03 - BENEFITS OF THE PHYSICAL ACTIVITY IN THE HEALTH

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Starting from the nineties the physical activity, the exercises, the sports and leisure were recognized as important factors in the health, in the social balance, in the spiritual development and in the prevention of a range of diseases. After several years of research accomplished by several academical institutions in the modern world was ended that the regulate physical activity is important in the prevention so much primary as secondary disease. The control of the high costs of the attendance of health constitutes a topic that received a lot of attention and you criticize during the last ten years in Brazil. A form of cutting the costs consists of perfecting the way as the attendance of health is supplied, in the prevention and in the treatment. That means to reduce the costs of the service without sacrificing quality. Another form of reducing the costs is preventing the problems of health before they appear: preventive medicine and physical activity.

Before prescribing a program of exercises, should be considered the person that this being advised should receive some selection type or medical evaluation before engange in that exercise. The extension of any evaluation depends partly on the intensity of the intended program and of the health condition of the people that this being advised.

The idea that exercise or physical activity are associated with good health was known already in the antiquity. Old Chinese practiced a soft medical gymnastics to prevent diseases associated with the activity lack. In Rome, there is more than 1500 years, doctor Galeno prescribed exercise for maintenance of the health.

For many people would be impossible to describe the highest level of positive and dynamic health without including physical activity. The physical activity is essential for a great physical and mental health.

Coherent with the connection between physical activity and good health, a sedentary lifestyle is the main element of health weakened for a great number of persons. Being just added physical activity to regulate to the individuals' lifestyle that don't practice any activity it already provides substancial improvements in the global health.

Total conditioning, also well-being call or positive health is a condition reached through the effort by the great quality of life in all of the aspects of the social life, mental, psychological, spiritual and physical. The dynamic state and multidimensional has a base of good health and it includes individual acting goals. The highest quality of life includes all those components: mental vivacity and curiosity, emotional feelings, significant relationships with other, conscience and involvement in causes and social problems, recognition of the largest values of the life and the physical ability to accomplish personal goals with energy, that are figured as essential elements of a healthy life. Although the physical activity plays the main part in the physical dimension, she can also contribute to the learning, for relationships and for a sense of our human limitations inside of a wider perspective. A great quality of life requests that the person struggles, grow and grow, but the highest level of conditioning can never be reached. The person totally conditioned makes an effort continually to obtain the highest possible quality of life. The total conditioning is dynamic, multidimensional and related to the hereditary, to the ambient and the individual interests. The energy and the well-being physical, mental, psychological and social that can result of an appropriate physical activity are significant reasons to promote the activity. The reduction of the risk of develop premature problems of health and the potential of a longer life are proportionate additional benefits for the physical activity to regulate.

If a person lives enough, problems of health will leave, taking the organism to the incapacity of working, causing the death. An aspect of an individual's quality of life is to prevent or to delay the premature development of those problems of health, prolonging the salutary portions and independent of the life. An active lifestyle is also related to estimates of lingering quality of life and independent life for the seniors and for individuals deficências bearers.

The benefits long term of the physical activity in terms of health are very known, including reduced risk of problems of health and it gets better of the function cardiorespiratory, it forces and muscular resistance, flexibility and fat reduction. There are positive effects and psychological resultants of the physical activity in many persons, such as a positive alteration of the humor after the exercise. The time spends with physical activity no this being worn-out with unhealthy behaviors, such as to smoke or to eat snacks you didn't greet.

Many of the same característic that reduce our risk of developing serious problems of health also provide a larger quality of life. To possess high levels of functional capacity and great levels of corporal fat help to do with that we feel better and let us have the energy to do things that enrich our lives. To possess a good muscular resistance and flexibility in the area of the trunk results in a healthy lumbar area. As the people increase their levels of physical conditioning, they move forward towards a better life; while decreases in the physical conditioning take to problems of health and the reduction of the quality of life. To finish the day in a pleasant way, we should possess motive abilities for us to be capable to conclude several tasks. We should be capable to move the body of a place for other and of pushing, to pull, to diffuse, to carry and to accomplish a series of other tasks that request the use of our superior and inferior members. Moderate levels of force and muscular endurance, flexibility and function cardiorespiratory are essential for those routine tasks. Besides, we needed special capacities to carry out the peculiar activities related to the work or to the domestic atmosphere. That goal is also related to the goal of good health of reaching a way of functional and independent life.

The components that contribute to a good physical conditioning include to adopt healthy eating habits, to exercise regularly, to avoid the tobacco, the use of illegal drugs and the alcohol in excess, to have an appropriate sleep, to know to work with the stress and to adopt a program of physical activity.

The physical education teachers live an important moment due to the progressive evidence and to the knowledge that the physical activity to regulate it is an essential element for a healthy life. However, it will be a challenge to motivate the people they begin her and to continue to have an active lifestyle when there is so much competition for the time of each one.

