

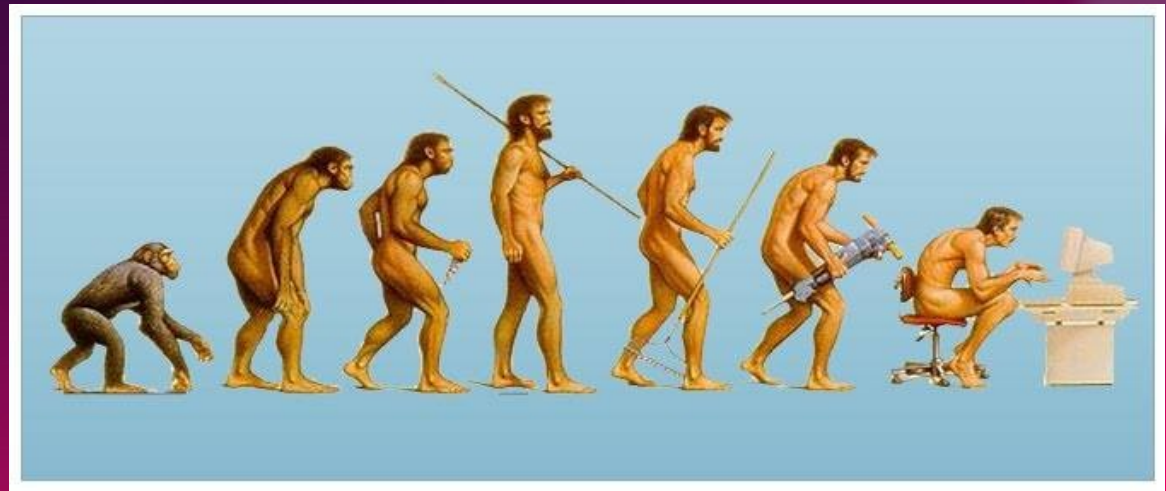
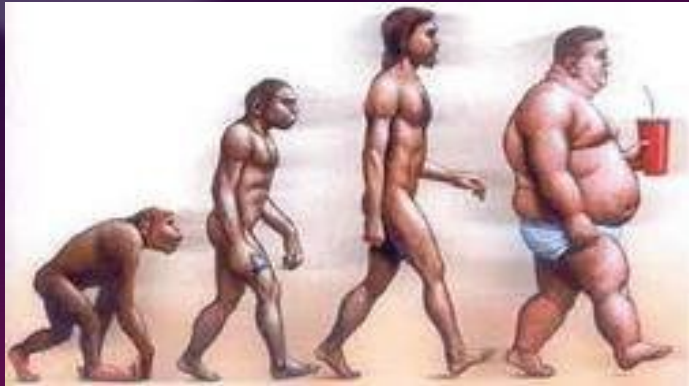
„Health Management” and Outdoor Physical Activity in Covid Conditions for People Engaged in Office Mental Work (40 years +)

Valdemaras Kavaliauskas,
Augustas Kavaliauskas

2020 12 11
Vilnius, Lithuania

99,9% of the time of evolution the homo sapiens moved and only 0,1% - for the last century, the movement has been limited by the achievements of modern civilization.

- „The shape of things to come” („The Economist Newspaper Limited“, London, 13 12 2003).





**One small dot at the end
symbolizes the last
century when the whole
concept of perceiving
human physical activity
changed**

*The red line simbolizes an era when man had to survive
and be physically active and capable*

500 m

The primary purpose of movement

- To be able to survive (feed, hunt, defend, escape).
- In modern society, comfort is the most important goal (hypodynamic disorders, increased stress, decreased adaptability)



All of this increases our primary risks

1. Age

Vyrai > 40



2. Family History

Moterys > 50



M.I. from 50 – 60 years



3. Smoking



4. High Blood Pressure

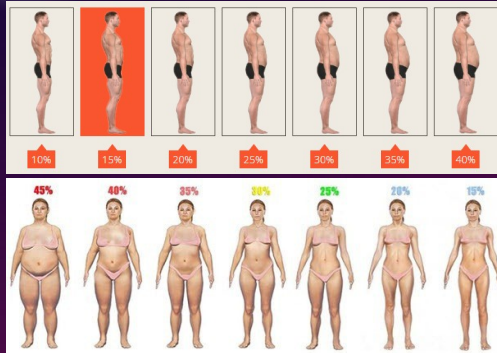


5. Pulse at rest

CHECK YOUR HEART RATE



6. PBF - %

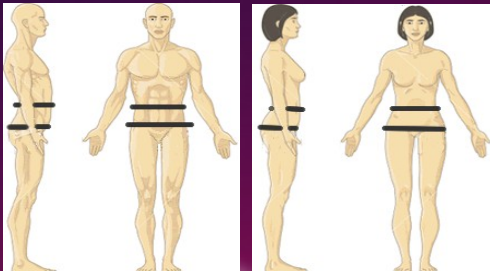


7. Abdominal Fatness

Type	Subcutaneous	Balanced	Borderline	Visceral I	Visceral II
Level	1	5	9	11	16
V.F.A. cm²		50	100		18
					280

