant searches relevant journals and reference lists of included articles and other pertinent review articles identified with the article. For purposes of defining the exclusion criteria included items that were not considered in the field of Physical Education and articles in languages other than Portuguese, English, Spanish and French.

Table 1. Number of Articles of Base after exclusion criterion

Database ⇨ Keywords ⇩	Scopus	Medline	Scielo	Sportdiscus	Google scholar
outdoor + physicalactivity	43	14	02	00	69
health + physicalactivity	11	20	602	44	111
outdoorgym+ health	05	04	00	01	136
environments + physicalactivity	120	46	42	28	652
diseases + physicalactivity	64	24	148	52	1050

For best formatting after extensive reading of publications subdivided in Article 04 (four) items social risk , barriers , environments , health counterpoint to the item based outdoor gym .

Social Risk X Academy Outdoor

Surveillance data indicate the prevalence of health risk behaviors such as violence-related injuries, sexual behavior, substance use and even suicidal behavior associated with physical inactivity. Given these raised aiming alternatives and solutions that can reverse these behaviors and promote healthy living. All this brings us almost the population with social risk status are more likely to report multiple risk behaviors today.

Settings like these makes access and scope for this population group, so the existence of outdoor gyms in cities provides a unique opportunity for this audience. The fact is that the existence of these democratic spaces (gyms outdoor) allows interventions aiming to reduce the prevalence of risk behavior and therefore promote quality of life.

Proof of the viability of social risk association and physical activity are some programs that have been implemented in Brazil and worldwide. These programs were evaluated with or without physical inactivity and success in behavioral transformation. Another important factor that will contribute to the transformation is practical research associate with health risk behaviors as priority, namely to make a strong connection to the immediate health risks . In literature there are already the first records of significant and immediate health, such as diabetes mellitus, overweight and obesity, or health consequences in the long term including cardiovascular disease, cancer and type 2 diabetes, overweight and obesity social risks.

The question then would make feasible the implementation of spaces outdoor fitness equipment that is accessible to this audience. Discarded matter since the proliferation of the same is an epidemic with the municipalities of Brazilian cities. It is clear that the assessment of the effects of this type of intervention for this target audience should also be carried out similar activities indoors but with " Screening " greatest addition to broader goals .

Therefore, the outdoor gyms are presented with a clear, easy and viable alternative. Serves a large and growing number of people from different ethnic and economic backgrounds by engaging in multiple health risk behaviors, with serious consequences and often life-threatening. Thus, we believe that this type of public can and should be with the prestigious academies in the squares of cities and neighborhoods. Thus providing increased well-being and quality of life based on the principles that physical activity serves a social need for more accessibility and sustainability concerns.

Barriers X Academy Outdoor

The process of globalization has brought with it inevitable changes in people's lives, especially after the striking epidemiological transitions. Even with the proven and publicized benefits of physical activity and improves flexibility, neuromuscular coordination, among other physical abilities are still barriers to their practice.

The most common barriers are: cost , lack of awareness of the importance of local physical activity , no means of transportation to get to a unit of exercise, not knowing how to exercise , and not knowing where to exercise. Other studies have reported that health status can influence a person's ability to participate in physical activity because certain resistances may be associated with deficiencies (eg , paralysis or loss of vision) . Deficiencies may limit or restrict an individual to perform various types of physical activity. Besides the common barriers and disability is important to change the behavior theories associated with behavior change (ie, social , cognitive and / or planned behavior theories) . In a brief report what you have is an urgent need to better understand what barriers to overcome them in order to effectively promote an increase in physical activity in outdoor gyms.

Is so reduced to two primary to overcome, proven from this review barriers: not knowing and not knowing where to exercise practicing the exercises. Be in indoor or outdoor spaces with squares and devices featuring the academies outdoors. No escaping the purpose of this article we focus on outdoor environments precisely because we believe that the format itself reduces barriers and provides, even if indirectly, the practice of physical activity. I take this opportunity to convene academics and physical education professionals to overcome "not knowing exercising."

Setting X Academy Outdoor

Surveys report that exercise in the natural environment can help treat diseases. In 2009, according to a medical director in England , regularly active individuals have less need of treatment for mild to moderate depression , so decrease the use of antidepressants (physical activity at least five times a week , Chief Medical Officer (2004) .

