



Prevenzione in Movimento

Firenze, 17 -18 dicembre 2010 - Villa Vogel, Sala Consiliare Quartiere 4 di Firenze

Nuovi modelli di pratica sportiva

Prof. G.F. Gensini

Preside, Facoltà' di Medicina e Chirurgia, Università' degli Studi di
Firenze

Objectives of CVD prevention

1. To assist those at low risk of CVD to maintain this state lifelong, and to help those at increased total CVD risk to reduce it
2. To achieve the characteristics of people who tend to stay health:
 - No smoking
 - Healthy food choices
 - Physical activity: 30 minutes of moderate activity a day
 - BMI < 25 kg/m²
 - Blood pressure < 140/90 mmHg
 - Total cholesterol < 190 mg/dL
 - LDL cholesterol < 115 mg/dL
 - Blood glucose < 100 mg/dL

Managing total CVD risk

PHYSICAL ACTIVITY

1. Stress that the positive health benefits occur with almost any increase in activity; small amounts of exercise have an additive effect; exercise opportunities exist also in the workplace (e.g. stairs instead of lift)
2. **Try to find leisure activities that are positively enjoyable**
3. 30 minutes of moderately vigorous exercise on most days of the week will reduce risk and increase fitness
4. **Exercising with family or friends tends to improve motivation**
5. Added benefits include a sense of well-being, weight reduction and better self-esteem

Characteristics of CVD prevention

0 3 5 140 5 3 0	
0	No tobacco
3	Walk 3 km daily, or 30 minutes any moderate activity
5	Portions of fruit and vegetables a day
140	Blood pressure less than 140 systolic
5	Total blood cholesterol < 5 mmol/L (190 mg/dL)
3	LDL cholesterol < 3 mmol/L (115 mg/dL)
0	Avoidance of overweight and diabetes

Review

Physical activity during leisure time and primary prevention of coronary heart disease: an updated meta-analysis of cohort studies

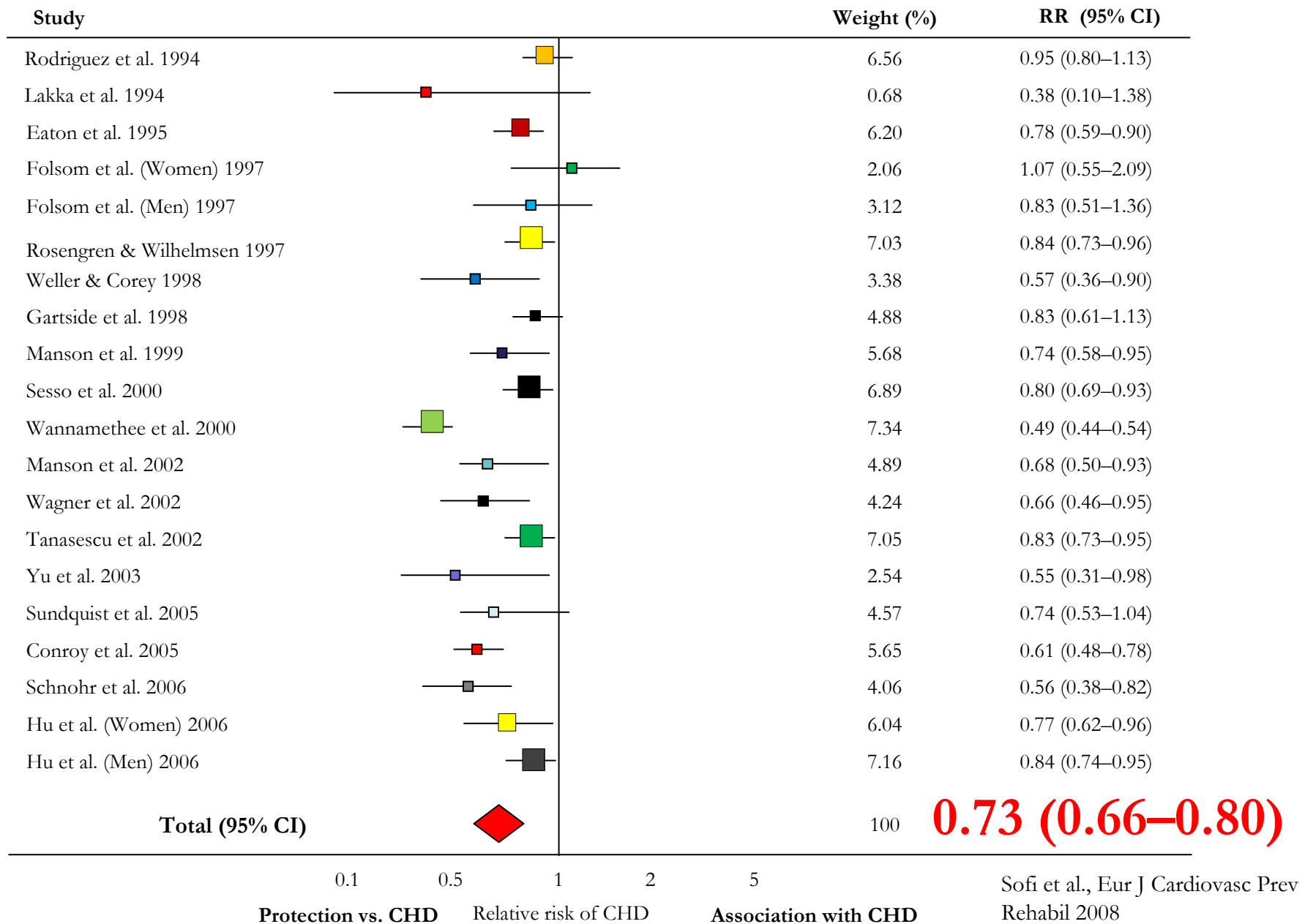
Francesco Sofi^{a,b}, Andrea Capalbo^{a,b,c}, Francesca Cesari^{a,b},
Rosanna Abbate^{a,b} and Gian Franco Gensini^{a,b,d}

