

Physical activity for healthy and long life (Compilation)

Uzun ömürlü ve sağlıklı bir hayat için fiziksel aktivite

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ABSTRACT

Lifestyle physical activity interventions have resulted in response to the public health problem of promoting regular amounts of physical activity to the majority of Turkey adults who remain inadequately or completely inactive. These lifestyle interventions allow a person to individualize his/her physical activity programs to include a wide variety of activities that are at least of moderate intensity and to accumulate bouts of these activities in a manner befitting his/her life circumstances.

One of the most important health problem posed by the lack of physical activity is Type II diabetes. In particular, insufficient and unbalanced nutrition as well as the addition of a sedentary lifestyle, it is preparing the ground for the emergence of major health problems such as diabetes. In China, 50 years of age and older Type II diabetes on a survey of 1996 people prevalence of physically active is %9.1, in the moderately active %12,0 and those with a sedentary lifestyle is %14,2.

Disease control center of United states; It remains healthy and the 4 major factor in longevity.

1. Regular life habits (51%)
2. Physical Environment (20%)
3. The Genetic Material (20%)
4. The Nature Of The Infection And The Health Service (9%)

As a result; The relationship between health status of being high or low levels of physical activity is becoming increasingly important worldwide. Insufficient physical activity is the source of health problems, as well as the prevention of many health problems or improving the contribution of physical activity has been demonstrated in many studies. In studies involving the different populations in different countries, physical illness and occupation of the person's activity level, age, modes of transport, is shown to depend on variables such as gender circumstances and having children.

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Key Words: Physical activity, Healthy, LongLife

Anahtar Kelimeler: Fiziksel aktivite, Sağlıklı, Uzun ömür

ÖZET

Yaşam tarzı fiziksel aktivite müdahaleleri, halk sağlığı sorununa, yetersiz ya da tamamen aktif olmayan Türkiye yetişkinlerinin çoğuna düzenli olarak fiziksel aktivite kazandırılması için cevap aramaktadır. Bu yaşam tarzı müdahaleleri, bir kişinin fiziksel aktivite programlarını, en azından orta yoğunlukta çok çeşitli aktiviteleri içerecek şekilde kişiselleştirmesine ve bu aktivitelerin yaşam koşullarına uygun bir şekilde biriktirilmesine izin vermektedir.

Fiziksel aktivite eksikliğinden kaynaklanan en önemli sağlık sorunlarından biri Tip II diyabettir. Özellikle, yetersiz ve dengesiz beslenmenin yanı sıra hareketsiz bir yaşam tarzının eklenmesi, diyabet gibi önemli sağlık sorunlarının ortaya çıkmasına zemin hazırlamaktadır. Çin'de, fiziksel olarak aktif 1996 kişi üzerinde yapılan bir ankette 50 yaş ve üstü Tip II diyabet, % 12,0, orta derecede aktif % 12,0 ve sedanter yaşam tarzı olanlarda % 14,2'dir.

Amerika Birleşik Devletleri hastalık kontrol merkezi; Sağlıklı kalmanın ve uzun ömürlü olmanın 4 ana faktörünü aşağıdaki gibi sıralamıştır.

1. Düzenli yaşam alışkanlıkları (% 51)
2. Fiziksel Çevre (% 20)
3. Kalıtsal özellikler (% 20)
4. Enfeksiyonun ve Sağlık Hizmeti (% 9)

Sonuç olarak; Sağlık durumu ve fiziksel aktivite düzeyi arasındaki ilişki dünya çapında giderek daha önemli hale gelmektedir. Yetersiz fiziksel aktivite sağlık sorunlarının kaynağı olduğu gibi, birçok sağlık sorununun önlenmesi veya fiziksel aktivitenin katkısının iyileştirilmesi birçok çalışmada gösterilmiştir. Farklı ülkelerdeki farklı popülasyonları içeren çalışmalarda, fiziksel hastalık ve kişinin aktivite seviyesi, yaşı, ulaşım tarzları, cinsiyet koşulları ve çocuk sahibi olma gibi değişkenlere bağlı olduğu gösterilmiştir.

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1. Introduction

The effects of physical activity on the health of individuals in the 1500s by an Italian physician for both children's growth and development, as shown by developing training programs for the protection of the health of the elderly. There are many researches that are important determinants in the course of the emergence of certain diseases and lack of physical activity. One of the first studies on this subject was held in London in 1864. Between farmers and tailors The survey also examined deaths due to coronary heart disease, according to farmers and tailor

it was determined that more died from coronary heart disease. In this situation, tailor was sedentary than thought to be due to farmers and their life (Mcauley, 1994).