The soft regular activity is a strategy of effective coexistence, an amusement amid the stress of the daily life. She occupies the mind, it allows the passage of the time during difficult periods; it allows the substitution of bad habits for good habits, negative fixations for positive fixations; it is a meditation form, turning the benefits of other approaches associated to improvements in the health and in the aptitude; gives a control sensation on our own life and the middle in that we lived. The people can be classified in two groups: internal, that they believe that can control results in their lives; and external, that they believe that their lives are controlled by the chance or for other. Interns controllers are more susceptible of adopting healthy behaviors. The coexistence behavior is influenced by the perception of acquisition of a domain on a certain area, ability or sport. We can say that the regular activity provides a control sensation and domain on a dimension of the life, it can intensify the control and the domain on other dimensions. The physical activity to regulate or an improved aptitude can have beneficial effect in the self-esteem, in the self-control, in the corporal image and they can reduce either to avoid anxiety or depression.

It is necessary to understand the personal needs, the history and the clinical and physiologic conditions clearly to prescribe the physical activity in an appropriate and safe way. The people can vary their conditions of health and physical conditioning a lot, his structure, age, motivation and needs, what requests an approach individusl in terms of prescription of exercises. Obviously they are different the objectives for children of the elementary school, academical atletlas, mans and

womnen of middle age for cardiac persons. The experiences demonstrated that the very abrupt protocols can unchain discouragement and desmotivation for participation in other endurance activities. The prescription of inadequate exercises or the erroneous advise can provoke a muscular stress or articulate unjustified and pains, besides other orthopedical problems, it fatigues excessive and risks of precipitation of a heart attack. Most of the told incidents happens due to the appropriate medical no-evaluation with the patient's liberation for physical activity, to the incorrect prescription of exercises, the inadequate supervision or the validity of extreme climatic conditions. To know the current conditions of the individual's physical conditioning and their exercise habits. To know the needs, interests and individual objectives in a program of exercises. To establish real objectives the short and long term. To instruct the patient in an appropriate way on the beginnige of the exercise, her prescription and the evaluation methods and registration of the activities physics. To guide and to address in an appropriate way the initial phases of the program of exercises to guarantee the implementation and correct progression of these activities. When the participant is choosing the appropriate activity, he should take into his account degree of physical conditioning, their conditions of health, the physical activity that he seems her more appropriate, the available equipment and the found means, the geographical location and the climatic conditions. The adult that haven't good physical fitness should be initially involved in an activity of moderate intensity, during several weeks or months, activity this that doesn't incur competitions or in initial movements or you die exhausting and sudden stops.

The age reveals little thing about the health, appearance, aptitude or acting capacity. The aging unavoidably takes the death, he makes in different indexes for difrentes people, depending on the hereditary and of personal decisions concerning like you chooses to age. Physical health, logevity and the aging rhythm are associated with their daily habits of health and lifestyle.

The active individuals face every moment as one moment to be lived. They avoid people to depreciate them; when if they sit down melancholic or depressed, they make something. They take risks, they wrap up with the life and they enjoy her; they don't waste the present with bad mood, concerns or thoughts immobilize on the future. Depression, concern, blames and rage can take to psychic disturbances and upset somatoformes. The physical activity can have a direct effect in the humor and in the biochemistry of the behavior; it can also distract the attention and to give pleasure and a solemnity-satisfaction sensation that it minimizes or it eliminates the self-fustration behavior.

Of several forms, avid active and the aptitude they represent savings, reducing futures medical expenses, minimizing the need of cares prolonged and eliminating futures responsibilities for the family, friends and the society. The people wrap up with physical activity for several reasons:

1. social reasons: to know or to do part of a group,
2. search of strong emotions: surf, run of car, rapel and other adventures,
3. aesthetic reasons: the beauty of the movement and the dance,
4. catharsis: relief of the stress and of the tension,
5. ascetic reasons: renùncia, disciplines and training,
6. health and aptitude
7. well-being and pleasure.

The exercise programs that are pleasant and that propitiate a reach sensation and satisfaction are prone to encourage their participants' adhesion. With a daily programming, the activity becomes preventive, an inoculation against the bad mood that impedes the satisfaction with the life and the adhesion. An emotional climate of support certainly will prevail when husband and woman are constantly involved in lifestyle assets. The one that imports is that each one understands as the participation is important for the other and that the emotional climate that they create influence the satisfaction and the adhesion. Exalt their virtues and you will impel the self-esteem, the adhesion and the acting.

