

## THE REGULAR PRACTICE OF PHYSICAL ACTIVITY AIMED AT WELL-BEING AND HEALTH PROMOTION IN PEDIATRIC PATIENTS

---

***Erik Bernardes Moreira Alves***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<http://lattes.cnpq.br/1449821778039298>

***Gabriela Carolina Pimenta Batista***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<https://orcid.org/0000-0002-0836-3944>

***Renan Gonçalves de Paula Rezende***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<http://lattes.cnpq.br/3534552777256058>

***Paulo Victor Freitas Silva***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<http://lattes.cnpq.br/1159167031867544>

***Geovana Aires Neves***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<http://lattes.cnpq.br/81480783799420>

***Ivy Souza Gomes***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<http://lattes.cnpq.br/6509102203787219>

All content in this magazine is licensed under a Creative Commons Attribution License. Attribution-Non-Commercial-Non-Derivatives 4.0 International (CC BY-NC-ND 4.0).



***Júlia Landim Silva Lima***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<https://orcid.org/0000-0002-5123-8209>

***Dener Barbosa de Queiroz***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<https://lattes.cnpq.br/7967155545875905>

***Murilo Soares Costa***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
[https://www.cnpq.br/cvlattesweb/PKG\\_MENU.menu?f\\_cod=9F5710877AB9D8DB18DA13CBE1002E3F#](https://www.cnpq.br/cvlattesweb/PKG_MENU.menu?f_cod=9F5710877AB9D8DB18DA13CBE1002E3F#)

***José Paulo Oliveira Silveira***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<http://buscatextual.cnpq.br/buscatextual/visualizacv.do?metodo=apresentar&id=K2714480D0>

***Michelle Marques do Vale***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<http://lattes.cnpq.br/8086548873392618>

***Ana Carolina Pedrosa Sanches***

Centro Universitário de Goiatuba -  
UNICERRADO, Goiatuba, Goiás  
<http://lattes.cnpq.br/4579051309837883>

**Abstract:** Quality of life and well-being are closely correlated fronts and, supposedly, controversial in the face of modern life. This phenomenon occurs given the cause-consequence relationship between the current contemporary lifestyle and a sedentary lifestyle, while the quality of life is correlated with movement, generating physical health in the patient's body. In this work, we seek to establish a link between the three themes and the mental and physical well-being of the patient. At the end of the study, it is noted that the biggest and best factor resulting from the practice of physical activity is the elevation of the patient's quality of life, reaching the full realization of the same.

**Keywords:** Physical Education and training. Physical exercise. Sports Medicine. Quality of life. Health.

## **INTRODUCTION**

Could there be a more perfect and more complex machine than the human body? This machine works together with the way we take care of it and stimulate it, being influenced by the habits developed, whether healthy or not. To assist in this process, there are numerous professionals qualified to guide the practice of physical activities. These activities are specifically oriented to each individual, aimed at improving the physical and functional structure of the organism.

A sedentary lifestyle is the main factor causing the increase in cases of comorbidities linked to physical activity, or, in this case, the absence of it. Involvement by stroke, diabetes mellitus, arterial hypertension and acute myocardial infarction, for example, are directly related to physical inactivity, which is increasingly seen in patients who are too young to be affected by the disease. This phenomenon increasingly concerns health professionals, whether physicians or physical education professionals, and health entities,

such as the Brazilian Ministry of Health, the World Health Organization (W.H.O.) and the Pan American Health Organization (P.A.H.O.), characterizing as a public health problem.

Therefore, it is extremely important to associate the benefits of physical activity with the improvement in the patient's quality of life and, consequently, how they will deal with the daily life around them.

As a benefit, it was revealed that the practice of physical activity and its benefits is a recurring theme in approaches related to health, given its high relevance in the areas of medicine and physical education, either individually or interrelated. Thus, the practice of physical exercises is valued within the school environment, for pediatric patients, and at work, aimed at workers' health, being guided by a professional in the area.

According to research by SANTOS (2001), this stimulus to sports practice in professional and educational environments increases the quality of life of its practitioners, as well as their health, thus discouraging the sedentary lifestyle, seen more and more commonly in the era of screens, on which computers and televisions are increasingly used. It is imperative to highlight and link the immunological improvement of physically active people, making them less prone to the onset of seasonal or even age-related comorbidities.

