

***EFEKTI  
REDOVNE  
FIZIČKE  
AKTIVNOSTI***

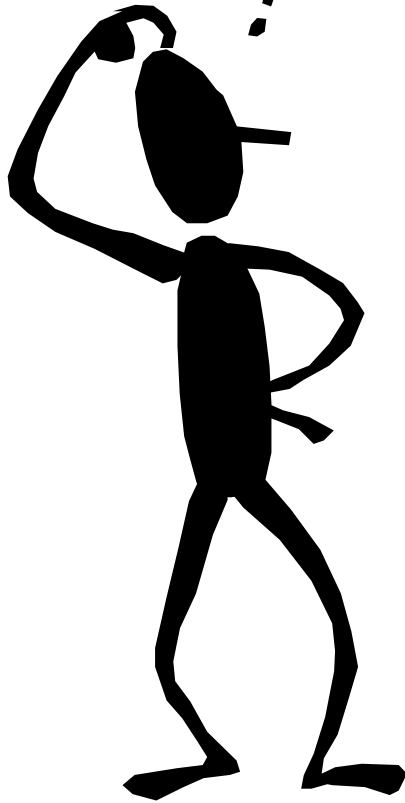
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# NEKRETNANJE

? samostalni riziko-faktor



- 2,5 opšta smrtnost
- 3,5 kardiovaskularna
- 3 pojedini karcinomi

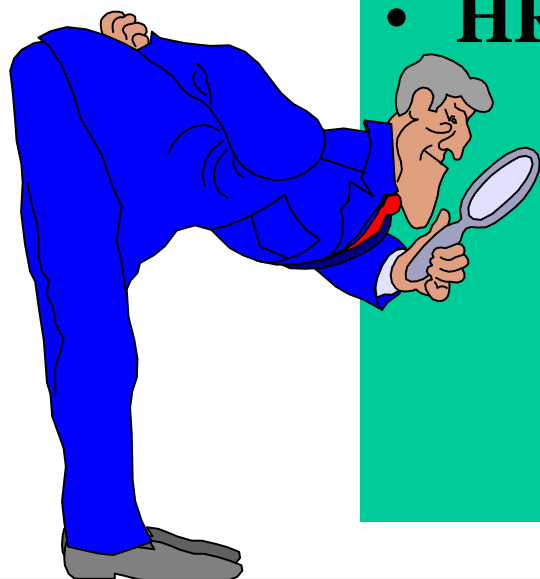
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# Posebno ugrožene kategorije građana

- deca
- adolescenti
- STRES
- III doba
- **HRONIČNE NEZARAZNE BOLESTI**



hipertenzija

gojaznost

šećer

osteoporoza

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# Kardiovaskularni sistem

- Srčani mišić jači i elastičniji
- Veći udarni volumen
- Veći minutni volumen
- Bogatija kapilarna mreža
- Manje naslaga na zidovima arterija
- Smanjuje povišeni pritisak



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# Respiratorni sistem



- **Veći disajni volumen**
- **Bogatija alveolarna mreža**
- **Efikasnije preuzimanje kiseonika iz vazduha od 21% iskoristi se 15 - 18 %**

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# SKELETNI MIŠIČI

**Povečavaju se metabolički kapaciteti i kontraktilna svojstva što utiče na ublažavanje dejstva starenje i hroničnih bolesti na sačuvanu sposobnost za napor**



