

# Promote Exercise in adolescence

By Dr. Despina Economou  
Pediatric Association of Cyprus  
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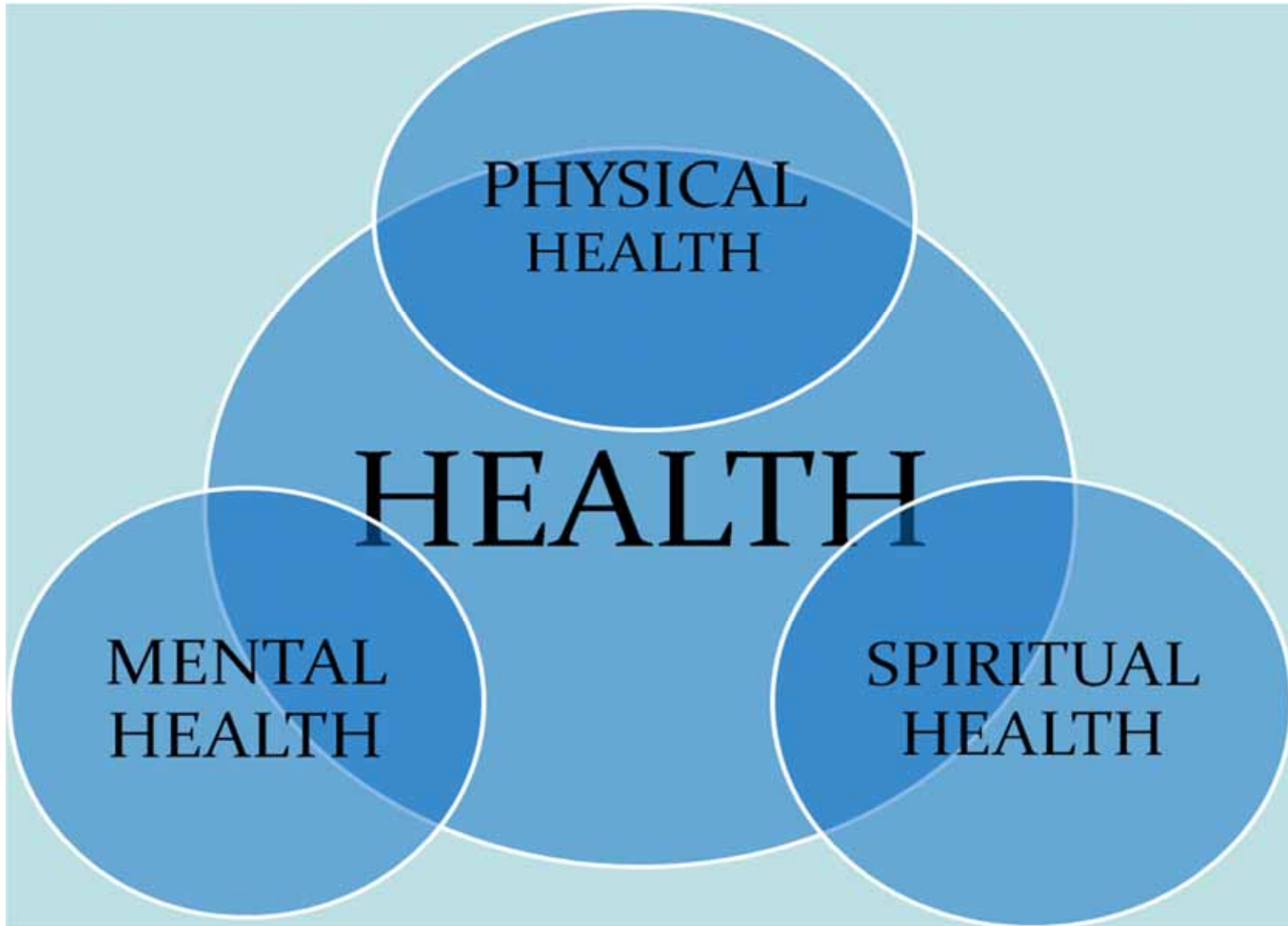
# Purpose of this Study

- 1 How important is physical exercise for our health?
- 2 Is exercise still in our daily lives?
- 3 What is the reality in Cyprus my country?
- 4 What is the reality in Europe and USA

# Contents of Presentation

- Benefits of exercise
- Health problems among teenagers
- Proper exercise/Food pyramid
- Cyprus reality based on:
  - My questionnaire: personal study
  - Aggelides Study
  - Results from the Institute “Child health”
- Reality of PA in other countries
- Policies and programs for improvement of physical activity and healthy diet.

