

PHYSICAL ACTIVITY AND EXERCISE PRESCRIPTION FOR HEALTH**IONESCU Anca-Mirela^{1,2}, SMARANDA Alina-Maria^{1,2}**Editor: Constantin MUNTEANU, E-mail: office@bioclima.ro

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Abstract

There is a strong relationship between exercise and health. The World Health Organization ranks physical inactivity as the fourth largest cause of global mortality. Physical inactivity is linked with many chronic health problems including cardiovascular diseases, type 2 diabetes, obesity, cancer, dementia, depression and osteoporosis. Physical activity is essential to good health and quality of life. Physical activity and exercise exerts a positive influence on muscular-skeletal, cardiovascular, respiratory, immunological, hematological, neuro-sensory and gastrointestinal systems. Each consult should start with identifying the patients' goals; why they need to increase their physical activity level, which type of activity they would prefer and what would be the challenges in the process. It is important to consider all the medical conditions in an exercise history in order to identify all the risk factors and therefore optimize each patient's physical activity level. Beside a clinical evaluation and a medical history, there should be a careful assessment of the cardiovascular risk using an electrocardiogram. The FITT (Frequency, Intensity, Time, Type) principle offers the clinician a useful tool that often forms the basis for an exercise prescription. The intensity of aerobic capacity can be defined by metabolic equivalents (MET) and percentage of maximum heart rate (%max HR). More precisely, would be the assessment of patient's maximal aerobic capacity (VO₂max). All prescriptions should have recommendations on warm up, cool down, stretching and flexibility exercises. Moreover, patients should be advised about the proper recovery strategies, including nutritional counselling. Finding ways to increase motivation is crucial for changing the lifestyle, so it is recommended to engage family and friends in this process. To correctly prescribe physical activity to a patient (healthy or suffering of condition) a physician should know exercise physiology and the sport related adaptations (acute and chronic). Clinical monitoring of the effects of the exercise intervention need to be done periodically. The Sports Medicine specialist and other parties involved in this work may have a substantial impact on all the above points raised including reduction of health care costs. The exercise prescription needs to be tailored to each individual's needs.

Keywords: *exercise prescription, sports medicine, lifestyle*