 <https://doi.org/10.56238/alookdevelopv1-119>

Wesley Velozo de Carvalho

Nurse Graduated in nursing from Universidade Estadual do Norte do Paraná-UENP, Bandeirantes, Paraná, Brazil.

Edna Aparecida Lopes Bezerra Katakura

PhD Professor at the State University of Northern Paraná, Bandeirantes-UENP, Paraná, Brazil.

Thays Lienddry Rosa Bergamo de Carvalho

Nurse Graduated in nursing from Universidade Estadual do Norte do Paraná-UENP, Bandeirantes, Paraná, Brazil.

Patricia Midori Koga

Nurse Graduated in Nursing from Universidade Estadual do Norte do Paraná-UENP, Bandeirantes, Paraná, Brazil.

Ana Beatriz Sayuri Silva Kawamoto

Nurse Graduated in nursing from Universidade Estadual do Norte do Paraná-UENP, Bandeirantes, Paraná, Brazil.

Renata Beatriz Cabral Mischiatti Cardoso

Nurse Graduated in nursing from Universidade Estadual do Norte do Paraná-UENP, Bandeirantes, Paraná, Brazil.

Cristiano Massao Tashima

PhD professor at the State University of Northern Paraná, Bandeirantes-UENP, Paraná, Brazil.

Miriam Fernanda Sanches Alarcon

PhD Professor at the State University of Northern Paraná, Bandeirantes-UENP, Paraná, Brazil.

ABSTRACT

Introduction: With the increase of elderly people it is necessary to include in the routine the practice of some physical activity, in addition to promoting well-being helps to reduce chronic diseases providing a healthier aging and depending less on health services of the country. **Objective:** The present study aims to present an integrative review study, searching the national and international literature on the benefits of practicing physical activities that generate pleasure for the health of the elderly. **Methodology:** It was used as a research method, the strategy known as PICO. **Results:** The main results found presented, study sample was composed of 16 articles, being three studies in 2018, four of 2019, two of 2020 and seven of 2021, carried out in China, United States, Brazil, Korea, Spain, Japan, France and Denmark. Most of the articles (13) were based on observational studies, while three were descriptive with a quantitative approach. The research participants were elderly people who practiced physical activity regularly.

Keywords: Elderly, Leisure activities, Health and Aging.

1 INTRODUCTION

According to the United Nations (UN), worldwide, the population aged 60 and over has been growing gradually, about 3% per year. In 2017 it was estimated that worldwide, 962 million people were aged 60 or over – representing 13% of the global population (UN, 2019).

The IBGE (Brazilian Institute of Geography and Statistics), in its research, shows that in 2021, the Brazilian population presented about 212.7 million, an increase of 7.6% compared to 2012. In this period, the share of people aged 60 and over jumped from 11.3% to 14.7% of the population. In absolute numbers, this age group went from 22.3 million to 31.2 million, growing 39.8% in the period (IBGE, 2022).

It is common to find hundreds of people walking in public places, among them many elderly people. Physical activity is considered very important for all ages, older people are discovering its benefits and increasingly have sought to exercise (REIS, ANDRADE, 2022).

In an effort to delay or minimize some aspects of aging, the scientific community has considered the practice of physical exercise essential. Although aging is associated with several changes in the cardiovascular system, physical exercise can bring important benefits to this population. Regular and controlled practice is of paramount importance to promote health in the aging process, since it acts by strengthening the muscles, maintaining bone density, controlling blood pressure and blood glucose levels. They even help to control the chronic diseases that are so common in this phase (RIOS, SANTOS, REZENDE, 2022).

It has long been realized that the practice of regular physical activities promotes many benefits to the health of the elderly. Because of this, it is important that programs aimed at an active lifestyle are implemented during the old age of citizens. Programs that have trained professionals able to train the population of elderly people to constantly keep themselves in activities. It is also necessary to evaluate the results. Elderly people present results such as mental improvements, physical fitness, blood pressure and quality of life (ALMEIDA et al, 2019).

The positive effects of physical exercise are undeniable, perceived in the medium and long term in elderly people who practice them regularly. The preservation and maintenance of functional capacity is included as one of the great benefits. Added to this is the increase in the levels of strength and flexibility, elevation of self-esteem, low occurrence of depressive symptoms, improvement of the nervous system, muscle structures and functions, among others. It is important to emphasize that despite all the evidence, there is still a low frequency of people who maintain the routine of physical exercises and meet the recommendations required for the practice of physical activities (PEREIRA et al, 2019).

This scenario is extremely worrisome for developing countries because they present precarious health systems. In Brazil, it is possible to notice changes in public health programs and policies aimed at the population, despite the difficulties that the country currently faces. For this, taking care of the being that enters the aging process encompasses not only sociodemographic issues, but all that deal singularly with it, such as family, beliefs, autonomy, psychological and spiritual situations and physical capacity (CAMBOIM et al, 2017).

Thus, it was possible to search the literature for the benefits that physical activity provides for the elderly. In this context, the following question arises: "What are the benefits of practicing activities that generate pleasure for the health of the elderly?".

