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Abstract

UABICI Walking Intervention Related To BMI, BP And Emotional Attitude.

Pedrote, A¹; Duarte, C²; Amaya, A³; Sedano, S⁴; Santisbáis, M⁴; Radilla, F⁴

¹ MA, MSP/MPH, MEDICINAL CHEMISTRY, GERIATRIC SP;

UABC CIENCIAS DE LA SALUD MEDICINA, PSICOLOGIA

² MBA

³ MCE UABC FACULTAD DE DEPORTES

⁴ 8TH SEMESTER UNDERGRADUATE STUDENTS UABC CIENCIAS DE LA SALUD MEDICINA

apedrote@uabc.edu.mx

ABSTRACT

INTRODUCTION: Physical activity is defined as bodily activity that results in energy expenditure. Exercise refers to physical activity that is structured to meet specific fitness gains. Maintaining a physically active lifestyle has been associated with health outcomes that include benefits to cognitive function. Exercise can increase levels of brain-derived neurotrophic factor (BDNF) and other growth factors, stimulate neurogenesis, and improve learning and mental performance. The American College of Sports Medicine recommends that most adults engage in a regular exercise regime in order to maintain health and wellbeing. **PURPOSE:** Apply at UABC Valle Dorado developed Program every last Sunday of each month that consists in two activities: One was walking 5km /at 5 METs and the other was cycling 10 km with low effort. Every participant did a route by walking or cycling. A monthly intervention with promotion, prevention and measurement of BMI, BP. That activity was done 75 times. **METHODS:** Participants were 150 students and family members over 18 years old. The design was, observational and correlational. Medicine school students were checking before the physical activity BP, BMI, warm exercises to experience equilibrium, for about 15 minutes with jumping jacks, pushups, before walking. 5METS/ 5km Psychology students applied violent survey. Since 1st UABICI until the last 75th August 2017. **RESULTS:** Mean age was 22 years old. Participants on baseline mean BMI was 27.5 (5.1) kg/m² with 38.1 normal, 29.9 % overweight, and 30.0% obese. At the end of the intervention, the participants reduced BMI, 26.4 with 40 % normal, 32% overweight and 28% obese. BP was normal. **CONCLUSION:** Participants were 98 percent students and only 2 percentage of teachers, that achieved lower obesity parameters compared with the initial measure. Some students started to form groups of cycling and walking, at the time they noticed the results.