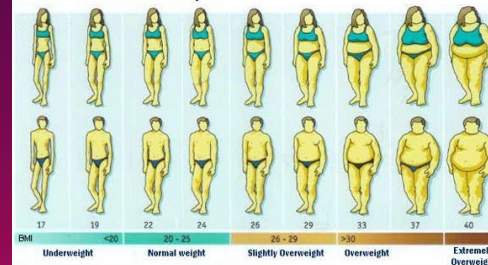
Type	Subcutaneous	Balanced	Borderline	Visceral I	Visceral II
Level	1	5	9	11	16
V.F.A. cm²		40	80		15
					132

7. W.H.R



8. BMI

BMI Visual Graph



9. Waist circumference



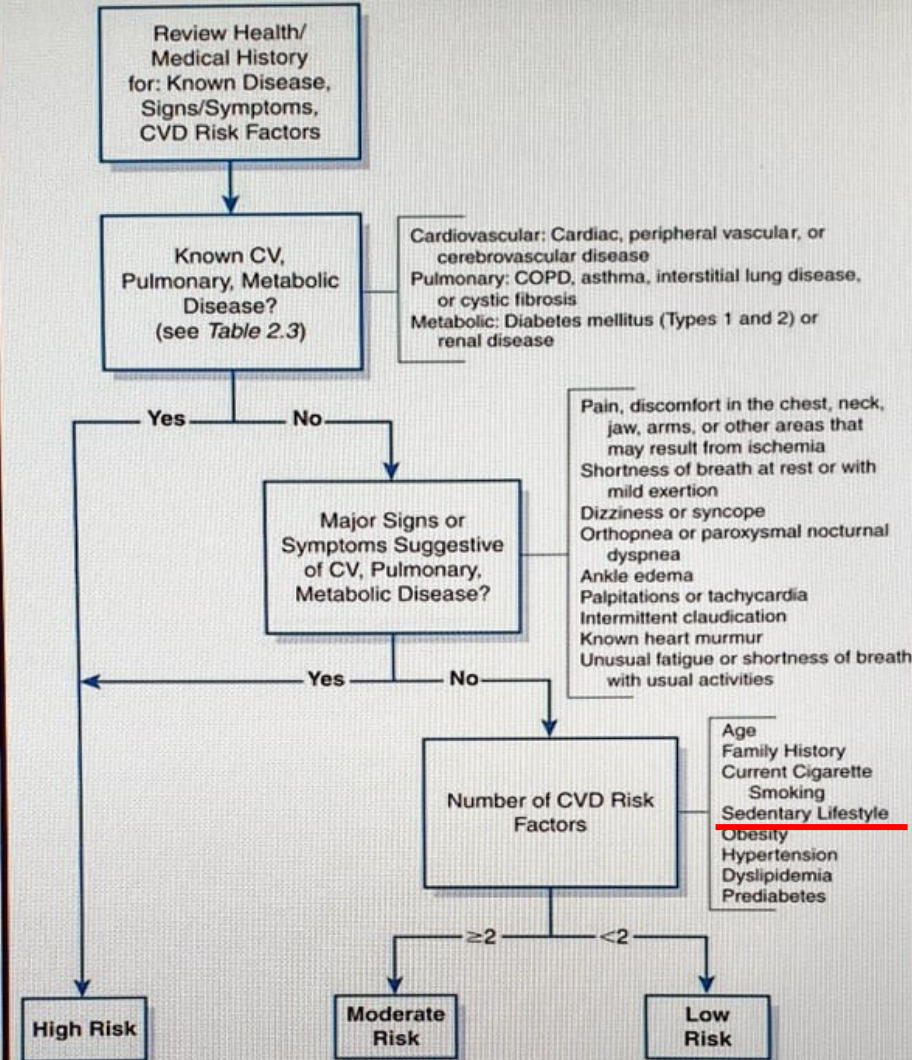
ACSM's Updated Recommendations for Exercise Preparticipation Health Screening

Moderator: Carol Ewing Garber, Ph.D., FACSM, Columbia University

Presenter: Linda S. Pescatello, Ph.D., FACSM, University of Connecticut

Presenter: Deborah Riebe, Ph.D., FACSM, University of Rhode Island

1



Prolonged sitting and insufficient physical activity



After non stop sitting for 2 hours...

