44 - LABOR GYMNASTICS IN THE ELDERLY: A PROGRAM QUALITY OF LIFE EFFICIENT.

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ABSTRACT: Work for students of Physical Education course with bibliographic information to guide the studies related to Gymnastics Laboral for seniors, stretching is indicated as daily physical activity can replace the sports and walking, helping in cardiovascular prevention. Wake attention and interest of the elderly to the value of nutrition, physical activity, preventive behavior, stress management and relationships. People who adhere to gymnastics in your daily routine are providing for themselves a different behavior by stimulating an individual perception of the aspects of well - being. Some activities with the elderly can help in changing behavior, but need encouragement and support from family and colleagues so they cannot be discouraged. Third knowledgeable age and made aware that their behavior can determine higher or lower risk of getting sick, are certainly more productive healthier and happier, making life less tiring.

KEYWORDS: Elderly, Gymnastics, Prevention.

INTRODUCTION

The work aims to show that the labor gymnastics influence in the lives of the elderly and small and large industries workers. Physical activities should be practiced throughout life and not only in youth, to contribute to improving the quality of life, including age, interfering directly in the maintenance of functional capacity in the physical and mental skills acquired during life.

Physical activity is considered a major factor for good health maintenance conditions, especially in adulthood, when variables such as strength and endurance tend to decrease by reducing the heart rate and blood ejection volume, affecting oxygen transport to tissues (Mazini Filho et al., 2010).

The gymnastics is a series of physical exercises carried out in the workplace, in working hours, in order to improve health and prevent injuries employee repetitive stress and some occupational diseases. The exercise is primarily based on stretching of various body parts like the trunk, head, upper and lower limbs. The types of stretches are different for each function performed by working, remembering that it is always done guided by a physical therapist, occupational therapist or physical educator. This type of exercise is not high intensity and occurs in a short period of time, so do not get tired and do not burden the employee.

Physical activity performed worldwide promote quality of life for those who practice it, the body is a key to new horizons through it people get several opportunities in the labor market is important to note that excessive stretching of muscle groups is also quite common and You must receive the same attention from the professionals involved in health promotion and preventive care, such as obesity, cardiovascular disease, stress, ergonomics, mental relaxation and muscle relaxation.

PHYSICAL ACTIVITY WITH PEOPLE OF THE THIRD AGE

Physical activity is very important in the life of the elderly, nowadays many do physical activity for better health, and increased endurance and muscle strength are some of the benefits of physical activity, you can bring rapid muscle response and efficient, yet many do not have the tracking professionals. In China was established an academy for seniors (ATI) the idea was very good, so in Maringá in Paraná was applied project for the community, as in the city there were many drug expenditures implemented the gym as a way to improve health and reduce spending.

The increase in the number of elderly instigates the development strategies that can minimize the negative effects of the advance of chronological age in the body. These strategies are aimed at maintaining functional capacity and autonomy so that people can have a longer life and better quality. (Tribess E VIRTUOSO JR² 2005 p. 2).

The design draws many people to practice physical activities containing several different devices. A few activities of exceptions because the fitness is different for each and start practicing should do a physical evaluation, some already have professionals follow-up to the exercise prescription to be developed considering the condition individual health and correction of movements performed not to cause pain and discomfort. Women who practice improves the quality of life, and whenever you do any exercise should look for a nice, safe location that has no sun, fresh and healthy places, as in nature, whenever you make physical activity a professional look to I can give some tips and care at the time of execution, as hydration drink water before, during and after physical activity, not exercise on an empty stomach, avoid overeating before physical activity.

LABOR GYMNASTICS AND DISEASE PREVENTION OCCUPATIONAL: A THEORETICAL STUDY

The Labor Gymnastic in companies is being carried out around the world, bringing benefits to who performs properly. The purpose of it is to bring comfort, well-being, quality of life, living well with his own body by practicing stretching according to each person. People are used to getting more and more trapped in their jobs, not taking time to relax the mind, GL enables the exercises planned relaxation for both the body and for the mind of the individual, in an elaborate space each person will have time to talk, do stretches and communicate more with co-workers.

In some companies where productivity prevails GL provides benefits for high-income workers, preventing them suffer serious injuries during their working day, the professional conducts exercises for each sector helping to prevent, it causes them not feel discouraged raising the self-esteem of every employee, some proper exercises for each sector, helps in preventing injuries.