Researches also compare the performance indoors and / or indoor and outdoor environments also called natural environments. Among the conclusions exercising in natural environments may be associated with feelings of revitalization and positive engagement, decrease in tension, confusion, anger and depression, and increased energy. However, other studies suggest that the feeling of tranquility can be decreased after exercise outdoors. Another fact highlights that participants reported greater satisfaction with outdoor activity and stated a greater intent to repeat the activity at a later date.

The hypothesis that there are additional beneficial effects obtained by the performance of physical activities outdoors part of that natural environments are very attractive and has generated considerable interest . This review has shown some promising effects on self-report should be immediately after exercise in nature that are not seen following the same exercises at home, or indoors .

Complementing the research previously cited report, "Active Be Healthy Be" , published in 2009 , highlights the importance of high quality green spaces and the promotion of physical activity within these green spaces . Furthermore, a survey conducted in eight European cities in 2005 found that people who live in areas with high levels of vegetation are three times more likely to be physically active and 40 % less likely to be overweight or obese.

Health X Academy Outdoor

The statistics are horrible when it comes about the fact that illness and physical activities are on opposite sides of the line of life. This tends to increase and become increasingly prevalent , unless something is done .

Health Survey in England in 2008 established that only 40 % of men and 28 % of women currently meet recommended activity levels (minimum of 30 minutes of moderate exercise five times a week). Insufficient physical activity creates additional vulnerabilities to cancers, heart disease, stroke, diabetes and mental and physical disabilities and may be responsible for 1.9 million deaths worldwide annually stroke.

Reports of benefits of physical activity are associated with health and each year many more discoveries and more beneficial relationships are published. People at high risk of developing diabetes prevent the onset of disease with a healthy lifestyle compared to medication (Diabetes Prevention Program Research Group, 2002) . So be active, ie, exercising for 4 h or more per week will help you lose weight and lower blood pressure especially those who are overweight.

To help reduce the burden of chronic diseases and morbidity due to a sedentary lifestyle, interventions are necessary and effective in increasing physical activity in the general population. Motivating individuals to spend time participating in outdoor activities in gyms is feasible suggestion, inexpensive and democratic that this article intends to leave as a legacy.

CONCLUSIONS

In the last century the practice of physical activity was virtually disowned. This was probably associated with the low number of participants who worked and a majority of unemployed or retired. Other items include lack of interest, inability to perform an exercise, the thoughts "exercise will not improve my condition," "I'm too old to work " and work responsibilities prevent me from exercising. Never forgetting the socioeconomic and cultural issue that also prevented the practice of physical activities outside the health concern.

So the question would be : How can we motivate people to become more active health conscious , and benefited from the sense of well -being as well as improving your health ?

The answer proposed in this paper is to associate changing lifestyle with a new environment for physical activity. Because of articles found in the readings of the last 10 years gyms outdoor promote longevity of physical activity interventions. It's more attractive, provides the same benefits of the activities indoors. Spending on facilities compared to public health expenditures are derisory out the number of beneficiaries that can make use of the space.

The constant process of computerization of the "modern era", has assisted in the changes in life habits of mankind , prevention and promotion of health and rehabilitation gain importance . Outside access to knowledge in the sciences, especially of Physical Education and Sports , which makes the search for bigger every day voluntary physical activity .

Thus we believe that the major factor that summarizes the possibilities and consequences of academies outdoors is motivating people and physical education professionals. As it became clear that outdoor gym is a good that benefits regardless of age, sex, race, education, income, occupation and community size . From evidence already cited in this article academies existing outdoor and yet to be implemented can and should be modified for installation, maintenance plus there interventions to prevent barriers to their practice.

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ABSTRACT

Lack of physical activity is the biggest health problem of the 21st century. For both appear to academies outdoors with the proposal to promote an improved quality of life for all ages, through physical activity . Although this is the big "ideology" publications direct gyms outdoor practically for seniors. The objective of this article was to identify opportunities in a global view of the physical outdoor activities specifically air academies outdoors in the literature over the past 10 years. Methodologically systematic review of best international data sources was performed. We conclude that the proposals involve changing habits is a new environment for physical activity. Because of articles found in the readings of the last 10 years that physical activity outdoors and outdoor gyms promote longevity of interventions. Besides being more attractive to practitioners and provide the same benefits of the activities indoors. And the only obstacle is the cost, but spending on facilities compared to public health expenditures are insignificant without counting the number of beneficiaries that can take advantage of the space on schedule that suits you best .