This study aimed to identify, in national and international productions, the evidence about the benefits of practicing physical activities that generate pleasure for the health of the elderly.

2 METHODOLOGY

The present study is an integrative review, which according to SOUZA, SILVA, CARVALHO (2010) is a method that provides the synthesis of knowledge and the incorporation of the applicability of results of significant studies in practice.

The integrative review (IR) is divided into 5 steps to start preparing the work being: 1st Define what research problem you want to solve; 2nd Search in Literature; 3º Evaluating the data found; 4th Data analysis; 5th Presentation of results (LANDO, 2020).

For the first stage we used the PICO strategy (patient, intervention, comparison, outcomes) (acronym for P: population/patients; I: intervention; C: comparison/control; O: outcome) is used to assist what the research question should actually specify. (SANTOS, GALVÃO, 2014).

This strategy was used as follows: P: elderly person; I: physical activities; C: Not applicable; O: the benefits that the practice of physical activity provides for the elderly.

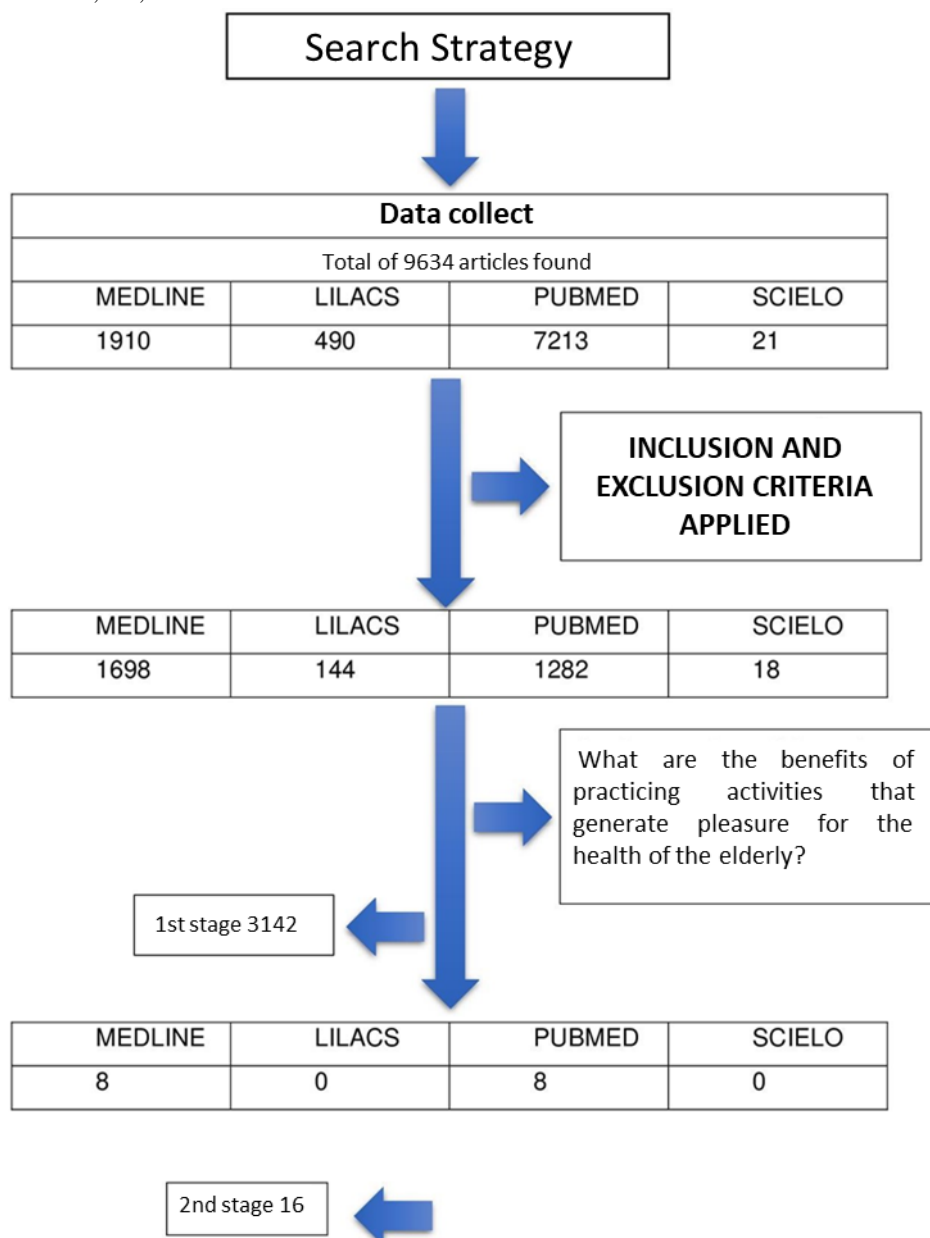
The search for the studies took place from March to May 2022 and featured the following health science descriptors (DeCs): Aging OR elderly (elderly) AND health AND leisure activities.

