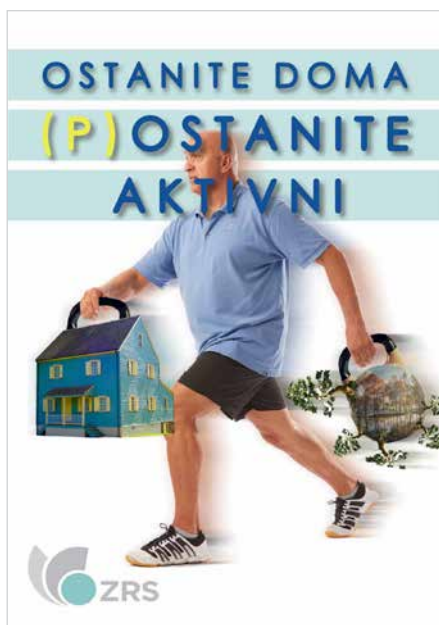


KEEP ACTIVE

The manual

**Rado Pišot, Matej Kleva, Kaja Teraž, Armin Paravlič,
Uroš Marušič, Saša Pišot, Boštjan Šimunič:
OSTANITE DOMA (P)OSTANITE AKTIVNI**

Annales ZRS, 2020, 56 pages



We live in unfriendly times, with the COVID-19 epidemic and the measures to contain it severely affecting our quotidian, most of all our freedom to move. The measures and the search for new solutions to contain the spread of infection are changing on what sometimes seems a daily basis. Unfortunately, this search gives precedence to enabling all other activities over providing for the basic human need of physical activity. But even in these circumstances in which the threat of infection has put us it is necessary to stay active.

In fact, besides enhanced hygiene measures, the most efficient protection is provided by our body's natural defense, built and boosted primarily through physical activity. Over millions of years, the human body shaped and evolved by resisting gravity; the adoption of the upright posture and daily movement allowed our ancestors to

develop an extraordinary skeletal-muscular system, as well as nervous, cardiovascular, and respiratory systems, and subordinated the functioning of the entire human body to tasks directed by an unparalleled mind. The evolution of the human species led to the emergence of a unique pattern of developed cognitive, social, and motor abilities. And particularly unique was (or is) the capacity to connect and intertwine the three abilities within varied activities and environments. However, in recent decades (particularly since 1993, when the Internet became commercially accessible), this very capacity has been challenged particularly by the rapid expansion of information (smart) technology and the digitalization of society, which neglect the motor abilities of the individual and thereby threaten their functional ability as well. We used to be able to partially compen-

sate for the reduced daily movement by engaging in recreation and sports – but what now, in circumstances when movement and exercise is restricted?

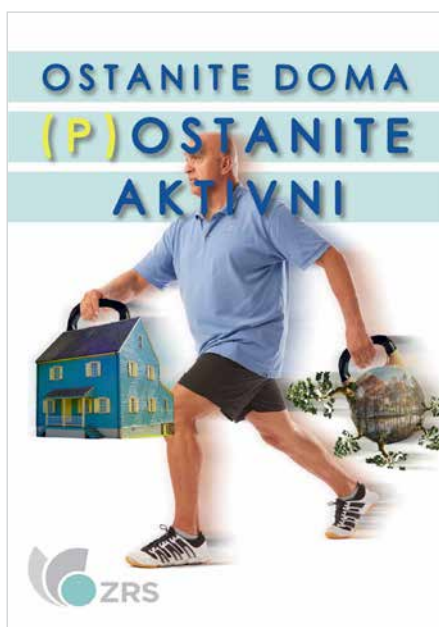
Shortly after the emergence of the first wave of the epidemic, the team of the Institute for Kinesiology Research of ZRS Koper, supported by the GENERALI insurance company, started composing a booklet with advice for everyone interested in meeting their urgent need for exercise, including the most vulnerable among the senior population and all those further at risk due to chronic illnesses. A year has passed since the beginning of the epidemics and the content of the booklet is continuing to remain very topical. All we wish to add is encouragement to carry out as many of the activities proposed as possible in fresh air and in nature. Our advice is preceded by prologues by medical experts from the Izola General Hospital and the University Medical Centre Maribor and by the Slovenian Ombudsman, which bestow on the booklet further gravitas. Copies of the booklet have been distributed among numerous day care centers, senior citizen homes, health centers, and hospitals. Its content is also available free of charge at <https://www.zrs-kp.si> or, more specifically, https://www.zrs-kp.si/wp-content/uploads/2020/04/Postanite-aktivni_SPLETNA-IZDAJA.pdf.

The 56-page booklet *OSTANITE DOMA (P)OSTANITE AKTIVNI [STAY HOME, KEEP ACTIVE]* is a collection of advice rising to the challenge of enhancing our immunity through exercise and remaining healthy. It provides the basics for healthy and individualized exercise: a definition of fitness levels; organization of exercises, from warming up to rounding off; principle content emphases in individual parts of the exercise; exercise suggestions with pictorial instructions; nutrition advice for individual population groups. We invite you to test our advice and wish you all the best in 2021. Or, in the words of greeting by one of our introductory speakers: “Stay healthy, use your body as a tool and as medicine.”