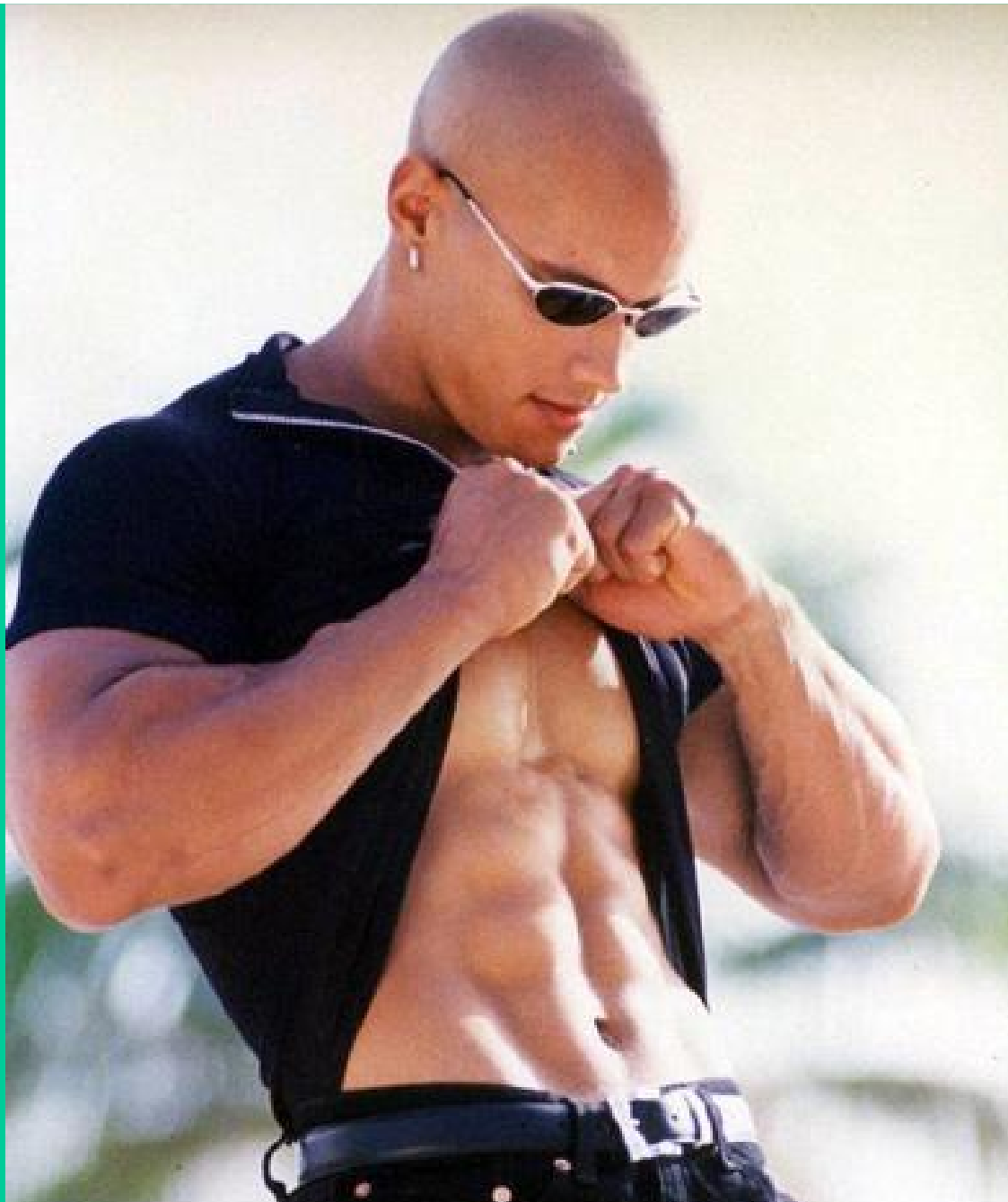
**Povećava se snaga mišića što:**

- **umanjuje rizik od povrede**
- **ublažava bolesti mišića**

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# TETIVE I VEZNA TKIVA

Povećava se snaga zglobova, što utiče na povećanu potpornu funkciju i stabilnost zglobova tako da se umanjuje rizik od povreda

**KOSTUR**

*Održavanje  
koštane  
mase*

## ZGLOBOVI

- podmazanost zglobova
- Opseg pokreta
- Održavanje pokretljivosti

*Ograničava dejstvo degenerativnog  
artritisa*

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# METABOLIČKE FUNKCIJE

- Regulacija energetskeg bilansa i kontrola telesne mase
- Osetljivost na insulin i podnošenje ugljenih hidrata
- Metabolizam lipida i lipoproteina
- Inhibicija procesa zgrušavanja krvi



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# PSIHOLOŠKA FUNKCIJA



- **Poboljšava raspoloženje i smanjuje blagu anksioznost i depresiju**
- **povećava samopouzdanje i povoljno utiče na raspoloženje**
- **Utiče na psihomotorni razvoj**
- **Može da poboljša pamćenje kod starijih osoba**

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# KAKO I KOLIKO VEŽBATI



**3 - 5 puta nedeljno**

**20 - 60 minuta dnevno**

**60-90% od max HR**

**50-85% od VO2max**

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# RECOMMENDATION FROM THE SURGEON GENERAL:

**30 minutes** of moderate  
intensity physical activity on most, or  
preferably all, days of the week.

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<b>Washing and waxing a car</b>	<b>45-60minutes</b>
<b>Washing windows or floors</b>	<b>45-60minutes</b>
<b>Gardening</b>	<b>30-45minutes</b>
<b>Wheeling self in wheelchair</b>	<b>30-40minutes</b>
<b>Walking 1 3/4 miles</b>	<b>35minutes</b>
<b>Raking leaves</b>	<b>30minutes</b>
<b>Bicycling 5 miles</b>	<b>30minutes</b>
<b>Dancing fast</b>	<b>30minutes</b>
<b>Water aerobics</b>	<b>30minutes</b>
<b>Pushing a stroller 1 1/2 miles</b>	<b>30minutes</b>
<b>Swimming laps</b>	<b>20minutes</b>
<b>Playing basketball</b>	<b>15-20minutes</b>
<b>Shoveling snow</b>	<b>15minutes</b>
<b>Jumping rope</b>	<b>15minutes</b>
<b>Running 1 1/2 miles</b>	<b>15minutes</b>
<b>Stair walking</b>	<b>15minutes</b>