KEYWORDS : outdoor gym , physical activity , health.

POSSIBILITES EXPANSION : ACADEMY EXTÉRIEUR

RÉSUMÉ

Le manque d'activité physique est le plus grand problème de santé du 21ème siècle . Pour les deux semblent académies à l'extérieur avec la proposition visant à promouvoir une meilleure qualité de vie pour tous les âges , par l'activité physique . Bien que ce soit les grands " idéologie " publications gymnases directs outdoor pratiquement pour les personnes âgées . L'objectif de cet article était d'identifier les opportunités dans une vision globale des activités physiques en plein air en particulier des académies de l'air extérieur dans la littérature au cours des 10 dernières années . Examen méthodologique systématique des meilleures sources de données internationales a été réalisée . Nous concluons que les propositions concernent l'évolution des habitudes est un nouvel environnement pour l'activité physique . Parce que d'articles trouvés dans les lectures des 10 dernières années que l'activité physique en plein air et en plein air gymnases favorisent la longévité des interventions . En plus d'être plus attractif pour les praticiens et fournir les mêmes avantages des activités à l'intérieur. Et le seul obstacle est le coût , mais les dépenses sur les installations par rapport aux dépenses de santé publique sont insignifiants sans compter le nombre de bénéficiaires qui peuvent profiter de l'espace sur le calendrier qui vous convient le mieux .

MOTS-CLÉS: salle de sport en plein air , l'activité physique , la santé

POSIBILIDADES EN EXPANSIÓN: ACADEMIA AL AIRE LIBRE

RESUMEN

La falta de actividad física es el mayor problema de salud del siglo 21 . Por tanto parece academias al aire libre con la propuesta de promover una mejor calidad de vida para todas las edades , a través de la actividad física. Aunque se trata de las grandes publicaciones de la "ideología" de gimnasios al aire libre prácticamente directos para las personas mayores . El objetivo de este artículo es identificar oportunidades en una visión global de las actividades al aire libre físicos específicamente academias de aire al aire libre en la literatura en los últimos 10 años. Se realizó revisión Metodológicamente sistemática de las mejores fuentes de datos internacionales . Llegamos a la conclusión de que las propuestas implican el cambio de hábitos es un nuevo entorno para la actividad física . Debido a los artículos que se encuentran en las lecturas de los últimos 10 años que la actividad física al aire libre y gimnasios al aire libre promueven la longevidad de las intervenciones. Además de ser más atractivo para los profesionales y ofrecer los mismos beneficios de las actividades en el interior. Y el único obstáculo es el costo , pero el gasto en instalaciones en comparación con los gastos en salud pública son insignificantes y sin contar el número de beneficiarios que pueden aprovechar el espacio en horario que más le convenga.

PALABRAS CLAVE: gimnasio al aire libre, la actividad física, la salud.

ACADEMIA AO AR LIVRE: AMPLIANDO POSSIBILIDADES

RESUMO

A falta de atividade física é o maior problema de saúde do século 21. Para tanto surgem às academias ao ar livre com a proposta de promover uma melhora na qualidade de vida da população de todas as idades, através da atividade física. Apesar desta ser a grande “ideologia” as publicações direcionam as academias ao ar livre praticamente para a terceira idade. Assim, o objetivo deste artigo foi identificar possibilidades numa visão global das atividades físicas ao ar livre especificamente as academias ao ar livre na literatura nos últimos 10 anos. Metodologicamente foi realizada uma revisão sistemática das melhores fontes de dados internacionais. Concluímos que as propostas é associar mudança de hábitos com um novo ambiente para a prática de atividade física. Porque encontramos nas leituras de artigos dos últimos 10 anos que atividade física ao ar livre e academias ao ar livre promovem uma longevidade das intervenções. Além de ser mais atrativa e proporcionar aos praticantes os mesmos benefícios do que as atividades em ambientes fechados. E o único entrave seria o custo, mas o gasto com as instalações comparado com gastos com saúde pública são irrisórios sem contar o número de beneficiados que podem usufruir do espaço no dia horário que melhor lhe convier.

PALAVRAS CHAVES: academia ao ar livre, atividade física, saúde.