As bases de dados utilizadas foram: bases de dados National Library of Medicine National Institutes of Health (PubMed), Literatura Latino-Americana e do Caribe em Ciências da Saúde (LILACS), Scientific Electronic Library Online (SciELO), Medical Literature Analysis and Retrieval System Online (Medline).

In the third stage we established the criteria for sample selection, being the publications of the last 5 years (2017-2022); in languages Portuguese, English and Spanish; Original articles available in full text available online. The exclusion criteria were: Articles selected in another database and that do not answer the research question, dissertations and editorials.

The articles were pre-selected from the reading of the titles and abstracts and the final sample was reached based on the reading of the articles in full, according to the flowchart presented in Figure 1.

Figure 1: Sample selection of publications on the benefits of practicing activities that generate pleasure for the health of the elderly. Bandeirantes, PR, Brazil- 2022.



SOURCE: Own Elaboration

The data analysis was performed by 2 investigators blindly and independently, in order to avoid selection biases, the researchers reached an impasse where they had to invite a third investigator to analyze the articles that generated disagreement.

For the analysis of the studies, an instrument was constructed containing data on: Author/Title/Year/Country, type of research, objectives, main results and conclusions.

3 FINDINGS

Table 1- Summary of published articles on the benefits of practicing activities that generate pleasure for the health of the elderly. Bandeirantes, PR, Brazil- 2022.

AUTHORS/TITLE/ COUNTRY/ YEAR/	KIND	RESEARCH	GOALS	MAIN RESULTS
<p>HOLTERMANN, Andreas; SCHNOHR, Peter; MAROTT, Jacob Louis. The physical activity paradox in cardiovascular disease and all-cause mortality: the contemporary Copenhagen General Population Study with 104 046 adults. Denmark. 2021.</p>	<p>Cross-sectional study and cohort.</p>	<p>To investigate the risk of major adverse cardiovascular events and death from all causes in relation to occupational physical activity and leisure-time physical activity in the great contemporary.</p>	<p>There was an unequal distribution of occupational physical activity among the levels of leisure-time physical activity. The prevalence of current smokers, BMI ≥ 30 kg/m², low schooling, low family income, low adherence to dietary guidelines, COPD GOLD stage 4 and diabetes was higher among the group with low leisure-time physical activity. Thus, the group with low leisure-time physical activity presented a higher score of vital exhaustion, heart rate at rest, LDL cholesterol and triglycerides compared to the very high leisure physical activity group.</p>	<p>Higher leisure-time physical activity is associated with reduced risk of MACE and all-cause mortality, while greater occupational physical activity is associated with increased risks independently of each other.</p>
<p>YU, Jiabin; YANG, Chen; V, Jianshe . The Associations of Built Environment with Older People Recreational Walking and Physical Activity in a Chinese Small-Scale City of Yiwu. China. 2021.</p>	<p>Cross-sectional research.</p>	<p>The aim of this study was to investigate the associations of the built environment with recreational walking (RW) and recreational physical activity (RPA).</p>	<p>Our results showed that RW is the main way that the elderly practice PAR, and only a small part of the elderly would choose to participate in physical activities of moderate to vigorous intensity. All the results suggest that the RW is the first and most favorable choice when the elderly practice outdoor physical activities in their leisure time.</p>	<p>The RW is the main form of participation of the elderly in the PAR. The lower residential density, higher aesthetic environment, and higher street connectivity would motivate seniors to engage in more RW and RPA in Yiwu City. Good access to the service would encourage the elderly to participate more in RT. In addition, older adults with higher educational attainment and lower income are more likely to engage in RW and PAR.</p>
<p>PITILIN, Erica De Brito et al. Factors associated with leisure activities of elderly residents In fashion rural Areas.</p>	<p>Cross-sectional study.</p>	<p>To identify factors associated with leisure activities of elderly people living in rural areas.</p>	<p>Among the elderly interviewed, 63.9% were female and 36.1% were male, with a mean age of 68.3 years (± 5.8)</p>	<p>Considering that the practice of leisure activities promotes better living and health conditions, we reinforce the need to implement</p>

