

THE STUDY OF PRACTICING THE PHYSICAL EXERCISES AND THE COMPLIANCE WITH THE CORRECT DIET AS A FORM OF MAINTAINING HEALTH

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Abstract. *In the present work are exposed the results of sociological survey on practicing, by population of Republic of Moldova, of physical exercises in order to determine its attitude toward directed of the physical exercises practice and food rationalization.*

Keywords: *physical exercise, correct diet, health condition.*

Actuality. Hippocrates, the father of European medicine (the 5th century BC) defined the health and physical education as “a state of balance between body, mind and environment”, his definition being very close and sometimes even more completed than many of the ones enunciated by modern authors. It is quite ironic that only at the end of the 20th century, the scientists presented as a clear and indisputable conclusion that the physical activity and the correct diet represents the essential factors for maintaining health, because, more than 2000 years ago, Hippocrates, the father of medicine, reached the same conclusions.

In the specialized literature [] the sanogenic role of practicing physical exercises and sport is mentioned more and more frequently. The physical exercise is essential for the treatment of hypertension, in the prevention of herniated disc and the improvement of cerebral activity, in the mobilization of maximum pulmonary ventilation, the treatment of obesity, developing strength and physical suppleness etc.

Hypothesis of research: It was supposed that the practicing of the physical exercises has a sanogenic effect, which, complementary with food rationalization, helps to strengthening health, to develop psychomotor skills, to improve and model of the silhouette, as well as to promote the health of persons of reproductive age.

The objective of research: the analysis of practicing physical exercises, respecting of the correct diet as a form of health maintenance.

The subject of research: the comparative study of the physical exercises influence and the respecting of a correct diet.

The purpose of research: the improvement of practicing the physical exercises and the respecting of the correct diet as a form of health main-

tenance.

In the socio-political and economic context of Republic of Moldova during the last two decades, the problem regarding health and physical vigor of population must occupy a prime place in the governance system, because health is not only one of the important human rights, but also a state's treasure, an indispensable condition of social progress [1]. The major dominance of human pathology, currently, is the non-communicable diseases. In the configuration of the epidemiological picture, the foregrounds are the so-called “diseases of the contemporary civilization”: the cardiovascular diseases, the chronic diseases of some devices and systems, the nutrition diseases, the neoplasias, the stomatological diseases, the congenital malformations, the genetic diseases, the accidents etc. [2].

In everyday life, people do not pay attention to elementary things, but which have a very important role for life and for health, example being the mode of organizing the time for activities, alimentation, information, and leisure.

According to the survey conducting by the Ministry of Youth and Sports during the period July-August 2012, the following are attested: in total 12.3% of the republic's population practice daily sports activities, 27.6% of respondents declare that they practice weekly the physical exercise, and 25.4% - once a month or once every few months (9% a month ago, and 16.4% a few months ago): Figure 1.

Regarding the space in which citizens used to practice physical activities, most of them mention that they are used to use the sports halls (37%), the arranged spaces (35%), or the courts (31%).

According to the World Health Organization (WHO) experts, in 20% of cases the human

health depends on the environmental conditions, in 10% - by the level of the healthcare evolution, in 20% the hereditary factor persists in the transmission of some diseases, and in 50% is associated with the lifestyle. Otherwise, WHO, in the appeal launched on 7 April 1988 with the occasion of World Health Day, recommends the orientation to physical exercise, scientific nutrition and individual responsibility [3].

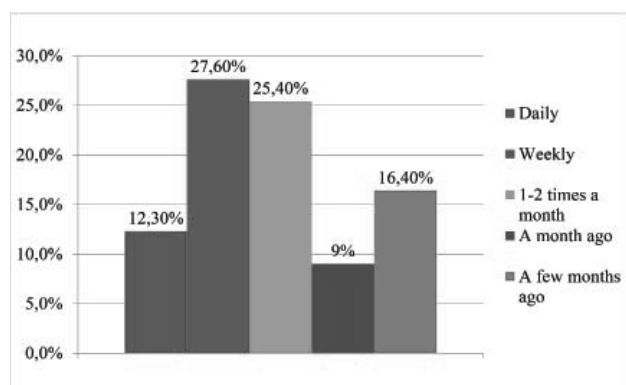


Figure 1. The frequency of practicing physical exercises by the respondents.

In the United States of America many citizens do not meet the national conditions of physical activity. In a study for children and adults, conducted by National Health and Nutrition Survey during the period 2003-2004, the monitored activity indicated that 55% of hours that they did not sleep, were spent for sedentary behaviors. Others information of the National Health and Nutrition Survey of the period 2005-2006 indicates the fact that the sedentary time interval increase to 58%, while the moments spent in moderate activity are decreasing. According to the survey mentioned above, established this time in 2008, 56.5% of respondents were not aerobically active, as stipulated by national instructions regarding the physical activity for Americans, in 2008: 150 minutes of moderate intensity activity or 75 minutes of intense activity per week [4].