(P)OSTANITE AKTIVNI**Priročnik**

**Rado Pišot, Matej Kleva, Kaja Teraž, Armin Paravlič,
Uroš Marušič, Saša Pišot, Boštjan Šimunič:
OSTANITE DOMA (P)OSTANITE AKTIVNI**

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Časi, ki jih živimo niso prijazni, epidemija COVID-19 in ukrepi za njeno zajezitev so krepko posegli v naš vsakdan, kjer najbolj pogrešamo gibanje. Spremembam ukrepov in iskanju novih rešitev za zajezitev prenosa okužbe smo priča tako rekoč na dnevni ravni. Žal pa so v ospredju tega iskanja vse druge dejavnosti, bolj malo pa se posvečamo zagotavljanju človekove osnovne potrebe – gibalne aktivnosti. Tudi v današnjih okoliščinah, v katerih smo se znašli zaradi nevarnosti pred okužbo, moramo ostati dovolj gibalno aktivni!

Poleg higienskih ukrepov je najpomembnejša zaščita prav odpornost našega organizma, ki jo lahko dosežemo predvsem z gibanjem. Človekov organizem se je v milijonih let oblikoval in razvijal z zoperstavljanjem težnosti, naši predniki so z razvojem pokončne drže in vsakodnevnim gibanjem razvili edinstven skeletno-

mišični sistem, živčni, srčno-žilni in dihalni sistem in delovanje celotnega organizma podredil svojim opravilom, ki jih je vodil edinstven um. Razvoju človeške vrste je tako sledil edinstven vzorec razvitosti kognitivnih (spoznavnih), družbenih in gibalnih sposobnosti. Predvsem pa je (bila) edinstvena zmožnost povezovanja in prepletanja vseh treh dimenzij v različnih dejavnostih in okoljih. Prav ta pa je v zadnjih desetletjih (še posebej po letu 1993, odkar je medmrežje komercialno dosegljivo?!), predvsem s hitrim in velikim razmahom informacijskih (pametnih) tehnologij in digitalizacije družbe, že bila postavljena pred izziv. Še posebej so postale ogrožene gibalne sposobnosti posameznika in s tem njegova funkcionalna zmožnost. Pomanjkanje gibanja smo lahko delno nadoknadili z rekreacijo in športom – kaj pa zdaj, v času takih omejitev gibanja kot jih živimo danes?

Sodelavci Inštituta za kineziološke raziskave ZRS Koper smo se s podporo zavarovalnice GENERALI že ob pojavu prvega vala odločili, da svoje nasvete ponudimo vsem, ki bi želeli v nadoknaditi nujno potrebo po gibanju. Pri tem nismo pozabili tudi na najranljivejše v populaciji starejše in vse tiste, ki so še dodatno ogroženi zaradi drugih kroničnih bolezni. Sedaj mineva že slabo leto od pojava epidemije in vsebina knjižice je še vedno zelo aktualna. Dodamo lahko le pomembno spodbudo, da čim več vsebin izvedemo na svežem zraku v naravi. Knjižico so s predgovori pospremili strokovnjaki iz zdravniških vrst iz Splošne bolnišnice Izola in Univerzitetnega kliničnega centra Maribor ter varuh človekovih pravic kar ji daje dodatno razsežnost. Podarili smo jo številnim centrom dnevnih aktivnosti, domovom ostarelih, zdravstvenim domovom in bolnicam. Vsem, ki si jo želijo pa je dosegljiva brezplačno na spletnem naslovu <https://www.zrs-kp.si> ali neposredno [https://www.zrs-kp.si/wp-content/uploads/2020/04/Po-
stanite-aktivni_SPLETNA-IZDAJA.pdf](https://www.zrs-kp.si/wp-content/uploads/2020/04/Po-
stanite-aktivni_SPLETNA-IZDAJA.pdf).

Knjižica z naslovom *OSTANITE DOMA (P)OSTANITE AKTIVNI* podaja učinkovit odgovor na izziv, kako povečati odpornost z vadbo in kako ostati zdrav. V njej boste na 56 straneh našli osnove za zdravo in posamezniku prilagojeno gibalno vadbo: opredelitev ravni pripravljenosti; razporeditev vadbe od ogrevanja do zaključnega dela; glavne poudarke vsebine posameznih delov vadbe; nekaj predlogov posameznih vaj s slikovnim materialom in tudi prehranske nasvete za posamezno skupino. Vabljeni k uporabi nasvetov, vam s pozdravom enega izmed uvodničarjev želimo vse dobro v 2021 ter da “Ostanete zdravi, svoje telo pa uporabite kot orodje in zdravilo”.