A look at development

Benefit of pleasurable physical activity for the elderly: An integrative review

Brazil. 2020.			years). The Participation in leisure activities was high (79.8%) and the factors associated with its practice were: marital status, gender and schooling.	actions and instruments that provide individual and collective leisure in rural areas.
SCARABOTTOLO, Catarina Covolo et al. Relationship of different domains of physical activity practice with health-related quality of life among community-dwelling older people: a cross-sectional study. Brasi. 2019.	Cross-sectional study.	To analyze the association between different domains of physical activity (PA) and health-related domains of quality of life.	The male elderly had higher PA scores in sports, leisure and total PA than the female adults. More physically active elderly in the work/occupation domain were associated with better functional capacity scores and general health perception	Physically active elderly in the different PA domains presented better HRQoL parameters, reinforcing the importance of studies that analyze PA in different contexts and in countries of low and medium socioeconomic status
MORGAN, Gemma S. et al. A life fulfilled: positively influencing physical activity in older adults – a systematic review and meta-ethnography. China. 2019.	Systematic review and meta-ethnography.	To describe how the influence of physical activity affects the daily life of elderly people in their daily lives.	The emerging theory suggested that the transition to old age may challenge people's sense of identity and their role in life. Physical activity can help you recover feelings of purpose, of being needed in group collective activities and create usual routine and structure for the day.	The insights from this study suggest that we need to reframe our approach to consider the broader set of goals and aspirations that are of greater personal importance to adults older, and future interventions should be focus on how physical activity can contribute to life satisfaction, sense of purpose, and sense of role accomplishment in old age.
MENG from Yanting et al. The effects of leisure time physical activity on depression among older women depend on intensity and frequency. China. 2021.	Cross-sectional study and cohort	To estimate parameters in physical activity such as intensity, duration and frequency and to evaluate whether the elderly people improved mental aspects, quality of life and well-being.	The adjusted relationship between duration and depression was not observed. The results were supported by sensitivity analysis based on the substitution of lost values.	Moderate LTPA, associated with mental health benefits, should be recommended for older women rather than vigorous LPA.
LIANG, Chyi ; WU, Pei-ling; HO, Chien-chang . Association of Regular Leisure-Time Physical Activity with Happiness among Middle-Aged and Older Adults in Taiwan.	Cross-sectional study	Compare if the physical activity of laser, practiced regularly brings some benefits to older people as increased happiness and well-being.	The results suggest a significant positive relationship between regular laser physical activity and happiness scores; that is, the middle-aged adults who practice the most	Regular laser physical activity is an essential factor that influences happiness. LTPA is an essential form of physical activity that helps people relax. Therefore, physical activity of

A look at development

Benefit of pleasurable physical activity for the elderly: An integrative review

China. 2021.			Laser Physical Activity May Report Higher occurrence of happiness than others. Laser physical activity is an essential form of physical activity that helps middle-aged and elderly people relax.	Regular laser is crucial for middle-aged people and the elderly, who should be encouraged to increase the duration and intensity of their laser physical activity.
DUPRÉ, Caroline Et Al. Associations between physical activity types and multi-domain cognitive decline in older adults from the Three-city cohort. France. 2021.	Cohort study	To evaluate the association of two types of physical activity with decline in different cognitive domains.	These results remained stable after adjustment for possible confounding factors. Our study shows the importance of considering the type of PA through a specific questionnaire that also includes domestic activities. Continuing to participate in household activities and using adapted transportation can allow seniors to better maintain their cognitive abilities.	The study noted a decline in cognitive functions, particularly executive functions, and verbal fluency, over an 8-year follow-up period, in people ≥ 72 years of age who performed moderate to high household/transportation activities. On the other hand, we did not detect an association with leisure activities and sports
DUGAN, Sheila A.; GABRIEL Kelley Pettee; GUTIERREZ Carrie Karvonen. Physical activity and physical function: moving and aging. United States. 2018.	Study transverse and cohort	Assessing the impact of ageing reproductive in health outcomes of women during middle age.	With physical activity there is an improvement in Performance of the elderly during their activities of everyday life, bringing well-being.	What the process of physical disability begins earlier than thought, with many limitations starting in middle age and not in old age, when women still have many years to live. Understanding that restrictions on physical functioning begin in middle age for women is a strong argument for changing someone's behavior to include regular physical activity.
ZHANG, Chi Zhang; QING, Niu ; ZHANG, Sifeng . The Impact of Leisure Activities on the Mental Health of Older Adults: The Mediating Effect of Social Support and Perceived Stress. China. 2021.	Cross-sectional study	Assess the impact of leisure activities on the mental health of the elderly and see if they really had changes in behavior.	The results suggested that leisure activities indirectly affect the mental health of the elderly through perceived stress.	Leisure activities have significant effects on social support, perceived stress, and mental well-being of older adults. The leisure activities and mental health of the elderly, and the results show that social support and perceived stress totally mediate the relationship