# Meaning of Health



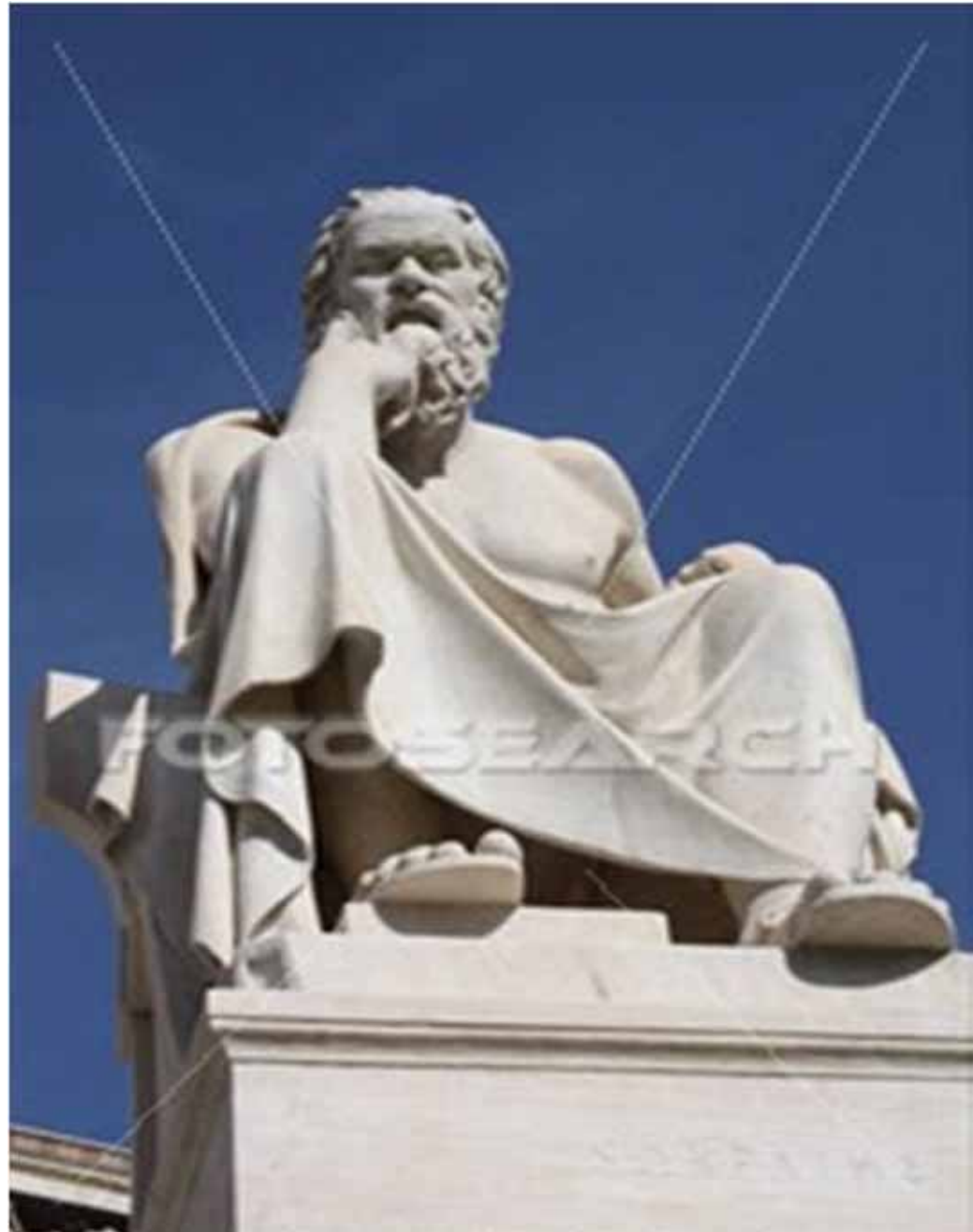
# **Socrates**

**Greek Philosopher**

**“Healthy mind  
In**

**Healthy**

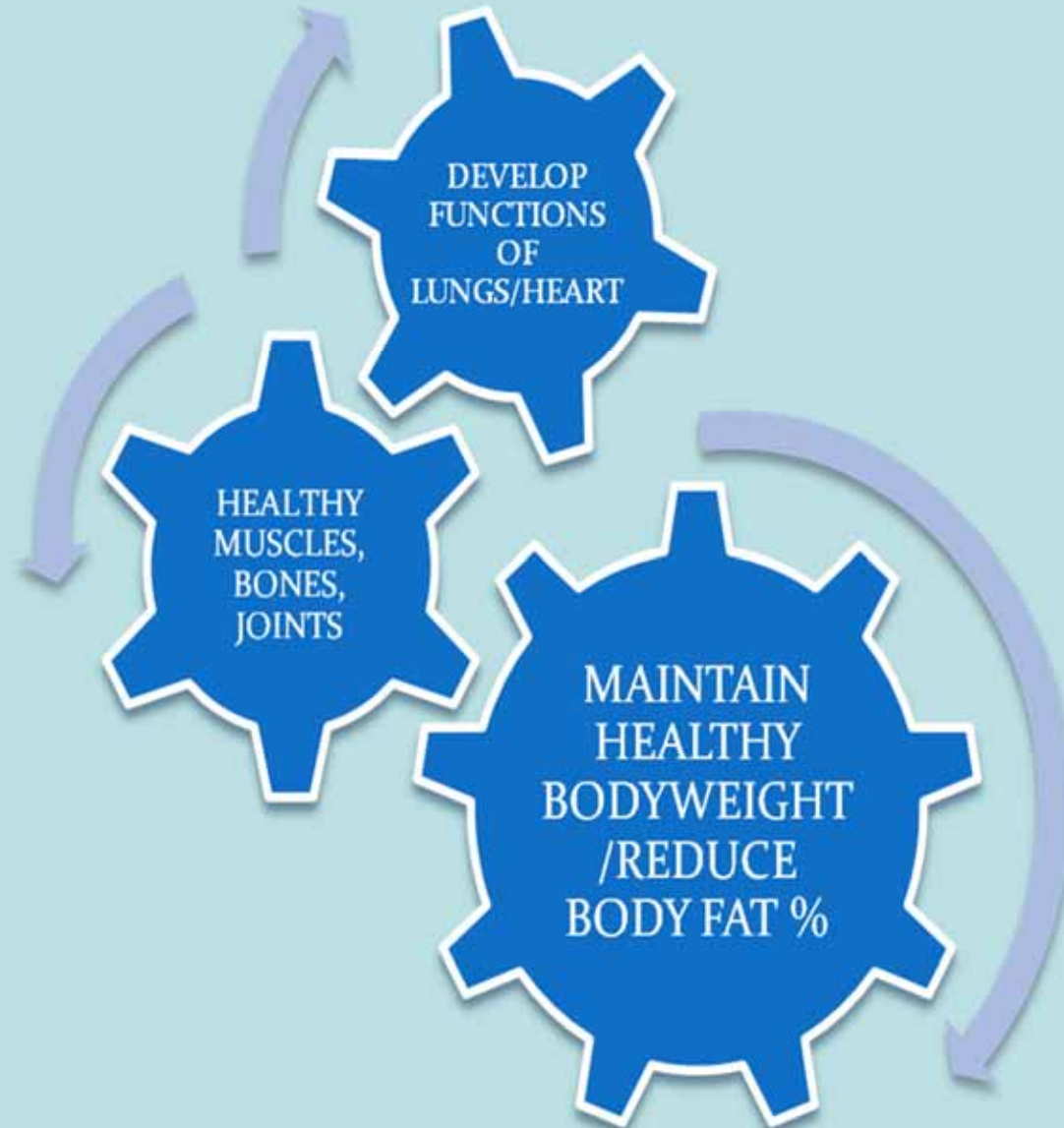
**Body”**





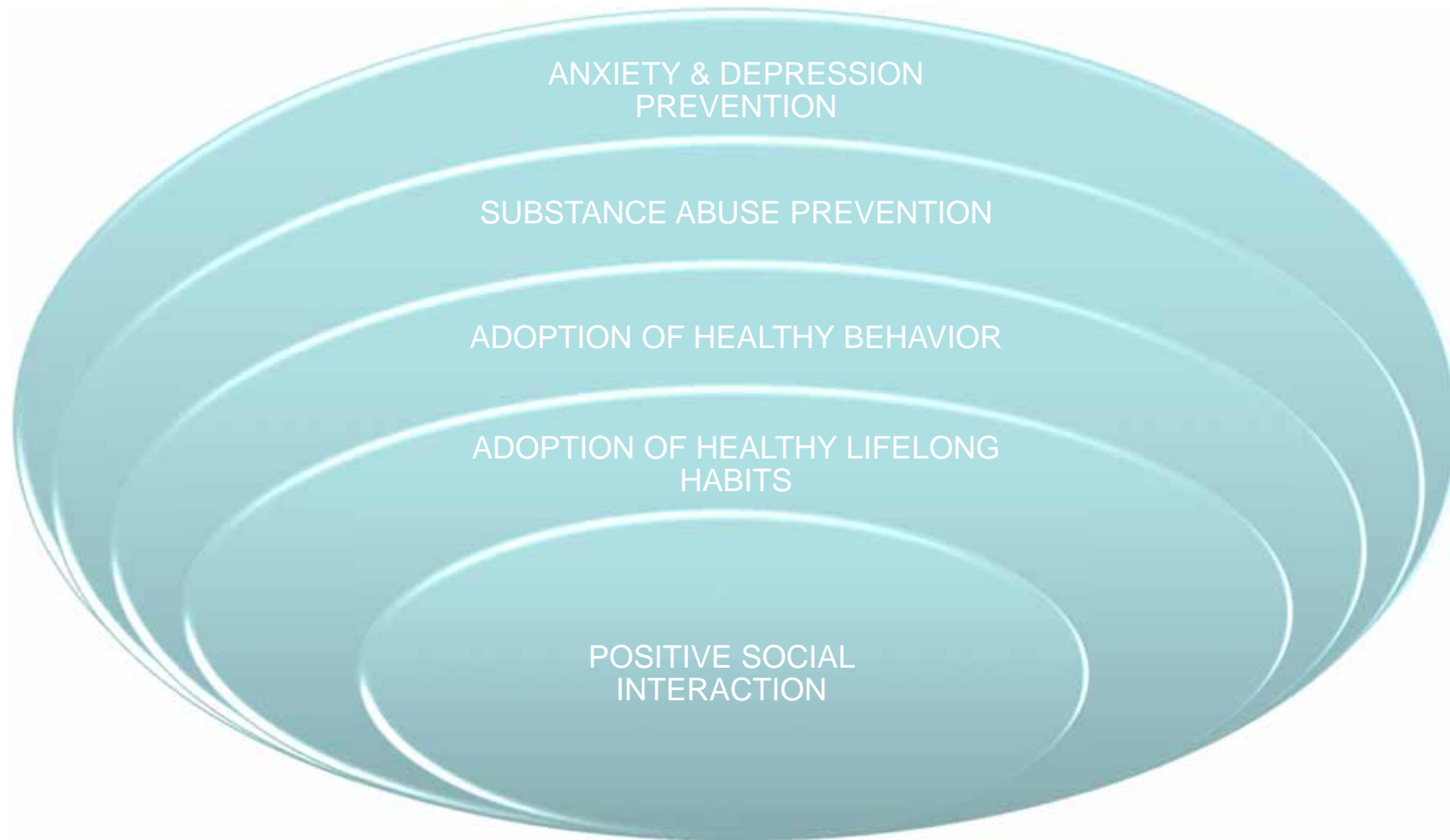
**Benefits  
of  
Exercise**

# PHYSIOLOGICAL BENEFITS OF EXERCISE





# PSYCHOLOGICAL BENEFITS OF EXERCISE



## Adoption of Healthy Behavior

Involvement in properly guided physical activity and sports can also foster the adoption of other healthy behavior, including avoidance of tobacco and alcohol, as well as the adoption of a healthy diet and adequate rest.



## ADOPTION OF HEALTHY LIFELONG HABITS

Involvement in physical activity gives young people opportunities for natural self-expression, self-confidence, relief of tension, achievement, social interaction and integration, as well as for learning the spirit of solidarity and fair play.