With modern life, exercise is to grow in importance since the end of the 19th century. physical activity report prepared by Smith in 1915, American surgeon degenerative diseases associated with kidney disease, it is stated that the rising tide of heart disease and high blood pressure in related disease. However, it is emphasized that it is necessary for the exercise of all ages and both sexes (Bulut, 2013).

Lack of physical activity is seen today as common in adults and elderly population. There are many behavioral and physiological reasons of the people to do physical activity or to a limited degree. In Turkey, the lack of time, are among the most common causes of inadequate physical activity (Genç, 2002).

The level of physical activity personally made in the last century showed a great decline. Many businesses require work of sitting individual computer usage and inactivity are reduced gradually increasing the physical activity . This type of work, play an important role in the health problems resulting from the lack of physical activity (Boyce, 2008).

Lack of physical activity is independent of the development of the country. More than half the adult population in developed countries is not at a sufficient level of physical activity. rapid urbanization of the country, increasingly in the growth of the city also brings together physical inactivity (Bulut, 2013).

Rapid urbanization, overcrowding of the population, increasing poverty, rising crime rates, traffic density, decrease

air quality, parks, hiking, sports and the increase of factors such as the lack of rest areas negatively affects people physical activity (Bulut, 2013).

In the treatment of many diseases and symptoms in the protection of parameters relating to health and controlling planned their importance and impact on the receipt as well as private and physical activity program designed, significant effects are known for the prevention of permanent damage to leave for the prevention of disease-related complications and the disease process body (Baltacı 2008).

The definition of health in the past; It would be away from the disease is expressed and deaths that occurred from the early 1900s was caused by a large proportion of infections due to bacteria and viruses diseases. End of the 20th century The progress of recent medical sciences; a significant reduction in infectious diseases and methods of treatment also gave rise to great improvement. And it became protected from most of the disease. Today it is considered to be a high correlation

Discussed below is the relationship between certain diseases with physical activity (Bulut, 2013).

Status	Risk Reduction	Symptom Reduction	Improving Results	Activity Type
Alzheimer	+			A
Anxiety	++	++	+++	A
Asthma	+	+		A
Chronic Heart Disease	+++	+++	++	A,E
Heart Attack	+	++	++	S,A
Cancer				
Breast	++	+	++	A
Colon	+++	++	++	A
Endometrium	+			A
Lung	+			A
Prostate	+	+	++	A
Depression	++	++	++	A
Tip II Diabetes	+++	+++	+++	A,E
Hypertension	++		+++	A,E
Longevity		+++	+++	A
Obesity	++	++	+++	E,A
Osteoarthritis		+	+	S,A
Osteoporosis	++			S(W),A
Peripheral Vascular Disease		+		A
Pregnancy		+	++	A
Cigarette	+	++	++	A
Stress	++	++	++	A
Ülcer	+			A

+ Low Impact, ++ Medium Impact , +++ High Impact

A= moderate activity

E= significant energy expenditure

S= strength exercises

W= weight lifting exercises

of health and proper lifestyle. We choose the most decisive feature in the relationship between health factors and death is life style. It is true that; The advantages of medical technology, raising living standards and medical advances in the protective properties may increase the chance of living longer and better (Zorba, 2014).

One of the most important health problem posed by the lack of physical activity is Type II diabetes. In particular, insufficient and unbalanced nutrition as well as the addition of a sedentary lifestyle, it is preparing the ground for the emergence of major health problems such as diabetes. In China, 50 years of age and older Type II diabetes on a survey of 1996 people prevalence of physically active is %9,1 , in the moderately active %12,0 and and those with a sedentary lifestyle is %14,2 (Hsing, 1994).

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Increasing physical activity or a sufficient level of physical activity is important for every age group. Physical activity level of each individual are different. Personalized physical activity level of correct knowledge, it is the question of individual's how much and what kind of to do physical activity is the answer. Personalized as physical activity levels from day to day, week to week, the period can be determined as weekends (Kalling, 2008).

Disease control center of United states; It remains healthy and the 4 major factor in longevity.