A look at development

Benefit of pleasurable physical activity for the elderly: An integrative review

				between leisure activities and the mental health of the elderly
<p>HAEGER, Alexa; COSTA, Ana S.; REETZ, Kathrin. Cerebral changes improved by physical activity during cognitive decline: A systematic review on MRI studies.</p> <p>Alemanha. 2019.</p>	Systematic review	Provides an overview of studies that Examine the Changes brain detectable by magnetic resonance imaging after intervention with physical exercises of individuals with DLB.	With the research in the literature, a total of 23 MRI studies on Physical activity and cognitive decline met the inclusion criteria. It represents oxygen consumption during peak exercise (such as on a treadmill) and was used in seven of the studies on cognitive impairment. In one study, fitness was assessed using a triaxial accelerometer for 2 weeks.	Both the physical intervention and the observed increase in baseline fitness status may mediate structural and functional changes in the brain, with a primary focus on regions sensitive to neurodegeneration during cognitive decline. We found no association between total intervention duration rate, session duration, session frequency, and number of brain regions affected on structural MRI.
<p>SALA, Giovanni et al. The impact of leisure activities on older adults' cognitive function, physical function, and mental health.</p> <p>Japão. 2019.</p>	Cohort Study	Approach elderly people who practice physical activities regularly and monitor health aspects such as cognition and well-being.	They suggest that active involvement in leisure activities can help older adults maintain cognitive, physical and mental health. Future research will shed light on whether there is a causal relationship between engaging in leisure activities and successful aging.	The impact of engaging leisure activities on measures of successful aging, including cognitive function, physical function, and mental health in a sample of Japanese older adults. Involvement with AL seems to be positively related to all three of these constructs in men and women
<p>ROESCH, Janina Krell; STINK Nathanael T. ; GEDA, Yonas</p> <p>And. Leisure-Time Physical Activity and the Risk of Incident Dementia: The Mayo Clinic Study of Aging.</p> <p>United States. 2018.</p>	Cohort study	Assess whether to decrease dementia with the practice of physical activity.	Of the 280 participants (165 men) with MCI At the start of the study, 92 developed incident dementia at follow-up. At baseline, the mean age of the cohort was 81 years (IQR: 76, 85) and the average level of education was 12 years.	Physical activity may be associated with a risk reduced dementia among individuals with DLB. In addition, the intensity and timing of physical activity may be important factors in the investigation of this association.
<p>YU, Jiabin; YANG, Chen ; LI, Jianshe. The Effect of the Built Environment on Older Men's and Women's Leisure-Time Physical Activity in the Mid-Scale City of Jinhua, China.</p>	Cross-sectional study and cohort	Investigate the association among leisure-time physical activity of the elderly.	The results showed that the diversity of the land use mixture was associated with leisure-time physical activity in the elderly for both sexes. In men, leisure-time physical activity was also associated with	The laser physical activity of the elderly was affected by various elements of the built environment in different sex groups, and the LPA level of the older women was more sensitive to the built environment.

A look at development

Benefit of pleasurable physical activity for the elderly: An integrative review

China. 2021.			access to services. However, in women, leisure-time physical activity was associated with residential density, street connectivity, and crime safety.	
CABELLO, Alba Gomez Et al. Organized physical activity in the elderly, a tool to improve physical condition in old age. Spain. 2018.	Study transverse	Assess the impact of physical activity organized and the number of hours of practice at the level of frequency of practice of the elderly.	Indicate that the activities performed in the classes Organized physical activity (mainly maintenance gymnastics) are useful to improve the physical condition of the elderly and reduce the risk of having very low levels of it. Knowing, in addition, the strong association between physical condition and other health parameters, public organizations should promote the practice of this type of activity in the elderly population, in order to improve their health, reduce their dependence and ultimately improve their quality of life.	The practice of organized physical activity produces a beneficial effect on the frequency of practice of the elderly regardless of age, the hours they spend sitting or the time they spend walking.
WON, Doyeon; BAE, Jung-sup ; SEO, Kwang-bong . Enhancing Subjective Well-Being through Physical Activity for the Elderly in Korea: A Meta- Analysis Approach. Coreia. 2019.	Systematic review	To evaluate the size of the overall effect of the participation of the elderly in physical activities in Several Variables dependents including satisfaction with life, successful aging, leisure and exercise satisfaction, self-efficacy and happiness	It showed a small but significant positive effect of physical activity across the subjective range of well-being among the Korean elderly population.	They clearly indicate that regular physical activity has psychological benefits for the health of the elderly. In particular, physical activity in the elderly brings a higher level of subjective well-being in terms of self-efficacy, which is an important element of sustainable participation in physical activity.

4 DISCUSSION

The study sample consisted of 16 articles, three studies in 2018, four in 2019, two in 2020 and seven in 2021, conducted in China, the United States, Brazil, Korea, Spain, Japan, France and Denmark.

Most of the articles (13) were based on observational studies, while three were descriptive with a quantitative approach. The research participants were elderly people who practiced physical activity regularly.

Physical activity is an effective way to prevent cardiovascular disease and reduce all-cause mortality, according to Piercy et al. (2018). In 16 articles reviewed, there was a constancy in the results that showed that elderly people who practiced physical activity daily, had a better quality of life and well-being than those who did not do any type of exercise.

It is important to mention that regular physical activity can improve health by combating the decline in physical performance that occurs with aging. Over time, older people tend to decrease the frequency of physical exercise and adopt habits harmful to their emotional and physical health, which hinders their daily lives, affecting their ability to walk, cognitive performance, self-care and increasing their dependence (DUGAN, 2018)

According to the World Health Organization (WHO, 2020), the regular practice of physical activity is a preventive measure for the maintenance of mental and cognitive health, as it has a modest effect on the protection of cognition. This conclusion was based on low- to medium-quality evidence and suggests that aerobic exercise may be responsible for the positive effect on cognition.

