



Ten thousand steps for Health:

a Regional project for the promotion of physical activity



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INTRODUCTION

2018 ESC/ESH Guidelines on management of arterial hypertension recommend at least 30 minutes per day of aerobic exercises in pre-hypertensive and hypertensive patients. Furthermore, to spread awareness about risks linked to a sedentary lifestyle, the World Health Organization has identified ten thousand steps as the minimum level of physical activity an individual should undertake on average in a day.

Health Services and local Health Authorities should promote more physical activity, both indoor and outdoor in safe and well marked spaces of predetermined difficulty.

AIM OF THE PROJECT

The lack of the public spaces in which to practice physical activity safely is one of the main factors that discourages people from exercising. Our aim is to remove this external component in order to tackle sedentary behaviour and encourage physical activity and a correct lifestyle for pre-hypertensive and hypertensive citizens of Friuli Venezia-Giulia.

METHODS

- With the promotion and implementation by Regione Friuli Venezia Giulia and Federsanità ANCI FVG alongside with the collaboration of Direzione Centrale Salute and PromoTurismo FVG, several walking routes within the regional territory have been redeveloped and improved by the addition of plentiful signage;

- Patients from departments of cardiology and centers of hypertension and internal medicine from all over the Region were directly informed;

METHODS 2

- An advertising campaign about the routes themselves and the importance of the exercise was started on a variety of websites as well as the most popular social media platforms;

- walking groups from different municipalities interested in the project have been directly involved;

- training courses have been set up in conjunction with volunteer doctors and professionals with a degree in Physical Education to inform people about specific muscle exercises that will target the general well-being.

RESULTS

- Seventy municipalities from all over the region have been involved in the project

- Fifty-nine routes have been created in all Friuli Venezia-Giulia;

- walking groups are organized regularly with doctors and P.E. professionals, and weekly activities are organized with walking leaders;

- the project has attracted the attention of other Italian Regions, and also of other European Countries.



Public map of a route «San Daniele and Ragnogna lake»

CONCLUSIONS

- Walking represents one of the best physical activity for its ease and reproducibility and for its cardiovascular and metabolic benefits. The presence of redeveloped routes and organized walking groups help reaching the threshold of ten thousand steps, and thus reduce cardiovascular risk and control and prevent arterial hypertension.

- «Ten thousand steps for Health» encourages the adoption of a correct lifestyle and the achievement of a better cardiovascular risk profile.

Involved Municipalities

Aiello del Friuli, Amaro, Artegia; Azzano Decimo, Bicinicco, Brugnera, Budoia, Campoformido, Campolongo-Tapogliano, Caneva, Casarsa della Delizia, Cavazzo Carnico e Bordano, Cervineto, Cervignano del Friuli, Clauzetto e Vito d'Asio, Duino Aurisina, Fagagna, Farra d'Isonzo, Fiume Veneto, Frisanco, Gemona del Friuli, Lestizza, Lignano Sabbiadoro, Majano, Medea, Meduno, Monfalcone, Montenas, Mortegliano, Moruzzo e Martignacco, Muzzana del Terguano, Osoppo, Ovaro, Palazzolo dello Stella, Palmanova, Pagnacco, Pavia di Udine, Pordenone, Polcenigo, Povoletto, Reana del Rojale, Resia, Ruda Sacile, San Daniele del Friuli e Ragnogna, San Pietro al Natissone, San Quirino e Cordenons, San Vito al Tagliamento, San Vito al Torre, Sedegliano, Spilimbergo, Tavagnacco, Tolmezzo, Tramonti di Sopra, Tramonti di Sotto, Tricesimo, Turriaco, San Pier d'Isonzo, San Canzian d'Isonzo e Staranzano, Udine, Verzegnis, Verzegnis, Visco, Zoppola. Santa Maria la Longa e Trivignano udinese.



REGIONE AUTONOMA
FRIULI VENEZIA GIULIA