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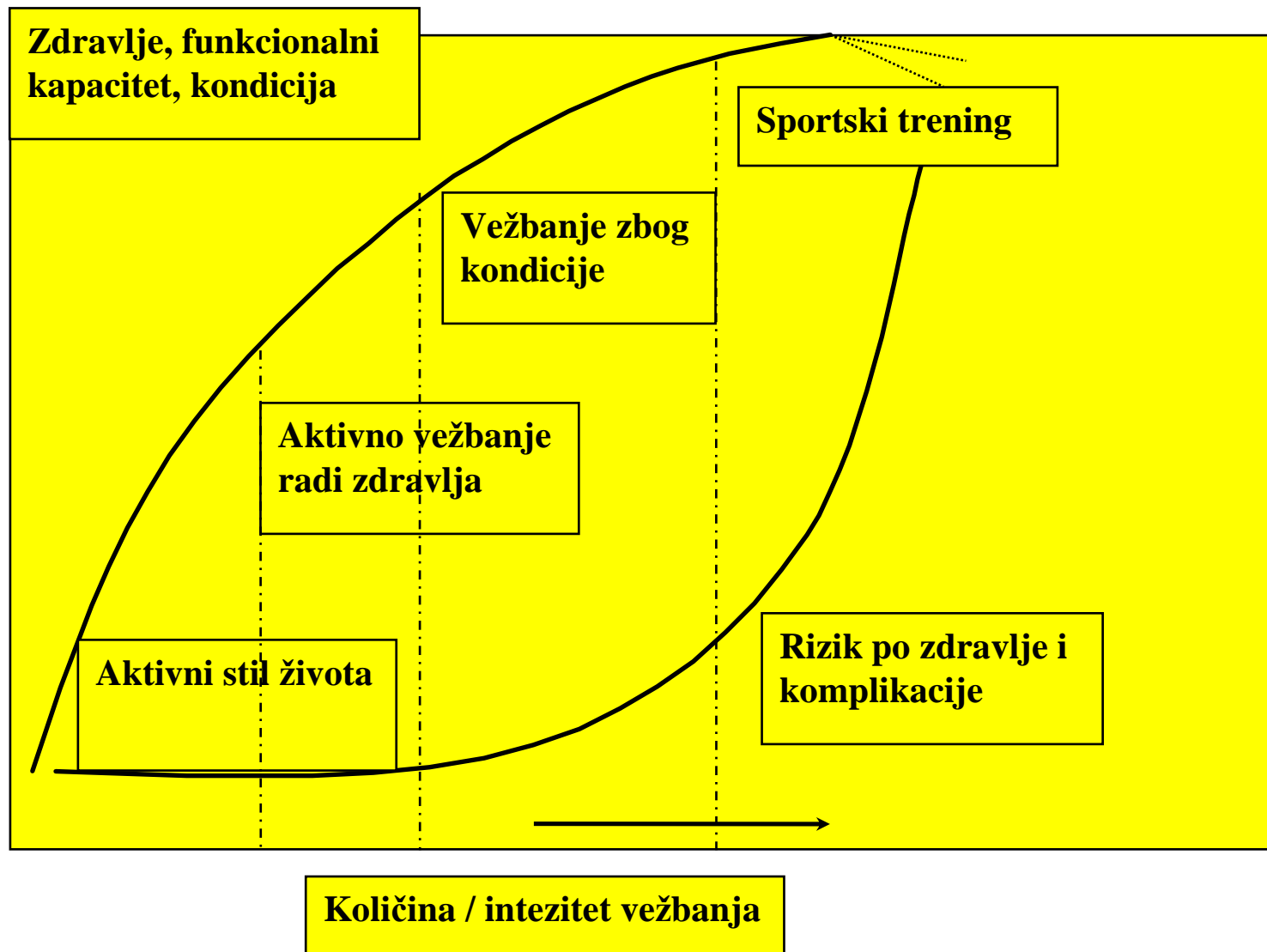
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Many benefits result from increases in physical activity. For instance, it has been shown that if all inactive adults in the United States became physically active, the potential savings could have been upwards of \$75 billion in 2000. Not only will an increased physical activity level bring forth a healthier body, it may also lead to an improved state of mental health. Various forms of physical activities such as dancing and swimming are healthy ways of de-stressing the body and mind as well as a great opportunity to meet people or socialize with old friends. The key to get people moving is to find an activity that they enjoy and can fit into their busy schedules.

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**Vežbanje može da zameni ili pomogne dejstvo mnogih lekova, ali ni jedan lek ne može da zameni dejstvo kretanja.**

*Tiso, XVII vek*



**ZDRAV NAČIN ŽIVOTA**

**FIJUNKCIA RAZVILIA ORGAN**

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