With aging, it is common for elderly people to have difficulties to perform daily activities and need to depend more on the help of family members, however, including in the routine practices of pleasurable and viable physical activities can contribute to these people being more independent and have a better quality of life. The practice of physical exercises has several benefits, among them, the increase of muscle strength and flexibility, in addition to improving balance and coordination, which can help in performing everyday tasks in a safer and autonomous way.

The importance of physical activity in a person's life cannot be underestimated, especially for the elderly population. With aging, health and well-being are challenged by a number of factors, including physical and emotional changes. However, one thing is clear: engaging in physical activity regularly can have a significant impact on health and quality of life. According to Yu; Yang; Li (2021), the benefits of physical activity include risk reductions of coronary heart disease, cancers, type 2 diabetes in physical health and also improvements in depression, cognitive impairment and social isolation in mental health.

The analyzed articles point out that the involvement in physical activities regularly can improve the quality of life of the elderly. Among the benefits are reduced risk of cardiovascular and mental diseases, improved socialization with younger individuals, prevention of cognitive decline, and decreased mental disorders, resulting in an increase in the well-being and overall health of the elderly population.

The Organic Health Law is one of the main norms that establishes guidelines to ensure the health of the Brazilian population, highlighting the importance of access to essential goods and services and leisure. According to the Organic Health Law (Diário Oficial da União, 1990), access to leisure is considered one of the determinants that influence the health levels of the elderly population.

It is therefore important to include physical activity as a form of leisure for the elderly population in order to improve their health, prevent social isolation and promote active participation in the community. In addition, the practice of physical activity can help in the maintenance of well-being and physical functioning, contributing to the quality of life of the elderly, as emphasized by the author below.

According to SCARBOLOTO et al (2029), the elderly who is constantly involved in physical activities practiced in a group, develops a better functional capacity he has or not comorbidities. Thus promoting better health-related quality of life during the aging process and generating well-being during the day and performing household tasks with more satisfaction and spirit.

Leisure activities were almost twice as likely to occur among women when compared to men, a result that does not differ when changing the area of study (PITILIN et al, 2020). It is noted that the vast majority of people who participate in physical activities are elderly females, as they always seek to maintain health and worry more than men. There is still a great taboo among males, who are not interested in developing healthy habits, thus being the individuals who get sick the most in the world.

Physical activity can help regain feelings of purpose, of being needed in collective group activities, and create habitual routine and structure for the day. By overcoming real and perceived barriers and by initiating or maintaining physical activities, older adults can further increase self-esteem, which contributes to a rewarding old age (MORGAN et al, 2019).

It is common for individuals in old age to experience a sense of worthlessness before society, which can lead to a behavior of social isolation and carelessness in relation to personal care. This trend can increase the risk of deteriorating health and decrease interaction with the outside world.

The research of MENG et al (2021) points out that satisfaction with physical activity depends on several factors, such as age, intensity and frequency of practice. The study shows that exercising regularly is more motivating than increasing exercise intensity. When older people make a habit of regularly engaging in activities that give them pleasure and well-being, they become more confident and lower their risks of developing diseases that need medical and drug treatment. The results point to a positive relationship between regular physical activity and happiness. This means that people who engage in more physical activity may be more likely to feel happy than others (LIANG, WU, HO, 2021).

The practice of physical activity is fundamental to relieve the stress of everyday life and promote the happiness of the people who practice it. In addition, it prepares people to face the challenges of the next day, providing more energy and confidence to carry out their tasks.

Regular physical activity has a positive impact on the lives of older people, affecting both physical and mental aspects. With a more active life, older people tend to socialize more, reducing the risk of mental disorders such as depression, and improving their health by avoiding comorbidities such as systemic arterial hypertension and diabetes mellitus. In addition, the practice of physical activity provides well-being in the day to day. It is an option of low financial cost, because it can be practiced anywhere, reducing health expenses and reducing queues in health services.

Despite the positive results, it is important to continue to conduct research and studies to improve the understanding of how the practice of physical activity can improve the lives of older people, with the aim of motivating them to choose a more active life and create habits that improve their quality of life.

5 CONCLUSION

The development of this study allowed an analysis on how physical activity in the daily life of the elderly person influences their daily life, brings benefits to health and emotional. In addition, it also allowed a search in the literature to obtain consistent data on the activities and exercises developed in the routine.

When searching the literature, several studies were found that seek to improve the quality of life and well-being, always looking for ways to facilitate the understanding of the practice of physical activity regularly, making people more aware and active. The studies evaluated showed that, with the practice of physical activity, elderly people tend to have a better health picture, depending less on health services and having more disposition and independence. The practice of physical exercises is an important ally against chronic diseases and mental disorders, in addition to promoting well-being and self-esteem.

Nursing has a very important role in this context, as it contributes to the care and guidance that is passed on to this population, since it is always present in the main health services and can follow the routine and development during the activities. For the health area, this work is extremely important, because it brings to the readers that the regular practice of physical exercises is beneficial to health, in addition to promoting personal well-being and helping the elderly to strengthen themselves, avoiding falls and creating healthier lifestyle habits.

