

# Poster Presentations

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## HEALTH-ENHANCING PHYSICAL ACTIVITY IN CARDIOVASCULAR RISK FACTORS MANAGEMENT IN ADULT MEN

ANDRIEIEVA O., BLAGII O., LEVINSKAIA K.

*National University of Physical Education and Sports of Ukraine, Kyiv, Ukraine*

**INTRODUCTION:** Knowledge of risk factors and preventive measures play a critical role in the prevention of cardiovascular disease (CVD). The aim of this study was to identify the major risk factors for CVD in adult men in Ukraine and to establish the benefits of health-enhancing physical activity for their management.

**MATERIALS AND METHODS:** The methods of assessment of morbidity indicators, physical fitness, physical activity, and risk of developing CVD, sociological methods, and methods of mathematical statistics were used. The study involved 60 adult age men (40- to 50-year-old).

**RESULTS:** The most significant risk factors for CVD were identified, which include neuro-emotional overload, bad habits (smoking and inappropriate nutrition), arterial hypertension, overweight, and low physical activity. The simultaneous presence of multiple risk factors, most of which are interrelated, increases the overall risk of CVD. The risk of CVD was absent in 16.6% of the men, 59.1% of the men had minimum risk, 18.2% – obvious and 6.1% – significant risk to develop CVD. The main risk factors for CVD were found to belong to controlled group. To modify the risk factors for CVD, a program of physical activity was used, which included Nordic walking, strength training, and stretching. The workouts lasted for 60 minutes and were done three times a week over 6 months. Exercise programs were individualized based on the level of physical fitness through manipulation of the variables of training. Implementation of the program resulted in significant changes in physical health and reduced CVD risk, including reduced blood pressure and body weight, abandonment of bad habits, increased motor activity, and improved resistance to stress. Furthermore, the number of men who had more than one CVD risk factor decreased.

**DISCUSSION:** Our findings support previous data on the low level of physical activity, the structure of morbidity, the mode of motor activity, and the level of physical fitness of adult men and extend the data on the efficiency of using health-enhancing physical activity to reduce cardiovascular risk in adults.

**CONCLUSION:** The major risk factors for CVD development were identified in Ukrainian population of adult men and the effectiveness of using health-enhancing physical activity for their management was confirmed.