## Positive Social Interaction

Ample participation in play, games and other physical activities, both in school and during free time is essential for the healthy development of every young person. Access to safe places, opportunities and good examples from teachers, parents and friends are all part of ensuring that children and young people move for health





# **Health Problems Among Teenagers**

## **Physiological Problems:**

1. **Childhood Obesity**
2. **Childhood Diabetes**
3. **Metabolic syndrome**

## **Psychological Problems:**

1. **Stress and depression**
2. **Drug abuse**
3. **Smoking**
4. **Bullying**
5. **Eating Disorders**

## Definition of METABOLIC SYNDROME

1) Waist obesity  $>104\text{CM}$  males  $> 88\text{ CM}$  females

2) Hyper triglyceridemia Trig  $>150\text{ mg/dl}$

3) Low HDL cholesterol  $<40\text{ mg/dl}$

4) High Blood pressure  $>135/85\text{ mm/Hg}$

5) High Glucose fasting  $>110\text{ mg/dl}$

Patients with 3 or more suffer from MS



# Influence of aerobic exercise on metabolic syndrome

Research by Vaslescu Mirela and partners

ROMANIA

Result:

Aerobic exercise in combination with low  
calorie diet have a better influence in the  
reduction of serum HDL, Cholesterol,  
abdominal adiposity and BP than low  
calorie diet alone.

Aerobic exercise is the central key for  
managing MS and prevention of  
cardiovascular diseases



**Research By Jose Joequin**  
**Muros Molina - (Spain)**

**Result:**

**Moderate to vigorous exercise, at least twice a week, for 45 min each:**

- 1 lowers lipid profile and**
- 2 lowers the risk of cardiovascular diseases.**

**Consistent Physical activity**

**and**

**And healthy diet**

**=**

**Decreases risk factors**

**for serious diseases**

**=**

**GOOD HEALTH**

# How Much Exercise????

- Guidelines for healthy adults under age 65

*Do moderately intense cardio 30 minutes a day,*

*5 days a week*

Or

*Do vigorously intense cardio 20 minutes a day,*

*3 days a week*

And

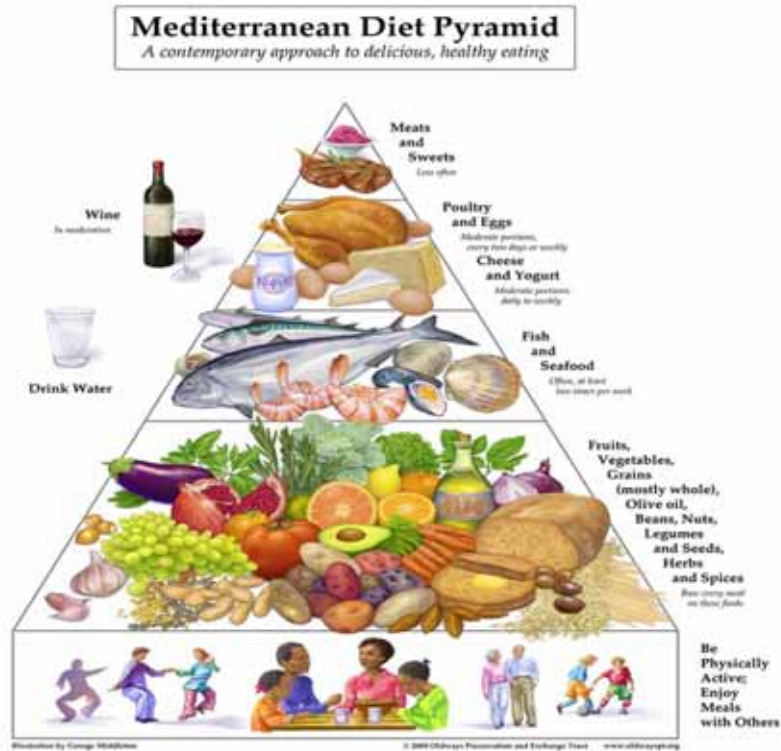
*Do eight to 10 strength-training exercises,  
eight to 12 repetitions of each exercise twice a week.*

- It should be noted that to lose weight or maintain
- weight loss, 60 to 90 minutes of physical activity may be necessary.
- The 30-minute recommendation
- is for the average healthy adult to maintain health
- and reduce the risk for chronic disease.

In today's reality the time needed for exercising should be 2% of your daily activity, which is 30 minutes. In Europe we dedicate 1% of our daily activity approximately 15 minutes. In Cyprus we dedicate only 0.5% which is about 7 minutes only.

# Food Pyramid Guidelines

## Mediterranean Food Pyramid



## USA Food Pyramid