^aDepartment of Medical and Surgical Critical Care, Thrombosis Centre, Azienda Ospedaliero-Universitaria Careggi, ^bCenter for the Study at Molecular and Clinical Level of Chronic, Degenerative and Neoplastic Diseases to Develop Novel Therapies, University of Florence, ^cInstitute of Sports Medicine and ^dDon Carlo Gnocchi Foundation, IRCCS, Florence, Italy

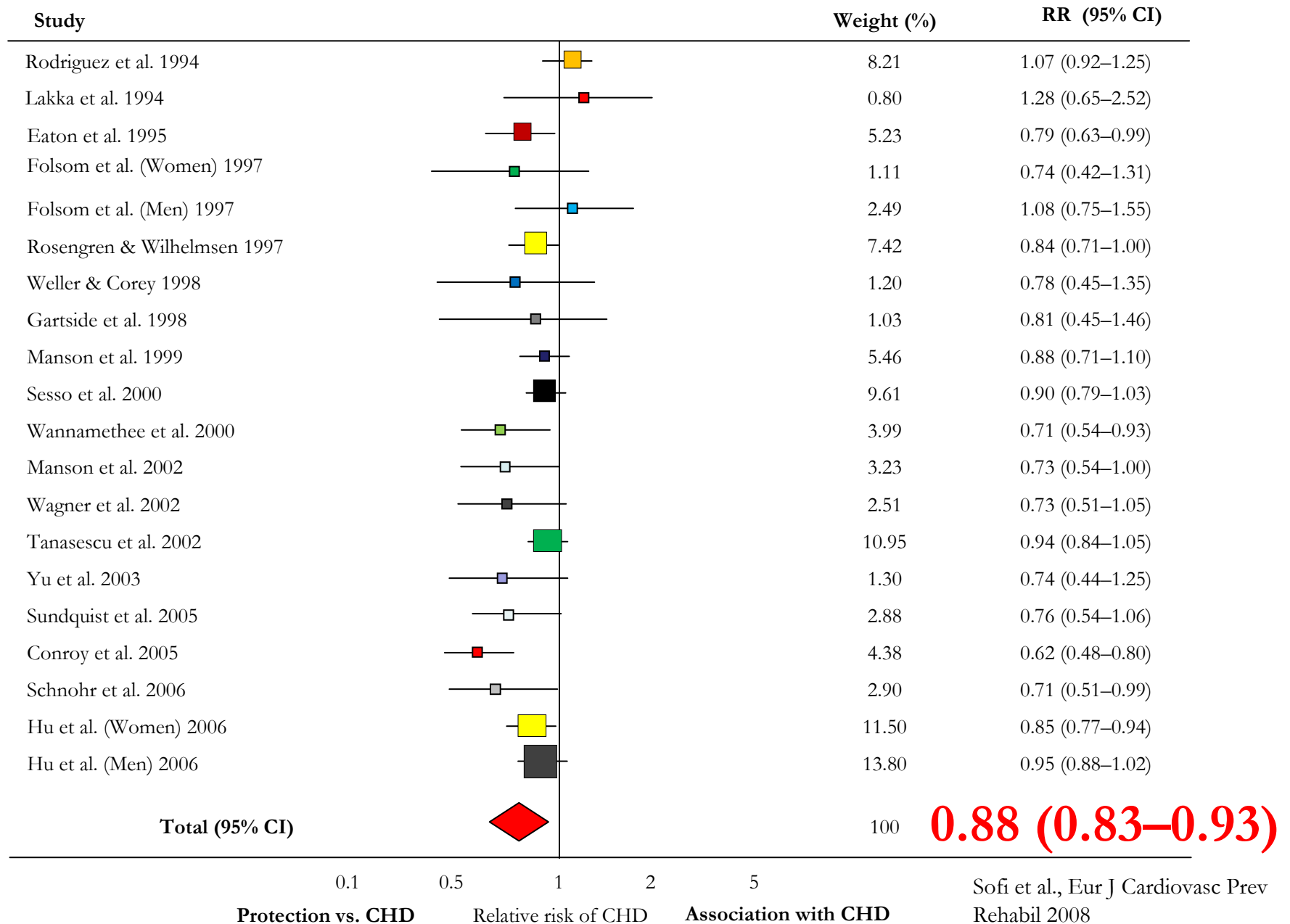
Received 8 August 2007 Accepted 14 September 2007