As a suggestion for future studies, it is important to emphasize always seek to improve the methods of approach and research with the elderly and monitor their aging process, always seeking in order to offer quality health and well-being to our elderly.

REFERENCES

ALMEIDA, M. L.; FERREZIN, L. P.; TRAPÉ, Átila A.; RODRIGUES, K. P.; NOGUEIRA, J. E.; OLIVEIRA, C. I.; BUENO JÚNIOR, C. R. Caracterização de um Programa de Atividade Física Multicomponente para Adultos e Idosos em uma Universidade Pública Brasileira. *Interfaces - Revista de Extensão da UFMG*, v. 7, n. 1, 2019. Disponível em: <https://periodicos.ufmg.br/index.php/revistainterfaces/article/view/19080>. Acesso em: 25 jan. 2023. Acesso em: 20 maio 2022.

CAMBOIM, Francisca Elidivânia de Farias et al. Benefícios da atividade física na terceira idade para a qualidade de vida. *Revista de Enfermagem UFPE on line*, v. 11, n. 6, p. 2415-2422, maio 2017. ISSN 1981-8963. Disponível em: <https://periodicos.ufpe.br/revistas/revistaenfermagem/article/view/23405>. Acesso em: 15 mai. 2022. doi:<https://doi.org/10.5205/1981-8963-v11i6a23405p2415-2422-2017>.

DUGAN, Sheila A. *et al.* Physical Activity and Physical Function. *Obstetrics And Gynecology Clinics Of North America*, v. 45, n. 4, p. 723-736, dez. 2018. Elsevier BV. <http://dx.doi.org/10.1016/j.ogc.2018.07.009>. Disponível em: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6226270/#!po=56.8966>. Acesso em: 15 abr. 2022.

DUGAN, Sheila A.; GABRIEL, Kelley Pettee; LANGE-MAIA, Brittney S.; KARVONEN-GUTIERREZ, Carrie. Physical Activity and Physical Function. *Obstetrics And Gynecology Clinics Of North America*, Estados Unidos, v. 45, n. 4, p. 723-736, dez. 2018. Elsevier BV. <http://dx.doi.org/10.1016/j.ogc.2018.07.009>. Disponível em: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6226270/#ffn_sectitle. Acesso em: 24 jan. 2023.

DUPRÉ, Caroline; HELMER, Catherine; BONGUE, Bienvenu; DARTIGUES, Jean François; ROCHE, Frédéric; BERR, Claudine; CARRIÈRE, Isabelle. Associations between physical activity types and multi-domain cognitive decline in older adults from the Three-city cohort. *Plos One*, v. 16, n. 6, p. 0-0, 1 jun. 2021. Public Library of Science (PLOS). <http://dx.doi.org/10.1371/journal.pone.0252500>. Disponível em: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0252500#sec015>. Acesso em: 22 mar. 2022.

Envelhecimento. Organização das Nações Unidas. Disponível em: <https://unric.org/pt/envelhecimento/#:~:text=N%C3%ADveis%20e%20tend%C3%A2ncias%20no%20envelhecimento%20populacional&text=A%20popula%C3%A7%C3%A3o%20com%20mais%20de,representando%2013%25%20da%20popula%C3%A7%C3%A3o%20global>. Acesso em: 26 abr. 2022.

Gómez-Cabello A, Vila-Maldonado S, Pedrero-Chamizo R, Villa-Vicente JG, Gusi N, Espino L, González-Gross M, Casajús JA, Ara I. La actividad física organizada en las personas mayores, una herramienta para mejorar la condición física en la senectud: *Rev Esp Salud Pública*. 2018;92:27 de marzo e201803013. Disponível em: https://scielo.isciii.es/scielo.php?script=sci_arttext&pid=S1135-57272018000100204. Acesso em: 25 abr. 2022

HAEGGER, Alexa *et al.* Cerebral changes improved by physical activity during cognitive decline: a systematic review on mri studies. *Neuroimage: Clinical*, [s. l], v. 23, p. 0-0, 2019. Elsevier BV. <http://dx.doi.org/10.1016/j.nicl.2019.101933>. Disponível em: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6699421/#!po=57.3171>. Acesso em: 19 abr. 2022.

HOLTERMANN, Andreas *et al.* The physical activity paradox in cardiovascular disease and all-cause

mortality: the contemporary Copenhagen General Population Study with 104 046 adults. *European Heart Journal: Oxford University Press, Dinamarca*, p. 1499-1511, 2022. Disponível em: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8046503/?report=reader#!po=2.08333>. Acesso em: 20 mar. 2022.

KOPIER, Daniel Arkader. Atividade física na terceira idade. *Revista Brasileira de Medicina do Esporte, Brasil*, v. 3, n. 4, p. 108-112, dez. 1997. FapUNIFESP (SciELO). <http://dx.doi.org/10.1590/s1517-86921997000400004>. Disponível em: <https://www.scielo.br/j/rbme/a/dVhkc7kwt9pc9kLZqjG8Mdz/?lang=pt>. Acesso em: 11 maio 2022.