Dangers of prolonged sitting

JUSTSTAND.ORG



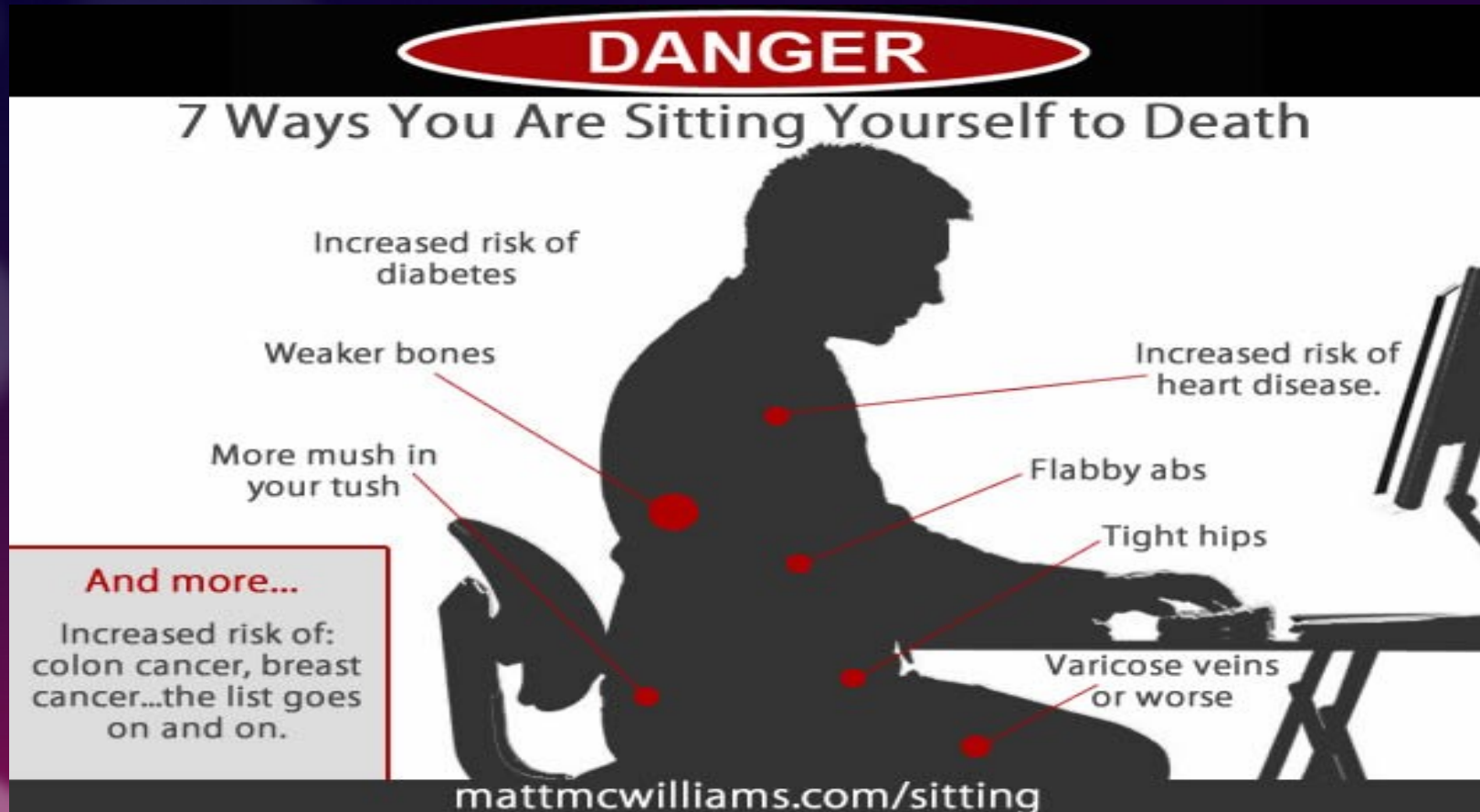
Good cholesterol
drops 20%

Blood flow/
circulation
decreases

Blood
sugar rises
rises

Metabolism
slows
by 25% to 50%

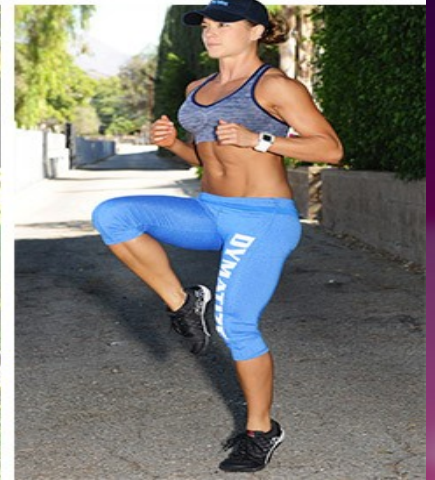
The dangers of prolonged sitting...



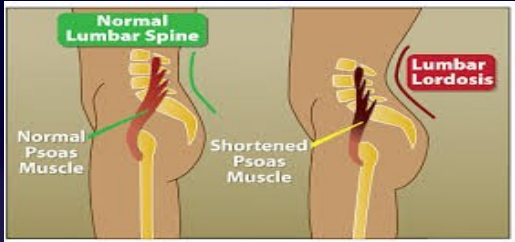
Consequences of sitting...



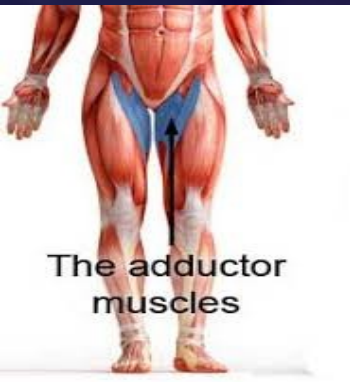
