

Health Promotion: From theory to practice in Termas de S. Jorge

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The thermal baths of S. Jorge, with a long thermal tradition, are located in the village of Caldas de São Jorge in Santa Maria da Feira, Portugal.

It's natural mineral water is poorly mineralized and relative to the ionic composition is a sulfuric, chlorinated and sodium water, with a pH at 23°C of 8,55.

They are recognized for their therapeutic qualities in terms of chronic and allergic respiratory diseases, musculoskeletal diseases and dermatological pathology.

Apart from the therapeutic component and rehabilitation the spas are increasingly the concept of health promotion day to day.

According to the American Heart Association (AHA) and the American College of Sports Medicine (ACSM), it's importante to be physically active in order to prevent cardiovascular diseases. This associations suggests 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise per week in order to increase cardiovascular performance.

By physical activity is meant any gesture that motivates movement of the body and burn of calories. Examples include climbing stairs, walking, jogging, cycling, among others.

Walking is the physical activity with the lowest dropout rate. It's a low impact activity for the joints when compared to running. It's also safer, with physician's approval, for people with orthopedic, cardiac, or overweight.

In this sense "walk with a doc" program was applied, in S. Jorge, with a monthly frequency, consisting of three phases, all of them through medical surveillance. An initial one consisting of a short lecture about health promotion, followed by a 40-minute walk and ending with a thermal experience.

This program seeks to promote health life style through health literacy, practice of physical activity and resting.

Bibliography:

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