CONSEQUENCES OF THE ABRUPT TRANSITION FROM SEDENTARISM TO HEALTHY PHYSICAL HABITS AND THE IMPORTANCE OF SPECIALIZED MONITORING: AN INTEGRATIVE REVIEW

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ABSTRACT

Sedentarism is a significant global problem, associated with the development of various chronic conditions, such as heart disease, type 2 diabetes, and certain types of cancer, in addition to mental health complications like depression and anxiety. The abrupt transition from a sedentary lifestyle to physical activity can result in musculoskeletal injuries and other health problems. Digital influencers, often without adequate qualifications, may promote inadequate and potentially harmful exercise practices. This study aimed to investigate the complex interaction between health, sedentarism, and physical activity, highlighting the importance of specialized monitoring. The study is an integrative bibliographic review on themes such as health, sedentarism, transition to physical activities, correlations between health and sedentarism, in addition to the consequences these habits entail for the human body and its response to physical stress. Electronic scientific articles published between 2020 and 2024, in English and Portuguese, were used from the Scientific Electronic Library Online Scielo, PubMed Unique Identifier (Pubmed), and Google Scholar databases. The obtained results indicate that specialized professionals play a fundamental role in planning and monitoring the transition to an active lifestyle, ensuring that this change occurs safely and effectively. Furthermore, regular physical activity is essential for the prevention and control of chronic diseases, improving quality of life and overall well-being. It is concluded that professional guidance is recommended to avoid injuries and maximize the benefits of physical activity, resulting in a safe and sustainable transition to a more active lifestyle.

Keywords: Habit changes; Sedentarism; Physical activities.

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INTRODUCTION

The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being. However, sedentarism, characterized by the absence of regular physical activity, represents a significant challenge, being associated with chronic diseases such as type 2 diabetes, cardiovascular diseases, and obesity (PARK et al., 2020).

Managing the transition from sedentarism to an active lifestyle is crucial to avoid injuries and ensure the expected benefits of physical activities. Regular exercise is fundamental to preventing chronic diseases and promoting an optimal state of health, as defined by the World Health Organization. However, abrupt changes to an active lifestyle can be harmful without proper professional guidance. Physiotherapeutic monitoring plays an important role in this process, providing personalized assessments and exercise programs tailored to individual needs, minimizing risks and maximizing benefits (ROSA et al., 2021).

The dissemination of inaccurate information by digital influencers about physical activity and diets can increase the risk for sedentary individuals. In this context, physiotherapy plays a fundamental role in guiding a safe transition to physical activity (ESTEVES et al., 2022).

The objective sought is to demonstrate positive and negative impacts on the body of a sedentary person, and how treatment by a specialized professional can affect these impacts.

METHODOLOGY

The study is an integrative bibliographic review on themes such as health, sedentarism, transition to physical activities, correlations between health and sedentarism, in addition to the consequences these habits entail for the human body and its response to physical stress.

The bibliographic review is the moment when the author relies on different published works to support their analyses (SOUZA, 2021). The option for an integrative review allows the use of both qualitative and quantitative databases.

The descriptors used in the research were: sedentarism, physical activity, weight loss, physical exertion injuries, consequences of physical exertion, "sedentary lifestyle", Potential Health Risks, sedentary and physical activity, sedentary and cardiovascular risk, health and sedentarism; in the databases Scientific Electronic Library Online Scielo, PubMed Unique Identifier (Pubmed), Google Scholar.

In the preparation of this material, themes such as health, sedentarism, transition to physical activities, correlations between health and sedentarism were addressed, in addition to the consequences these habits entail for the human body and its response to physical stress.

Electronic scientific articles published between 2020 and 2024, in English and Portuguese, were used, in addition to data from national and international government agencies, with the aim of obtaining reliable information on the topic, both in terms of positive and negative consequences of returning to physical activities in a sedentary body, avoiding argumentative biases. Articles published before 2020 and those focused on specific populations whose cultures could influence the data due to the peculiar lifestyle of these populations were excluded.

RESULTS

Sedentarism is directly related to the increase in obesity and chronic diseases. The abrupt initiation of physical activities by sedentary individuals can cause cardiovascular stress, musculoskeletal injuries, and fatigue (PARK et al., 2020). The lack of regular exercise results in less flexible and resistant muscles and joints. When starting physical activities, it is common for muscles to suffer micro-lesions, resulting in delayed onset muscle soreness and stiffness, especially if the individual is not accustomed to vigorous effort. This can be aggravated by inadequate postures or incorrect execution of exercises, increasing the risk of musculoskeletal injuries (ROSA et al., 2021).

For sedentary people, the cardiovascular system can face significant challenges when starting intense physical activities (CASSIANO et al., 2020). The initial adaptation may include an increase in heart rate and blood pressure during exercise, as the body adjusts to the increased demand for oxygen by the active muscles. This can generate a temporary increase in cardiovascular stress, especially if there is no gradual increase in the intensity and duration of the exercise (MORÉ et al., 2020).

Studies indicate that a gradual increase in exercise intensity, combined with professional monitoring, is essential to minimize risks and promote benefits. Interventions aimed at reducing sedentarism and increasing physical activity, such as walking programs and the use of mobile technologies, have proven effective in improving health (WU et al., 2021).

CONCLUSION

Addressing sedentarism and promoting public health requires a coordinated effort, including education on safe physical activity practices, access to qualified professionals, and the implementation of effective intervention strategies. In this way, it will be possible to reduce the negative impacts of sedentarism and improve the population's quality of life.

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