

## The Efficiency of an online physical exercises program in elderly lifestyle on COVID-19 pandemic

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The moderate and periodic practice of physical exercise promotes cell protection against viral infection due the balance between cellular immune response, determined directly by T lymphocytes, and humoral cells in which specific antibodies participate, produced by mature B lymphocytes. The countries members of the United Nations Organization (UNO) approved the Aging International Action Plan (AIAP) where are proposed strategies to support the prevention of mental disorders, the treatment of aged illness, as well the strengthening of a care network and support to aged people with the participation of the family, volunteers, and community. Following the UNO tendency, Campos dos Goytacazes/RJ governance started the 60+ health project developed by the superintendence of the Elderly's Rights under to the active and healthy aging for promotion of an active lifestyle to aged population. Given the above, the study goal was to verify the effectiveness of physical exercises proposed virtually on the individual lifestyle of aged people. 458 individuals of both sexes, with age above 60 years were introduced in the study. 356 aged people participated in the physical exercises program, and 102 non-participated in the virtual activities. As a data collection device was used the Individual lifestyle profile questionnaire known as wellness pentacle, a conceptual basis for the evaluation of lifestyle of individuals or groups. Videos with physical exercises proposed were uploading to the Youtube platform, and also directly sent to aged people on social isolation imposed by COVID-19, from app messages. In front of the found results, it is possible to claim that the practice of physical activity with online guidance and prescription impacted positively in the aged people's quality of life inserted on 60+ health project making evident the importance of physical activity practice during the COVID-19 pandemic.

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