The healthy lifestyle includes: rational nutrition, physical activity, hardening the organism, observance of the rest regime, avoidance of harmful habits, the control of the level of stress, compliance with the hygiene rules, protected sex behavior, systematic consultation at the family doctor etc.

The mode in which we perceive the nutrition and the choices that we make day by day have a

significant impact on our health and our well-being. No food can bring all the nutrients that the organism needs, but only varied, moderate and balanced diet does [5].

The role of physical activity is more important than just practicing your favorite sport, because the regular practice of physical exercises maintains body weight, but can also eliminate many risk factors in case of some chronic diseases.

The physical exercise is an extremely effective way to keep your body in shape, regardless the age. There are people who, although having 50 years old, biologically they look like 40 years old and may be even less – this due to the fact of practicing more sport during their lives. The physical exercises are indicated for all age categories. For children and adolescents these exercises are indicated daily for at least one hour, and for adults are indicated, depending on the available time, at least 2-2.5 hours weekly.

Through a healthy diet, cumulated with the practicing of the physical exercises, each individual can maintain their health, working power and may become more longevive (the premature aging of the organism is prevented).

According to the World Health Organization, physically active children are those who practice the physical exercises for 60 minutes during a day, more than 5 days a week [6].

According to statistical data from 2011, in 535 of preschool education institutions were ignored the measures of children hardening (38.5%). Of the 55 swimming pools placed in the kindergartens, only 9 are in function. At the same time, pupils and students are increasingly exposed to the habitual and school sedentarism.

The received data from the Public Health Center estimate that in 287 (20.3%) pre-school education institutions are not organized sports sections. Only 4.5% of the pre-university education institutions have swimming pools, of which only 10 are in function.

According to the official statistics, 50% of deaths are caused by diseases of the circulatory system, 22% - of malignant tumors, 8% - of road injuries, 20% - of others diseases (Figure 2). Among the major risk factors for circulatory system diseases, the scientific researchers find the insufficient movement or hypokinesia, the excessive consumption of salt and fats, deficiency nutrition

and the stress; for oncological diseases – smoking (the tabacism), non-qualitative foods (rich in fats and poor in plant products), harmful conditions for life, that lead to decreased immunity [7, 8].

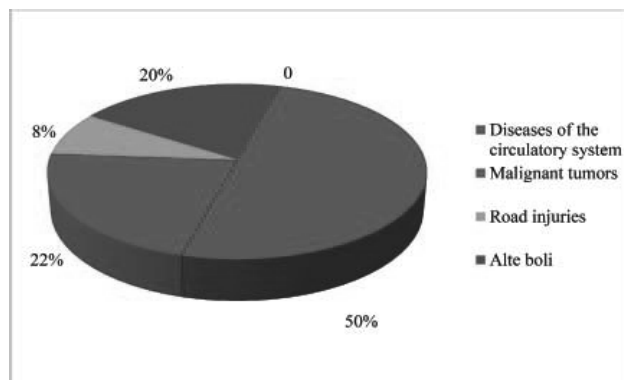


Figure 2. Official statistics regarding the causes of the deaths (%).

It is known that the systematic practicing of the physical exercises has an incidence, in biological, moral, aesthetic, economic plan, in the relationships with the fellows, with the collectivity etc. Starting from these premises, we believe that the sport does not consider itself a scope, but a means by which the individual and the community tend to the perfection. In the process of practicing the physical exercises, the accumulation of an important psychometric baggage is achieved, a range of skills are being developed, it is positively influenced the formation and the development of personality.

Combined with a healthy diet, rest and a stress reduction program, practicing of the physical exercises influences essential on long-term health.

Today, the sedentarism is considered a major risk factor for the appearance of the cardiovascular diseases, placed on the same level as smoking, the arterial hypertension and the high level of

cholesterol, but not because the physical activity would do wonders, but because many people are inactive or completely sedentary [9, 10, 11].

Conclusions

The succinct picture of the noxious factors characteristic for modern life, the reality of the present and the perspective of the future make us understand more and more clearly that the health maintaining, the increasing body's resistance to illness, the harmonious physical development became real requirements of the social life. Therefore, the man of our day needs more outdoor movement. This requires the capacity to practice consciously and independently complexes of physical exercises and various sports, which have to be performed systematically, daily, during free time, in order to realize and maintain a suitable level of physical training. Analyzing the practicing of the physical exercises and respecting the correct diet as a form of health maintenance, we find that all the components of lifestyle are important for health maintenance, that is why special attention should be paid to the implementation and compliance at the level of the entire

The State must intervenes in the promoting, organizing and developing of the sport for all, until the population, in its majority, will be able to participate in sports activities, sustained by their own financial possibilities, with conditions (infrastructure, sports facilities, materials, accessible and agreeable places) and, especially, positive and active attitudes at all the levels. The systematic, correct and conscious practicing of the physical exercises, especially in free time, both organized and independent, creates the premises for the development of sports culture, which will determine the creation of a competitive company in the territory of the European Union, aligned to its standards.

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