Within a workday, when more than 4 hours, there should also be a range. When the daily charge for up to 6 hours, this interval should be 15 minutes (art. 71, § 1, CLT). When the load is more than 6 hours per day, this interval should be at least 1 hour and up to 2 hours and can be increased by convention or collective agreement with the labor union (art. 71, CLT). The 1-hour interval can also be reduced, with the permission of the Ministry of Labor and Employment, if the company has cafeteria and do not subject their workers to regime overtime (art. 71, § 3, CLT). Women are also entitled to 15 minutes rest before starting the realization of overtime (art. 384, CLT).

These intervals are for rest and food and are not counted in the working hours. That is, the worker who fulfills load of 6

hours daily, should work, for example, 3 hours, meet the rest of 15 minutes, and then return to work 3 more hours, depending on the industry he works in companies where the load service is very heavy employees get stressed more easily, are irritated by unnecessary things, end up having a lot of conflict between employees, with the intervention of the GL can be done an interaction work and integration with each worker, teamwork to help communication social within the established service, the higher the participation and integration of all the work will have a good result.

"Designing a good program, one should get benefits and physiological, physical and psychological adaptations through exercises that seek to: improve posture, reduce unnecessary muscle tension, reduce stress in the execution of daily tasks, facilitate adaptation to the post work, improve health status, cause increased blood circulation improving the oxygenation of the muscles and tendons, improve mobility and muscle joint flexibility; reduce inflammation and trauma, awakening the emergence of new leaders, promote personal contact, improve relationships, promote the change of routine, enhance self-esteem, improve concentration capacity at work, prevent injuries and illnesses by cumulative trauma, thus showing the company's concern with its employees, who end by itself improving the professional performance "[...] (PINHEIRO, 2007).

Gymnastics applied correctly has remarkable results, serving as exercises and improving the quality of life of anyone, have some people who can do all kinds of exercises designed by the teacher, can be passed by the specialist to diagnose what type of itself stretches for be carried out, good nutrition helps in the development of daily activities, drink fluids, eat fruits and vegetables during the week is recommended for good nutrition.

IMPORTANCE OF EDUCATION PHYSICS AND FLEXIBILITY IN THE THIRD AGE

Regular physical activity and the adoption of an active lifestyle are necessary for the promotion of health during the aging process.

The practice of physical exercise in old age is increasing more and, therefore, is becoming an increasingly common phenomenon in society and this is due to the fact that the practice of physical activity and improve quality of life people in old age.

The older person, the lower its flexibility, with the natural flexibility greater than that observed subsequently. The tendons and muscle fascia are particularly susceptible to espessarem, (thicken) due to age and lack of exercise (Dantas, 1999).

Flexibility is closely related to joint mobility and muscle elasticity, and therefore with the autonomy of the elderly and their quality of life, for their stimulation is critical to the health of the human being in general.

As Hollman & Hettinger in Das, 1999 flexibility is the "physical quality responsible for voluntary execution of a maximum angular range of motion of a joint or group of joints, within the morphological boundaries without the risk of causing injury."

Physical activities is essential at all stages of life, but in old age they become even more important. The exercises bring many benefits to the body, improving the quality of life and providing welfare. The exercises not only improve the body capacity of the elderly, also reflect self-esteem.

METHODOLOGY

This study is developed from the reading and interpretation of content obtained from literature sources such as online library, based on books, articles published in journals and articles published on the Internet. Sources search databases. I directed this search from the location of physical activity in the company in time and space, physical activity with the elderly, how to be dealing with a difference and change the human body.

RESULTS AND DISCUSSION

The gymnastics helps improve employee industry or company and seniors: Improves body posture; Improves health, decreases the tensions acquired at work; Prevent Injuries; Prevents diseases caused by cumulative trauma; Increases motivation. The goal of Gymnastics is to promote physiological, physical and psychological adjustments through targeted exercises: Work postural reeducation They relieve stress, reduce sedentary; Increase the mood for work; Promote health and greater body awareness; Increase social integration; Improve work performance; Reduce tensions accumulated at work; Prevent injuries and illnesses by cumulative trauma, such as RSI (Repetitive Strain Injuries) and MSDs (Musculoskeletal Disorders Related to Work).

Reduce visual fatigue, mental and body through breaks for the exercises. Among the most common injuries include: In the cervical spine: cervical strain syndrome and thoracic outlet syndrome; Shoulder: biceps tenosynovitis and tendinitis of the supraspinatus muscle; In the ulna (elbow): epicondylitis; The handle: tenosynovitis of the wrist flexors and fingers, tenosynovitis of the extensor carpi and fingers, tendonitis deQuervain and carpal tunnel syndrome; On hand: palmar fasciitis and myositis of lumbrical; Other back problems such as thoracic kyphosis, concavity, scoliosis, among others. muscle shortening. For companies, the merger of Gymnastics can bring many benefits such as reduction of shortages of staff; Increased productivity; Reducing falls. Doing 20 minutes a day helps to have a more active life and prevents disease.