26 prospective studies; 513,472 subjects (20,666 CHD events)

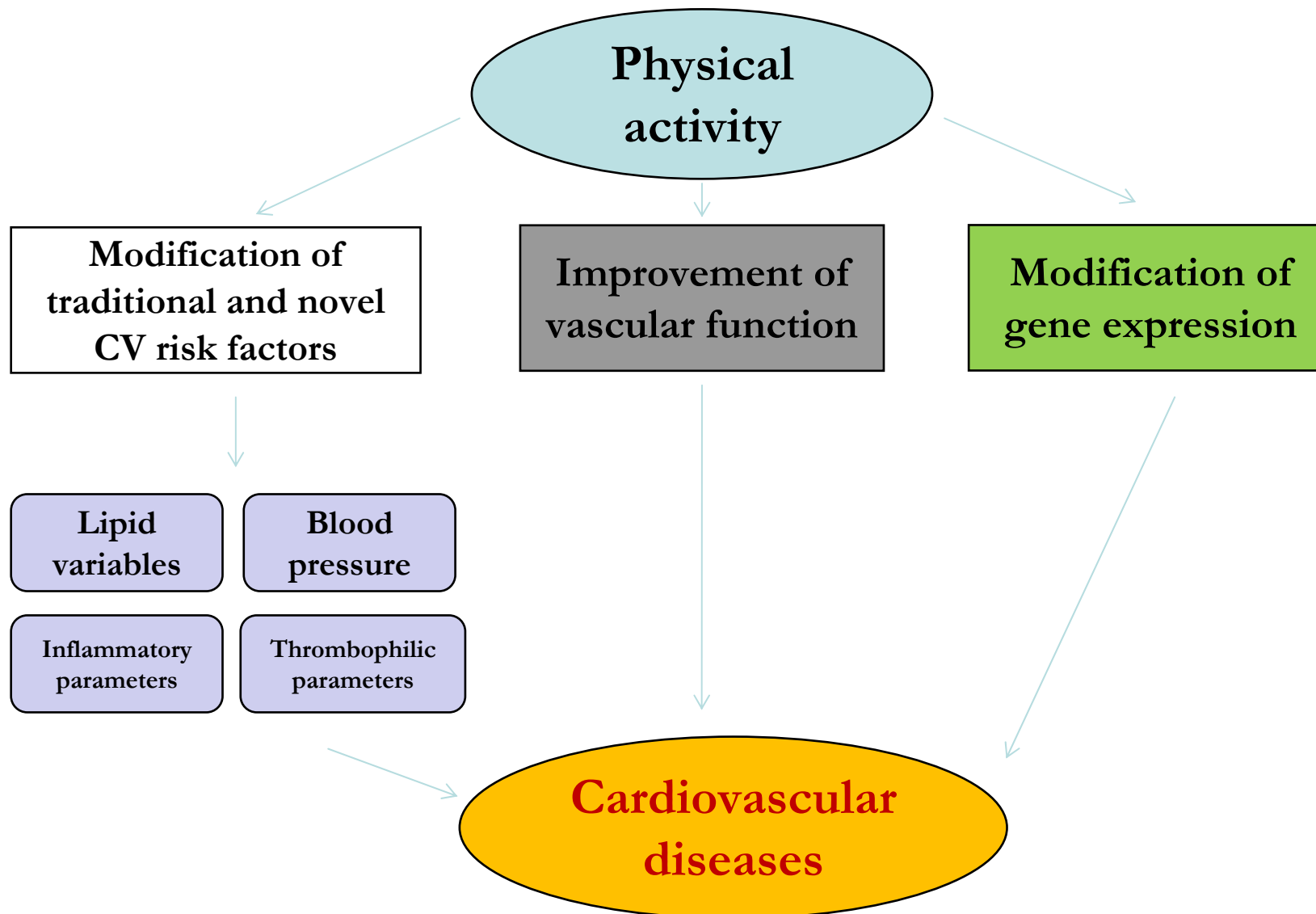
Results: intense vs. sedentary



Results: moderate vs. sedentary

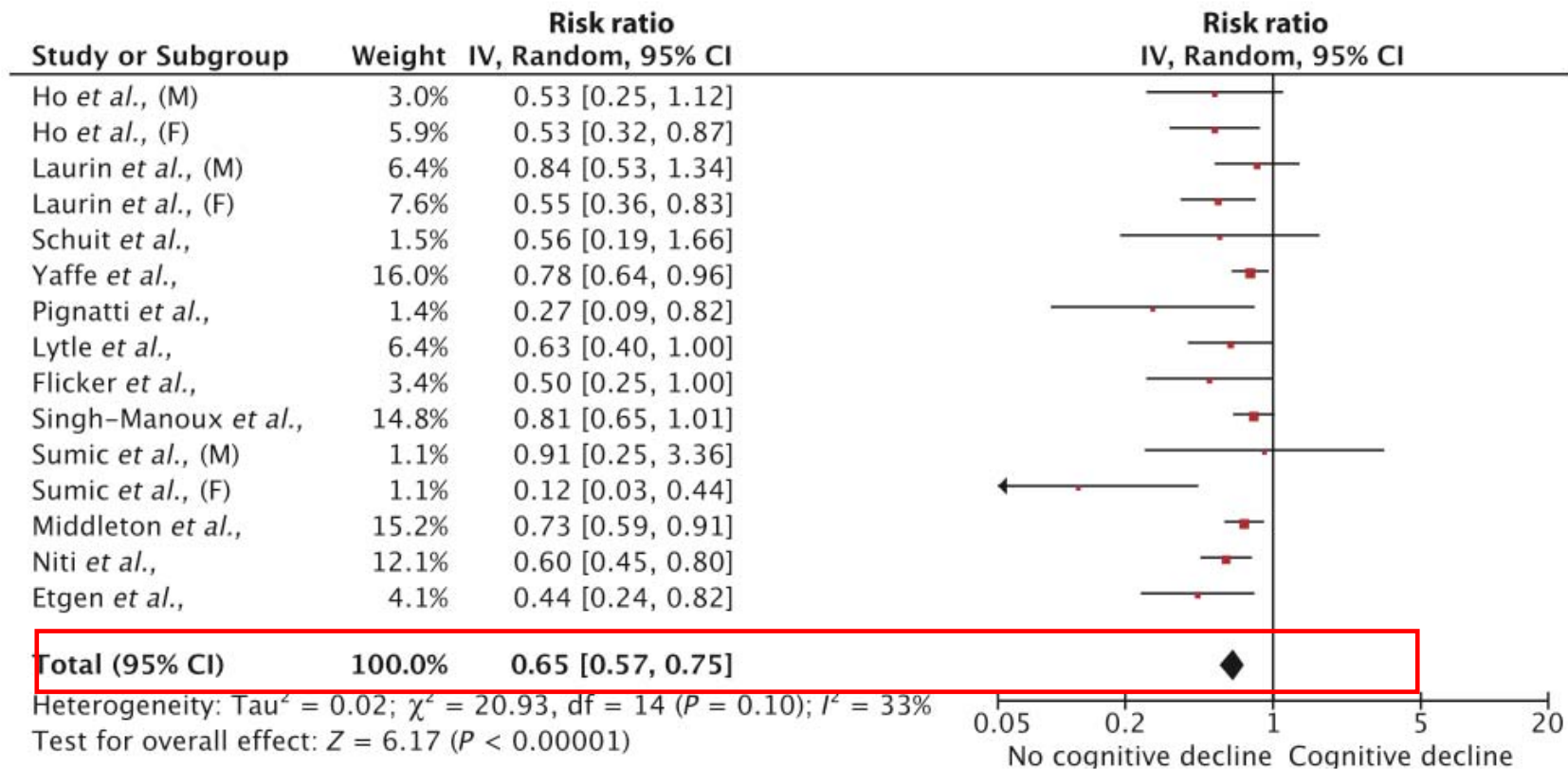


Possible mechanisms for the beneficial effect of physical activity



Physical activity and risk of cognitive decline: a meta-analysis of prospective studies

■ F. Sofi^{1,2,3}, D. Valecchi¹, D. Bacci¹, R. Abbate², G. F. Gensini¹, A. Casini³ & C. Macchi¹



Physical activity and health

