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Facultad de Medicina



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TUFH 2020 Abstracts

Title	Promotion of physical exercise in a disabled population of the municipality of Sopó (Cundinamarca, Colombia)
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Content

Introduction According to the current concept of Primary Health Care, the different actors in the system must pay special attention to those who within their determined context are considered to be "healthy". With the purpose to avoid the development of preventable pathologies with a high socioeconomic impact, such as cardiovascular disease, through early interventions. Objective To promote physical exercise within a population with disabilities in the municipality of Sopó. Justification People with disabilities, due to their dependence on their caregivers, have a high proportion of sedentary lifestyles. This is reflected in the fact that people with intellectual disabilities have shown less favorable levels in any of the variables of physical condition related to health (cardiopulmonary resistance, muscle strength, flexibility, body composition). For this reason, physical activity benefits are even greater when applied to people with disabilities. Methodology An investigation based on the community health cycle was carried out with 18 subjects with intellectual disabilities. With the participation of the main caregivers, a data collection was made on the physical activity habits of the subjects. Later on, with the help of participatory group activities, the benefits of physical activity were emphasized to the main caregivers. Finally, every family received a training program based on which every subject recorded an explanatory video on how to perform the different exercises.