The stimulus must come, in addition to educational institutions and entrepreneurs/contractors, by non-governmental entities, such as media, and may even extend to neighborhood associations. For this, the practice of exercises performed at least 2 times a week is already considered a valid practice. Associating the habit with the reduction of time in front of computers, televisions and cell phones is ideal, since the television practice further promotes the phenomenon of

sedentary lifestyle.

Faced with the relevance of constant practice, as well as its discussion, the World Health Organization (W.H.O) provides for a balance between physical activity, well-being and quality of life. To this end, the Organization establishes a balance between the psychological and physical state, linked to their social relationships, beliefs and the way the individual deals with the environment as necessary for the well-being and, consequently, the quality of life.

Given the importance and relevance of the theme, including for human development, the aforementioned and oriented concept must not be limited only to the political sphere for the purpose of establishing guidelines, it must - extend to the practical sphere, not departing from the object of studies and analyzes for the application of these measures. This process must be carried out with the aim of establishing a constant search for self-preservation and self-care, seeking different and possible ways to carry out this act, adapting as much as possible to the patient's busy daily life, gradually until it becomes a habit.

Among the benefits generated by the practice of physical activity, we can mention:

- The greater disposition as a result of the release of endorphins associated with the movement of the musculoskeletal set;
- Greater efficiency in the control of psychiatric disorders, such as anxiety and depression, due to the release of serotonin, linked to greater contact with other people, even increasing the patient's social cycle;
- Better physical fitness, increasing the patient's physical conditioning, associated with greater muscle toning, improvement in the patient's respiratory, cardiac and blood

circulation capacity;

- Improvement in sleep quality, mainly related to the release of serotonin, closely linked to the circadian cycle, better controlling sleep and the infamous wakefulness state;
- Reduction in the incidence of stress, due to a reduction in the level of cortisol, production of lactic acid, greater release of endorphins, causing a feeling of well being and pleasure;
- Regulation of body weight and, consequently, reduction of morbidity and mortality. This is due to the fact that obesity increases the number of deaths, in addition to the incidence of diabetes, hypertension and hypercholesterolemia, for example.

However, the same physical activity is not indicated for all patients, given that each one has its own preference and specificity. For these patients, special group nomenclature is given, encompassing those who have some health condition or problem, whether reversible or not.

Special groups within Sports Medicine and Physical Education need special attention and intense care, avoiding a worsening of their situation, which may even be lethal depending on the related pathology. Within this classification, atherosclerotic patients, with hypercholesterolemia, diabetics and hypertensive patients, pediatric patients, patients with heart disease, obese, smokers and alcoholics, physically disabled or cognitively impaired, for example.

The members of the special group can be subdivided into the following classifications:

- Apparently healthy: those asymptomatic with the presence of only one coronary factor;
- Increased risk: those with symptoms suggestive of cardiopulmonary and/or metabolic diseases;

- Diagnosed disease: patients already diagnosed with lung or heart disease.

Based on this classification, it is up to the professionals who accompany the patient to choose the best exercise for each patient. The person responsible must value the patient's health, respecting principles such as beneficence and non-maleficence, taking the necessary precautions to avoid aggravating the situation. To this end, a series of alternative activities can be adopted, aiming at their well-being and prioritizing their health. Among these, we can mention: walking, cycling, running, swimming, for example, and other aerobic activities.

Walking is a physical practice oriented to a large part of the population, in which there is improvement in physical conditioning, a direct fight against obesity and possible prevention of related comorbidities, respiratory control and mood regulation, for example.

Cycling is an activity aimed at controlling the body, as it requires physical balance and the ability to direct the body. In addition, the activity is also linked to muscle strengthening, such as leg muscles, better cardiac performance and blood circulation.

Running proves to be an excellent physical activity due to the numerous associated benefits. However, this activity practiced under professional guidance considering that it can aggravate pre-existing pathologies in the knees, cause asthenia, nausea, angina and hypotension in beginners or patients who usually suffer from this disease.

Swimming is constantly indicated to patients who have respiratory problems, since it allows the humidification of the lungs, has a vasodilating action, helping in the blood circulation in the practicing organism. This sport also helps in muscle control, such as the diaphragm and other auxiliary muscles in breathing, exerting an influence on respiratory control.

## **METHODOLOGY**

The present work consists of a literary review that sought to address results found in research on the subject in question, whether in a comprehensive, ordered or systematic way. To carry out the work, the following steps were followed:

- 1) Selection of the corresponding themes;
- 2) Selection of samples found and used;
- 3) Analysis of the characteristics of the original research;
- 4) Analysis of the results obtained;
- 5) Conducting the review.