Some studies reviewed (MARTINS & DUARTE, 2000; Silveira et al., 2007, MARTINS & BARRETO, 2007) analyzed the effects of gymnastics on morphological variables and functional (flexibility, abdominal strength, strength, body fat percentage and lifestyle) of various sectors workers, and there was a consensus on the results, indicating the labor gymnastics as an effective tool in the maintenance and improvement of these variables, implying the health of workers.

Further investigation (SILVA & Juvêncio, 2004; Szeto & LAM, 2007) focused on health conditions in the workplace, indicating sedentary activity of workers, and these are prone to diseases due to hypokinesia (SILVA & Juvêncio, 2004), in addition to the pain complaints are directly related to the tasks carried out during the working day (Szeto & LAM, 2007). People who practice labor gymnastics has greater flexibility, better physical condition, elasticity increases, improves the performance of work, preventive behavior, helps in socialization, humor. Both studies converge to excel it is important to carry out preventive actions in companies through physical activities in order to minimize improvers frames of diseases that affect the functional health of workers.

A first concept of health is the absence of disease. There is a concept developed by the World Health Organization (WHO) considers health not merely the absence of disease or infirmity, but as a state of complete physical, mental and social well-being and a fundamental human right. In Brazil there are squares with gym equipment for the population able to work, not always Brazilians take advantage of this opportunity to be able to do an exercise, prefer to stay at home, watching television and eating fatty snacks.

This study is focused, that can show performed an activity with little time and without leaving home. Although this concept of health is broader and evolved, it loses some of its strength due to the difficulty of defining what is complete well-being. For this reason arises gymnastics, defined as the targeted physical exercise within the workplace itself, lasting 15 to 20 minutes, it aims to prevent bodily pain and poor posture, increased willingness to work and promotes greater integration and layout,

improved organizational climate, reduction of fraudulent complaints and subsequent outpatient demand, decreased absenteeism, better adaptation to the job, improving service of the external customer, improving the overall health status of all employees.

To Mosque (2005), fear of social criticism stems from the idea of "perfect body" that is increasingly evident in our society, leaving the elderly increasingly repressed. The same author also believes that "the young body is synonymous with ability, the body that has aged is considered repulsive, it does not present attractiveness, productivity, resulting most often the loss of self-esteem" (MOSQUE, 2005, p. 15).

According to Dantas and Vale (2008), should provide the elderly a choice between objectives, activities, material, music. For the author it is also important you aware that you can always improve in some aspect, be it social or psychological physiological. It should, for example, clarify the purpose of the activities, prescribe moderate difficulty objectives and provide positive feedback. To Tani (2005), changes in motor control efficiency in the elderly would affect not only their biological competence, but also the psychological and social skills.

In other words, limiting the mobility of the elderly would lead to a difficulty in dealing effectively with the environment, which negatively influence the adaptability of these individuals. In old age, there is a decrease in the circle of family relations and friends, because there is a natural dispersion process and deaths. Thus, the elderly feel more alone, losing the basis of reason to be social. Thus, loneliness settles and may experience bouts of depression, which can even lead to suicide the elderly, if the disease is not treated (OLIVEIRA 1996 in MENEZES 1999). For this reason, many of them look for gyms to increase the circle of acquaintances or even to get rid of loneliness.

FINAL CONSIDERATIONS

The physical benefits of labor gymnastics is something undeniable, since any properly applied physical activity is beneficial. The prevention of physical inactivity and cardiovascular disease would be enough reason to say that the gymnastics under nature of physical activity, produces better quality of life. Thus, this applies to the psychological condition of a person; to promote increased self-esteem and consequently of self-confidence, gymnastics can take within business, industry to increase performance and productivity, generating satisfaction to the entrepreneur.

After the readings carried out to prepare this literature review, we conclude that gymnastics has become, over time, an effective preventative tool to combat injuries and discomforts to which workers are exposed in their jobs. Procedures, such as gymnastics, aim to improve the quality of life of human beings in their work environment; such procedures should be contained in the companies in order to promote employee health by reducing the causative symptoms of RSIs and WRMD such as fatigue and muscle pain.

The gymnastics is efficient to achieve these goals, since this practice does not burden the employee as it is light and short-lived. One can also conclude that, in addition to employee benefits, labor gym also favors industries, since it has been used as a tool to reduce spending this with dispensing medical staff away for work-related illnesses, as it can influence the daily activities of the elderly, improving quality of life, relationships, wellness, providing some diversified activities with respect to the health of the elderly the simple methods, a way to prevent and minimize the process of fatigue and other health problems that are related with the tasks that workers develop in their day, the practice of labor gymnastics provides muscle relaxation and other benefits.

