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Strategies on the prescription of physical exercise for health in adults

The benefits of physical activity on health are evident, but not all population groups respond in a similar way to the exercise, nor can the intervention be planned in the same way. The general Objectives are clearly related to help to participants to improve health, Reduce the risk of certain pathologies, Improve the quality of life and level of physical condition, but the benefits are doses dependents from the scientific point of view, then what means somebody enough active is totally arbitrate. The General Recommended doses for adults are moderate achieving enough metabolic intensity and increasing the strength. "Until 150 minutes per week." Aerobic training and strength offer enough range of benefits for adults, Improving Bone density, and Glycemic homeostasis, reducing the risk of home accidents and preventing some kind of cancer. In this conference will be discussed the importance of knowing the needs of adults in terms of physical activity and strategies to increase adherence to exercise showing clear short and medium term results and trying to create the habit of the practice of regular exercise with the ideal dose for each individual.

Biography

Juan Castellano is a Physiotherapist, President and CEO of Life Pilates (2003), Juan Castellano is a recognized expert in the prescription of physical exercise for Health. He is a Regular speaker at international conventions, Pilates, wellness and science health congresses. In 2012 he created a method of work to be able to teach more efficiently the anatomy, biomechanics and Kinesitherapy. In November 2017 Juan Castellano will represent Spain as renowned speaker in the fifth World Conference on Physiotherapy in Dubai. He has been a pioneer as presenter in first Spanish conventions on the Pilates method and in the most prestigious Pilates conventions in South America, Europe and Asia where he has shared his approach with the outstanding world leaders.

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