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The use of physical activities and physical exercise therapy for reducing blood pressure and heart rate for better quality of life

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We evaluated 114 men aged 35-55 years old, through a protocol on quality of life, and measurements of blood pressure and heart rate. 37 men with a mean age of 48.5 years, mean overall blood pressure 15.7 mmHg x 9mmHg, and overall average resting heart rate of 96 bpm were separated. Men who consumed red meat seven days a week twice a day (lunch and dinner), smoked on average 15 cigarettes per day, sedentary and consumed alcoholic beverages on average of 5 times a week were considered stressed and spent on average 2.5 hours inside the car to go to work (round trip). A program was proposed to them for a moderate physical activity, which had, one hour of class for three times in a week with the total of three hours per week. It was also suggested that they seek out other activities of the program. The prescription of physical activity was: Monday walk, Wednesday individual dance movements with free and Thursday free exercises for a period of four months. Physical activities were monitored with measurements of heart rate and blood pressure. During the activities the maximum heart rate was maintained between 60-75% (102-127 bpm). We also measured the satisfaction of physical activities. After 04 months they were re-evaluated considering the same variables.

Results: 28 subjects had blood pressure with reduced overall average of 128 mmHg x 80 mmHg and heart rate with an average of 88 bpm and 09 subjects with an average of 131mmHg x 84mmHg and an overall average heart rate of 91bpm.

Conclusion: We can consider that physical activity with exercise therapy and the change in lifestyle act in decreasing the blood pressure and heart rate.

Biography

Antonia Dalla Pria Bankoff graduated in Physical Education, and did her Masters in Morphology, Ph.D. in Anatomy and Post Doctorate from the University La Sapienzadi Rome, Italy. She is currently a National Researcher by CAPES/MEC with the Federal University of MatoGrosso do Sul-Campus Três Lagoas-MS-Brazil. Since 1995, she is working to develop physical exercise for disease prevention and thus changing lifestyle.

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