



"Mueve tu cuerpo y ponle ritmo a tu corazón": Programa para el fomento de la práctica regular de actividad física en adultos mayores en espacios públicos [

2021

text (article)

Analítica

The World Health Organization in line with the Sustainable Development Goals, identified the period between 2020 - 2030 as healthy aging decade. The regular practice of physical activity has a positive impact on physical and mental health, quality of life and independence in older adults. The aim of this community experience is to develop an intervention that promotes the regular practice of physical activity in older adults with chronic diseases who live in the Mutis neighborhood of Bucaramanga, to promote healthy aging. The actions of the program that have been carried out includes the stages of: 1) Divulagation; 2) Assessment: physical activity, dual tasks performance, mobility and falls risk; 3) Intervention: physical activity sessions in public spaces. The main allies of the program have been the community leaders in the divulgation stage and the Instituto de la Juventud, el Deporte y la Recreación de Bucaramanga (INDERBU) for facilitating spaces for interventions. Among the detractors are the lack of resources, availability of the program users, and the beliefs and attitudes for the practice of physical activity in the residents of the Mutis neighborhood

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