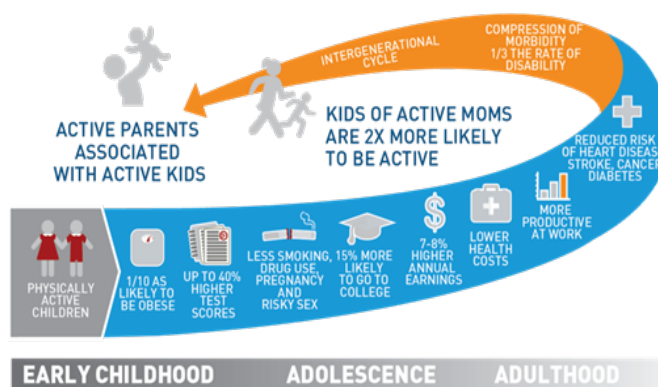
Regular life habits (51%)

Healthy life style is the most important role in life. America as a result of 5.5 years of research on the lifestyle of individuals who have the habit of the following has been determined that a longer life expectancy and better health.

- Make regular breakfast every day
- Regular eating habits
- To pay attention to sleep patterns
- To have a normal body weight
- Oil from food, reducing salt and sugar
- Regular and adequate physical activity
- Learn to cope with stress
- Abstain from smoking and alcohol use
- Have regular family and sexual life
- Listed as undergoing regular health checks(Zorba, 2014).

Physical Environment (20%)

Living, working and physical activity environments we create our physical environment and our health is directly related. The indoor and outdoor air pollution; It may lead to insufficient nutrition and to increased pulmonary disease tissue(Zorba, 2014).



The compounded benefits of lifelong physical activity (Kearney, 2019)

The Genetic Material (20%)

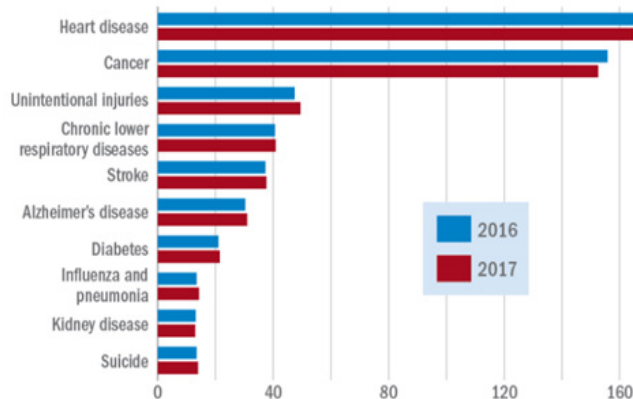
Heredity; is the biological family of the child inherited event. If the family has the highest death rate from heart disease is high the odds of us carry the risk of heart disease. However, the risk factors linked hereditary characteristics; We can greatly reduce our lifestyle. Regular diet, regular and sufficient physical activity and regular life habits, such as to control our body weight can prevent some diseases linked to heredity(Zorba, 2014).

The Nature Of The Infection And The Health Service (9%)

Although it seems as a factor in one of the lowest very important factor for a developing country like Turkey. In many villages, towns, even still even in our district hospitals are not full-fledged. Unfortunately lost his life due to the high chance of surviving is that most patients impossibilities. The economy of the country and these factors have a direct interest in the prosperity. Therefore, risk factor appears to be 9% in developed countries like the US are expected to be higher in developing countries such as Turkey (Zorba, 2014).

Ten leading causes of death, 2016 and 2017

The 10 leading causes of death in the United States remained unchanged over the past year, according to a new report from the Centers for Disease Control (CDC). Though life expectancy at birth decreased to 78.6 years in 2017, down from 78.7 years in 2016, that change was driven primarily by suicide and drug overdose.



However, heart disease remains the leading cause of death in the United States, at 165 deaths per 100,000 individuals in 2017. This represents a slight, statistically nonsignificant, decrease from the 165.5 deaths per 100,000 caused by heart disease in the previous year.

Other diseases related to cardiometabolic health saw increases. Stroke and diabetes each caused a small but significant increase in deaths in 2017, which saw a 1-year increase to 37.6 from 37.3 stroke deaths per 100,000 people. Diabetes deaths increased to 21.5 from 21 per 100,000 the previous year. Stroke was the fifth and diabetes the seventh most common cause of death, according to the data brief published by the CDC's National Center for Health Statistics (NCHS).

2. Result

The relationship between health status of being high or low levels of physical activity is becoming increasingly important worldwide. Insufficient physical activity is the source of health problems, as well as the prevention of many health problems or improving the contribution of physical activity has been demonstrated in many studies. In studies involving the different populations in different countries, physical illness and occupation of the person's activity level, age, modes of transport, is shown to depend on variables such as gender circumstances and having children.

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