KRELL-ROESCH, Janina *et al.* Leisure-Time Physical Activity and the Risk of Incident Dementia: the mayo clinic study of aging. *Journal Of Alzheimer'S Disease*, [s. l], v. 63, n. 1, p. 149-155, 10 abr. 2018. IOS Press. <http://dx.doi.org/10.3233/jad-171141>. Disponível em: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5900557/#!po=63.3333>. Acesso em: 13 abr. 2022.

LANDO, Felipe. REVISÃO INTEGRATIVA DE LITERATURA em 5 passos simples! 2020. Disponível em: <https://www.academicapesquisa.com.br/post/revis%C3%A3o-integrativa-de-literatura-em-5-passos-simples>. Acesso em: 13 ago. 2022.

LEI Nº 8.080, DE 19 DE SETEMBRO DE 1990. Presidência da República Casa Civil. 1990. Disponível em: http://www.planalto.gov.br/ccivil_03/leis/18080.htm. Acesso em: 07 maio 2022.

LIANG, Chyi *et al.* Association of Regular Leisure-Time Physical Activity with Happiness among Middle-Aged and Older Adults in Taiwan. *International Journal Of Environmental Research And Public Health*, v. 18, n. 15, p. 8175, 2 ago. 2021. MDPI AG. <http://dx.doi.org/10.3390/ijerph18158175>. Disponível em: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8345944/#!po=64.2857>. Acesso em: 22 mar. 2022.

LOPES, Natália. Guideline OMS: Redução do risco de declínio cognitivo e demência. 2019. Disponível em: <https://nutritotal.com.br/pro/material/guideline-oms-reducao-do-risco-de-declinio-cognitivo-e-demencia/>. Acesso em: 25 jan. 2023.

MENG, Yanting *et al.* The effects of leisure time physical activity on depression among older women depend on intensity and frequency. *Journal Of Affective Disorders*, v. 295, p. 822-830, dez. 2021. <http://dx.doi.org/10.1016/j.jad.2021.08.142>. Disponível em: <https://www.sciencedirect.com/science/article/abs/pii/S0165032721009472?via%3Di%3Dhub#preview-section-cited-by>. Acesso em: 22 mar. 2022.

Morgan, GS, Willmott, M., Ben-Shlomo, Y. *et al.* Uma vida realizada: influenciando positivamente a atividade física em adultos mais velhos - uma revisão sistemática e meta-etnografia. *BMC Public Health* 19, 362 (2019). <https://doi.org/10.1186/s12889-019-6624-5>. Disponível em: <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-6624-5#citeas>. Acessado em: 22 mar. 2022.

OMS lança novas diretrizes sobre atividade física e comportamento sedentário. Organização Mundial de Saúde (ed.). 2020. Disponível em: <https://www.paho.org/pt/noticias/26-11-2020-oms-lanca-novas-diretrizes-sobre-atividade-fisica-e-comportamento-sedentario>. Acesso em: 15 jun. 2022.

Pereira, Déborah & Silva, Carlos & Silva, Juliana & Moreira, Thereza Maria. (2019). 2019 -ISSN: 1981-4313 Coleção Pesquisa em Educação Física. 1981- 4313. Disponível em:

https://www.researchgate.net/publication/335893385_2019_-4313_Colecao_Pesquisa_em_Educacao_Fisica. Acesso em: 15 abr.2022.

ISSN_1981-

PIERCY, Katrina L. *et al.* The Physical Activity Guidelines for Americans. *Jama*, Estados Unidos, v. 320, n. 19, p. 2020, 20 nov. 2018. American Medical Association (AMA). <http://dx.doi.org/10.1001/jama.2018.14854>. Disponível em:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9582631/#ffn_sectitle. Acesso em: 23 jan. 2023.

LEI Nº 8.080, DE 19 DE SETEMBRO DE 1990. Presidência da República Casa Civil/subchefia para assuntos jurídicos. Disponível em http://www.planalto.gov.br/ccivil_03/leis/l8080.htm. Acesso em: 23 jan. 2023

PITILIN, Erica de Brito *et al.* Factors associated with leisure activities of elderly residents in rural areas. *Revista Brasileira de Enfermagem: Scielo*, Chapeco, v.76, n. 2, p. 1-7167, 13 mar. 2020. FapUNIFESP (SciELO). <http://dx.doi.org/10.1590/0034-7167-2019-0600>. Disponível em: <https://www.scielo.br/j/reben/a/SXVWWf89fNrDtvLtJXY79dt/?lang=en>. Acesso em: 11 mar. 2022.

População Cresce, mas Número de Pessoas com menos de 30 anos cai 5,4% de 2012 a 2021. Agência Ibge Notícias. Disponível em: <https://agenciadenoticias.ibge.gov.br/agencia-noticias/2012-agencia-de-noticias/noticias/34438-populacao-cresce-mas-numero-de-pessoas-com-menos-de-30-anos-cai-5-4-de-2012-a-2021>. Acesso em: 26 abr. 2022.