The databases of scientific literature and techniques used in carrying out the review were Google Scholar, Scientific Electronic Library Online (SciELO), Virtual Health Library, Latin American and Caribbean Literature on Health Sciences (LILACS), using the following search engines: "Physical exercise and quality of life", "Physical activity and health impairment", "Benefits of physical exercise for organic homeostasis" and "Well-being through physical practice".

Thus, the present work seeks not only to analyze the interface of sports medicine, but also to highlight the various contents on the subject in question, aiming to shed light on an educational path, clarifying possible influences on physical performance, the process of physical activity, overweight and quality of life in children and the administration of betalanine.

## **RESULTS AND DISCUSSIONS**

The research carried out with children and adolescents that corroborated the analysis described above helped in the further elaboration of measures that will lead to a healthier lifestyle. For this, the regular practice of physical exercises are fundamental, the association of healthy eating, care for the patient's own body, respecting their physical and even psychological limitations. To this

end, the practice of physical activities is not limited to just a single sport, such as weight training, given that the fact of activating the body muscles, mainly through aerobic activities, would already fulfill the objective of the exercise practice. physicist. Thus, it becomes possible to develop healthy habits to human health.

## **FINAL CONSIDERATIONS**

The practice of physical activity is closely correlated with quality of life, making it essential for those who seek to live well, with longer and healthier lives, even in times when screens and the quality of working life have taken over.

In order to develop in the best possible way the practice of physical activity and, consequently, a better quality of life, it is essential to consult medical and physical education professionals, analyzing the best way to achieve the desired objective according to the reality of each individual. In addition to the multidisciplinary and interconnected work of professionals, the cultivation of healthy habits is also essential.

Aiming to ingrain the culture of good habits, the process of raising awareness and raising awareness of the population about the importance of physical activity in order to improve their health, as well as that of their employees, students, colleagues and family members, must be carried out.

## REFERENCES

1. ARAÚJO, Denise S. M. S. de.; ARAUJO, Claudia G. S. de. Aptidão física, saúde e qualidade de vida relacionada à saúde em adultos. Rev. Bras. Med. Esporte \_ Vol. 6, No 5 – Set/Out, 2000.
2. ASSUMPÇÃO, Luís OT; MORAIS, Pedro Paulo de; FONTOURA, Humberto. Relação entre atividade física, saúde e qualidade de vida. Notas Introdutórias. Revista Digital, v. 8, n. 52, p. 1-3, 2002.
3. BRASIL. Censo Demográfico 2010 – Instituto Brasileiro de Geografia e Estatística. Brasília. Brasil. 2010.
3. BRASIL. Relatório sobre Saúde no Brasil – Ministério da Saúde. Brasília. Brasil. 2015.
4. DREHER, Daniela D. GODOY, Leony P. A qualidade de vida e a prática de atividades físicas: estudo de caso analisando o perfil do frequentador de academias. Anais: XXIII Encontro Nac. de Eng. de Produção - Ouro Preto, MG, Brasil, 21 a 24 de out de 2003.
5. PEREIRA, Larissa A. SILVA, Alexandre V. da, MORELLI, Graziella A.S. A importância do lazer na terceira idade: um estudo de caso em Ribeirão Preto. Apostila- mento. Ribeirão Preto. SP. 2012
6. SANTOS, Ana Lucia P. dos. A Relação entre a Atividade Física e Qualidade de Vida. Tese (Doutorado em Educação Física). USP. SP. 2009. 199 páginas.
7. SILVA, Rodrigo Sinnott et al. Atividade física e qualidade de vida. Ciência & Saúde Coletiva, v. 15, p. 115-120, 2010.
8. SOARES, H. E. Educação física como condição para a qualidade de vida dos portadores de necessidades especiais. 2001. 81f. Dissertação (Mestrado Engenharia de Produção) - Centro Tecnológico. Universidade Federal de Santa Catarina, Florianópolis.
9. ZAMAI, Carlos A. MORAES, Marco A. A. de. BANKOFF, Antônia D.P. MENDES, Roberto T. Atividade Física na Promoção da Saúde e da Qualidade de Vida: Contribuições do Programa Mexa-se Unicamp. Apostilamento em PDF. Cedência. UFMS. 2018.