If you sit for very long and often, exercise may no longer compensate the effects of sitting.



1.



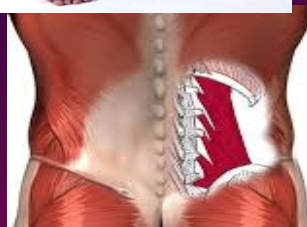
2.



The adductor muscles



3.

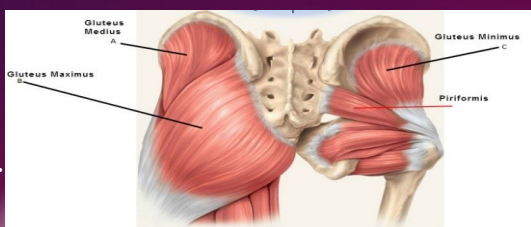


Quadratus Lumborum

- Extends, stabilises, and laterally flexes the lumbar spine
- 'Lifts' the hip
- Aids in breathing



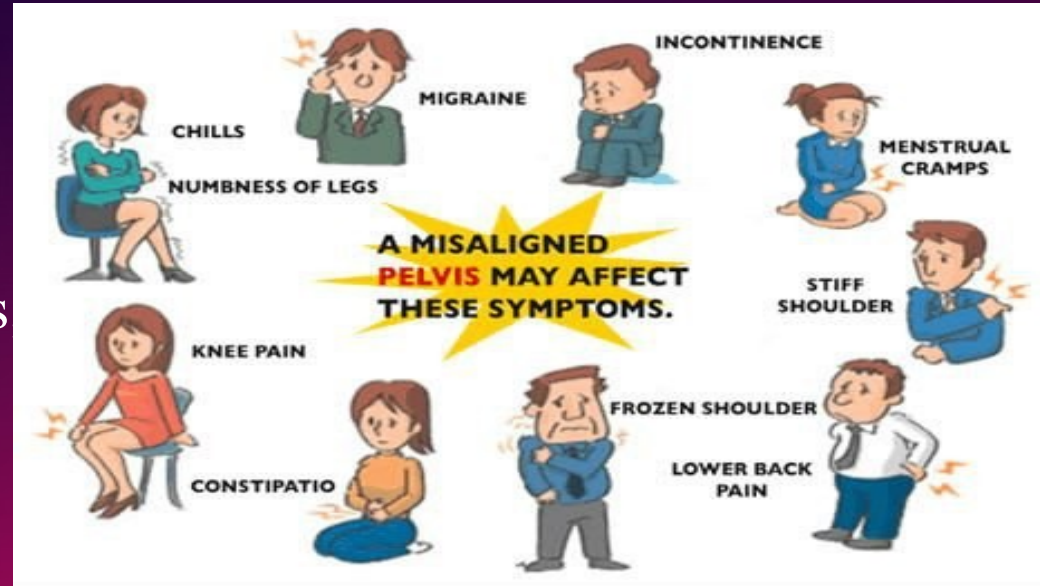
4.



