Abstract

The levels of sedentarism, make an impact in the society in a growing considerable way, becoming one of the most common risk factors nowadays. This article shows the results of the description of the level of physical aptitude of 980 people, who assist to the "Recreovías de Bogotá", and it is in addition a space for the analysis of its possible impact in the health condition of this group. From a physiotherapeutic point of view, it is intended that the professional of this area, stimulate the movement through physical activity like an experience of healthy life. For the above mention description, an instrument of evaluation was designed and applied, in which sociodemographic data, morphological characteristics, anthropometrics, personal precedents and the evaluation of the fitness were applied; where size, weight, CMI, adipometric for bioimpedance, flexibility, abdominal and upper-limbs force, and heart-lung resistance are taken. In the most outstanding results, an indicator of 29% of people with obesity is found, and one of 48%, that correspond to 470 users who are over the normal percentage related to fat. Another main finding is the great deficit in the flexibility, that is found in almost 100% of the group. Some other results are also worrying like the ones found in the evaluation of the heart-lung resistance, in which more than 58% of the group show poor level, below the normal average. These indicators show the bad level of physical condition of the inhabitants in Bogotá and the need to implement a public policy of physical activity, that ensure a better quality of life and with less public investment in the control of the disease.

Keywords

Sedentarism, Physical aptitude, risk factor, "Recreovias", Physiotherapy.