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BENEFITS OF THE PHYSICAL ACTIVITY IN THE HEALTH

ABSTRACT: from the antiquity the physical actitivty has been prescribed in the treatment of several illnesses and as form of preventing pathologies in the human body. In the world modern academic studies demonstrating the importance of the physical activity in the conditions of the man's health. We know that the lifestyle is one of the factors that causes diseases in the present society, owed mainly to the sedentary life and unhealty habits of feeding. The physical activity becomes indispensable to avoid several illnesses that cause disability and precocious death. As the people increase their levels of physical conditioning, they move forward towards a better quality of life with full accomplishment social, psychic, spiritual, labor, getting to surpass the stress and the depression. In several ways, the life activates and physical fitness represents economy, reducing futures medical expenses, reducing the need of lingering cares and eliminating deep responsibilities for the family and the society. The physical activity to regulate it serves as a strategy of positive health, as amusement amid the lifestyle disturbed that the people take in the technological world of the present time, where the home, the family and the humanistic values are in an inferiority plan.

Key words: physical activity, lifestyle, health.

AVANTAGES DE L'ACTIVITÉ PHYSIQUE DANS LA SANTÉ

RÉSUME: de l'antiquité l'activité physique a été prescrite dans le traitement de plusieurs maladies et comme forme de prévenir des pathologies dans le corps humain. Dans l'universitaire moderne mondial étudie il démontre l'importance del'activité physique dans les conditions de la santé de l'homme. Nous savons que la manière de vivre est un des facteurs qui causent des maladies dans la société courante, principalement la vie séndetaire et habitudes maladives de nourrir. L'activité physique devient indispensable d'éviter des plusieurs maladies qui causent invalidité et mort précoce. Comme les gens augmentent leurs niveaux de climatisation physique, ils avancent vers une meilleure qualité de vie avec réalisation pleine social, psychique, spirituel, labeur, commencer à surpasser le stress et la dépression. De plusieurs façons, la vie active et la

mise en forme représente économie, frais médicaux des livraisons à terme réducteurs, réduire le besoin de soins prolongés et éliminant responsabilités profondes pour la famille et la société. L'activité physique le régler sert comme une stratégie de santé positive, comme amusement entre la manière de vivre dérangée que les gens rentrent le monde technologique du temps présent où la maison, la famille et les valeurs humanistes sont dans un plan de l'infériorité.

Mots clef: activité physique, manière de vivre, santé.

LOS BENEFICIOS DE LA ACTIVIDAD FISICA EM LA SALUD

RESUMO: de la antigüedad la actividad física se ha prescrito en el tratamiento de varias enfermedades y como el formulario de prevenir las patologías en el cuerpo humano. Estudios academicos moderno han demostrado la inportância de la actividad física en las condiciones de la salud del hombre. Nosotros sabemos que el estilo de vida es uno de los factores que causan las enfermedades en la sociedad actual, debido principalmente a lo sedentarismo y los hábitos insalubres alimentar. La actividad física se pone indispensable para evitar varias enfermedades que causan invalidez y la muerte precoz. Cuando las personas aumentan sus niveles de condicionar físico, ellos avanzan hacia una calidad buena de vida con el logro lleno social, psíquico, espiritual, el laboral, consiguiendo superar la tensión y la depresión. De varias maneras, la vida activa y la salud representa la economía, mientras reduciendo los futuros gastos médicos, reduciendo la necesidad de cuidados prolongados y las responsabilidades profundas por la familia y la sociedad. La actividad física regular sirve como una estrategia de salud positiva, como el entretenimiento en medio del estilo de vida perturbado que las personas alojan el mundo tecnológico del tiempo presente dónde la casa, la familia y los valores humanísticos están en un plan de inferioridad.

Palabras llave: actividad fisica, estilo de vida, salud.

BENEFÍCIOS DA ATIVIDADE FÍSICA NA SAÚDE

RESUMO: desde a antiguidade a atividade física tem sido prescrita no tratamento de diversas enfermidades e como forma de prevenir patologias no corpo humano. No mundo moderno estudos acadêmicos tem mostrado a importância da atividade física nas condições de saúde do homem. Sabemos que o estilo de vida é um dos fatores que causa doenças na sociedade atual, devido principalmente ao sedentarismo e hábitos insalubres na alimentação, portanto a atividade física torna-se imprescindível para evitar diversas enfermidades que causam invalidez e morte precoce. A medida que as pessoas aumentam seus níveis de condicionamento físico, elas avançam em direção a uma qualidade de vida melhor com plena realização social, psiquica, espiritual, laboral, sobrepujando o estresse e a depressão. De várias formas, a vida ativa representa economia, reduzindo futuros gastos médicos, diminuindo profundos encargos para a familia e a sociedade. A atividade física regular serve como uma estratégia de saúde positiva, uma distração em meio ao estilo de vida conturbado que os seres humanos levam no mundo tecnológico da atualidade, onde o lar, a familia e os valores pessoais estão num plano de inferioridade.

Palavras chave: atividade física, estilo de vida, saúde.