© Healthwise, Incorporated

Pelvic imbalance can affect the following symptoms:

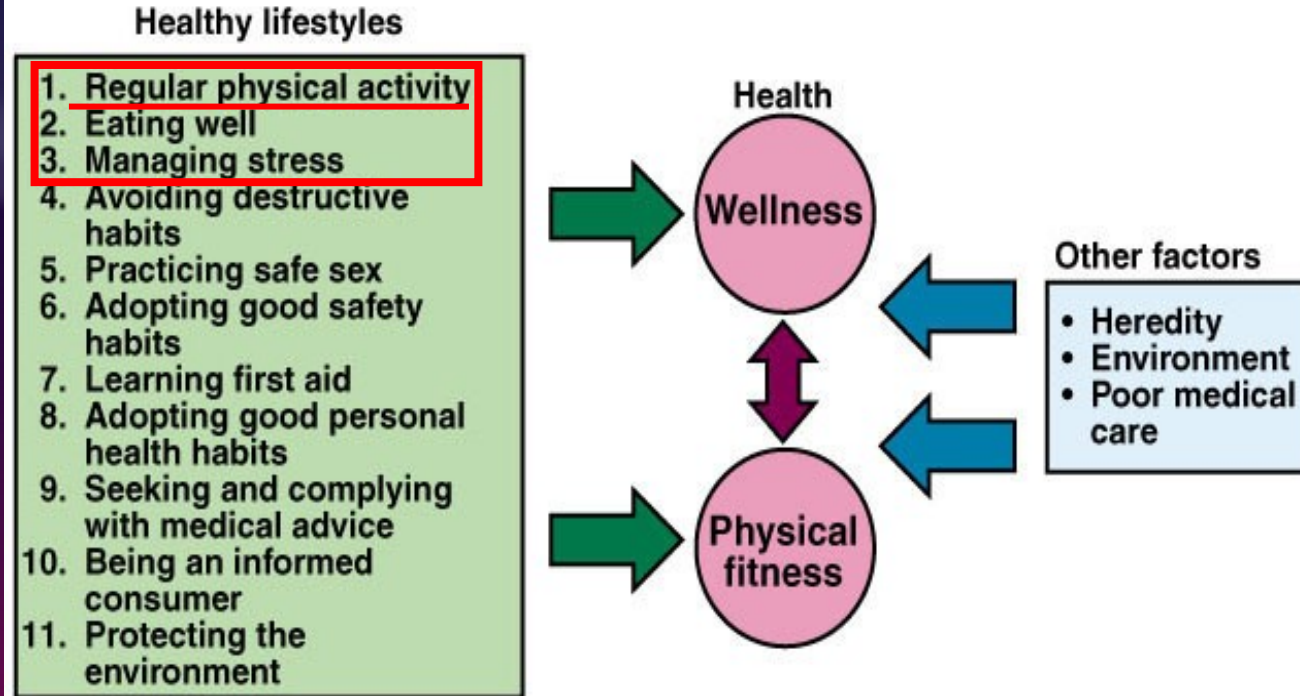
- ❑ Migraine headaches;
- ❑ Muscle stiffness, pain in the shoulder arch and shoulder tightness syndromes;
- ❑ Constipation;
- ❑ Poor sleep;
- ❑ More common fatigue;
- ❑ Numbness of the legs, pain in the knees
- ❑ Lumbar pain;
- ❑ Harder to focus and keep focused;
- ❑ Body tremors;
- ❑ More painful menstrual pain, urinary incontinence.



What should be done with all of this:

- ☐ Try to stand up every 30 minutes;
- ☐ Work at tables that move;
- ☐ Apply active sitting concepts (on balls);
- ☐ Try talking on the phone while standing;
- ☐ Avoid elevators and try to climb up the stairs;
- ☐ Try to go from place to place on foot;
- ☐ Organize standing meetings (concept of active meetings);
- ☐ Short workouts in workplaces;
- ☐ Take advantage of short walks while going to and from work and while going for lunch.