Gymnastics applied correctly has remarkable results, serving as exercises and improving the quality of life of anyone, have some people who can do all kinds of exercises designed by the teacher, can be passed by the specialist to diagnose what type of itself stretches for be carried out, good nutrition helps in the development of daily activities, drink fluids, eat fruits and vegetables during the week is recommended for good nutrition. Thus the Gymnastics could increasingly be implemented in the routine of the elderly by improving the conditions and quality of life.

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discouraged. Third knowledgeable age and made aware that their behavior can determine higher or lower risk of getting sick, are certainly more productive healthier and happier, making life less tiring.
KEYWORDS: Elderly, Gymnastics, Prevention.

GYMNASTIQUE DU TRAVAIL DANS LES AÎNÉS: UNE QUALITÉ DU PROGRAMME DE VIE EFFICACE.

RÉSUMÉ: Le travail pour les étudiants de cours d'éducation physique avec des informations bibliographiques pour guider les études relatives à la gymnastique Laboral pour les personnes âgées, l'étirement est indiqué que l'activité physique quotidienne peut remplacer des sports et de marcher, en aidant les empêchements cardiovasculaires. Réveillez l'attention et l'intérêt des personnes âgées à la valeur de la nutrition, l'activité physique, les comportements préventifs, la gestion du stress et les relations. Les gens qui adhèrent à la gymnastique dans votre routine quotidienne offrent pour eux-mêmes un comportement différent en stimulant une perception individuelle sur les aspects du bien - être. Certaines activités avec les personnes âgées peuvent aider à changer les comportements, mais ont besoin d'encouragement et de soutien de la famille et des collègues afin qu'ils ne peuvent pas être découragés. âge compétent Troisième et mis au courant que leur comportement peut déterminer le risque plus ou moins élevé de tomber malade, sont certainement plus sain plus productif et plus heureux, ce qui rend la vie moins fatigant.
MOTS-CLES: Personnes âgées, La gymnastique, La prévention.

Gimnasia laboral en el anciano: A LA CALIDAD DE VIDA DEL PROGRAMA EFICIENTE.

RESUMEN: Trabajo para los estudiantes de curso de Educación Física con la información bibliográfica para orientar los estudios relacionados con la gimnasia laboral para las personas mayores, el estiramiento se indica como la actividad física diaria puede sustituir a los deportes y caminar, para ayudar a las prevenciones cardiovasculares. Despertar el interés y la atención de las personas mayores al valor de la nutrición, la actividad física, comportamiento preventivo, control del estrés y las relaciones. Las personas que se adhieren a la gimnasia en su rutina diaria proporcionan por sí mismos un comportamiento diferente al estimular una percepción individual sobre los aspectos de bien - estar. Algunas de las actividades con las personas mayores pueden ayudar en el cambio de comportamiento, pero necesitan el estímulo y apoyo de la familia y sus colegas para que no puedan ser disuadidos. Tercera edad conocedores y conscientes de que su comportamiento puede determinar mayor o menor riesgo de enfermarse, son sin duda más saludable más productivos y más feliz, haciendo la vida menos cansado.
PALABRAS CLAVE: Edad avanzada, Gimnasia, Prevención.

GINÁSTICA LABORAL NA TERCEIRA IDADE: UM PROGRAMA EFICAZ DE QUALIDADE DE VIDA.

RESUMO: Trabalho destinado a estudantes do curso de Educação Física com informações bibliográficas para guiar nos estudos relacionados à Ginastica Laboral para idosos, os alongamentos é indicados como atividade física diária podendo substituir os esportes e caminhada, ajudando nas prevenções cardiovasculares. Despertar atenção e interesse dos idosos para o valor da alimentação, da atividade física, comportamento preventivo, gestão de estresse e relacionamentos. As pessoas que aderem à ginástica laboral na sua rotina diária estão proporcionando para si um comportamento diferenciado, estimulando uma percepção individual sobre os aspectos do bem – estar. Algumas atividades realizadas com os idosos podem ajudar na mudança de comportamento, mas precisa de incentivo e apoio dos familiares e colegas para que eles não possam se desmotivar. Terceira idade bem informada e conscientizada de que seus comportamentos podem determinar maiores ou menores riscos de adoecer, são certamente mais saudáveis produtivos e mais felizes, tornando a vida menos cansativa.
Palavras-chave: Idosos, Ginástica Laboral, Prevenção.