Factors influence health



So where to start? A challenge for all physical activity professionals during the Covid - 19 period



Mobile training equipment



Waterproof speaker



Outdoor Functional movement exercise



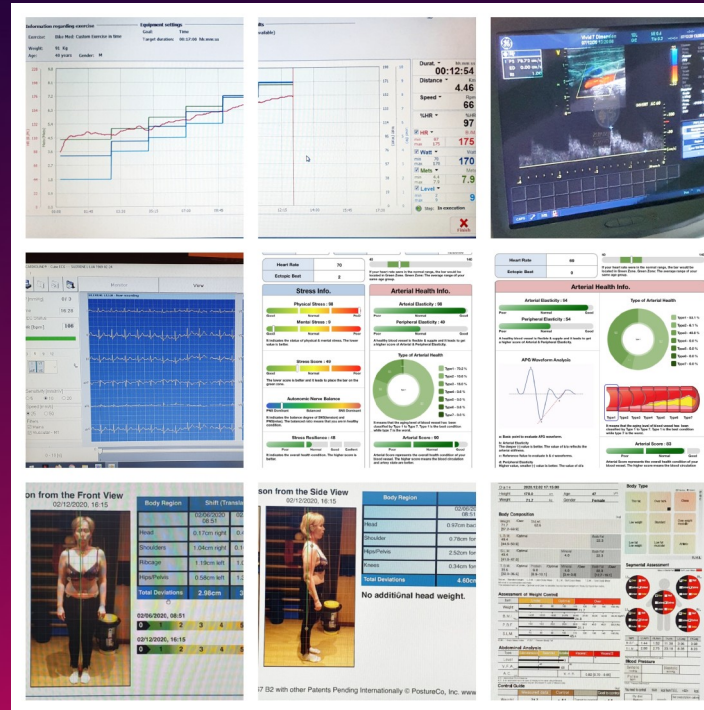
The right start

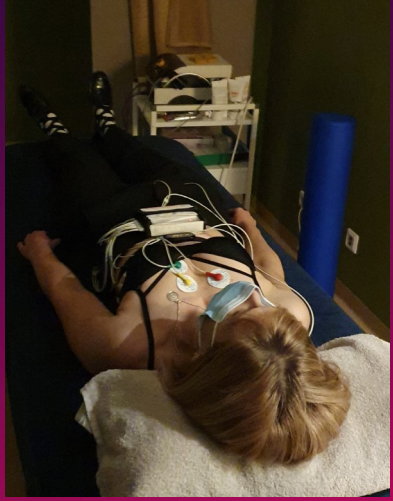
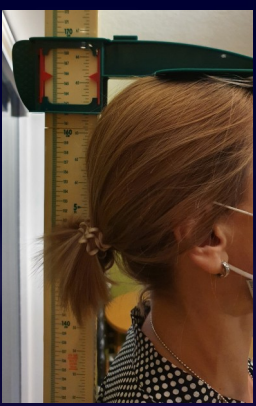
- Choose the right clothing;
- Measure temperature from a distance;
- Disinfect your hands;
- Avoid face to face contact (don't do handshakes and etc.);
- Start physical activity sessions with no more than two people at a time (distance between people - at least 2 m.);
- In case of negative temperature choose the appropriate methodologies and intensity of physical activities;
- Prepare music playlists on your phone;
- Prepare physical activity locations and activities (what you will do in one place or another);
- To work safely, it is always better to have clinical partners.

What it looks like in reality?

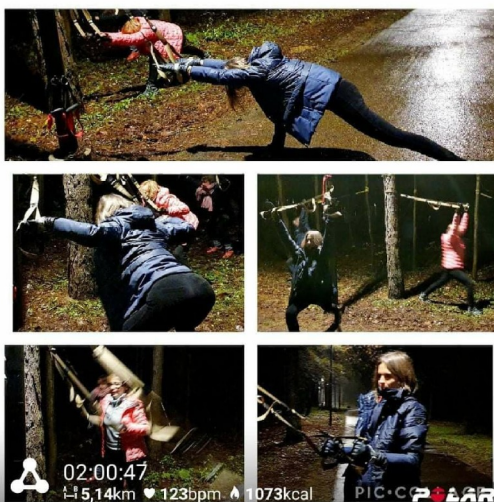
Testing and assessment of primary risk factors or annual „Vehicle inspection”

This is facilitated by clinical partners and well-chosen methodologies





Only after weighing the risks, we can organize safe physical activities in the current condition



TRX outdoor -7C
2020 12 07
(Covid-19)

02:00:47
14.14km 123bpm 1073kcal



2020 12 10
(-4C)
Outdoors physical
activity
TRX



Classes in mini groups for up to 6 people



Thank you for your attention !