



慢性病儿童患者的体力活动与运动

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Physical activity and exercise in children with chronic health conditions

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摘要 在过去二三十年中, 体力活动因其对各年龄段人群保持良好的健康状况和提高生活质量方面有重要作用而日益得到认可。由于天性使然, 儿童在游戏和有组织的体力活动中表现活跃。然而, 各种原因导致近年来儿童的体力活动水平逐步下降。这一生活方式的变化导致在本应健康的儿童中肥胖率增加, 糖尿病和心血管疾病患病风险提高。如果儿童已患有慢性病, 这一影响会更加严重。由于慢性病治疗有局限性, 而且存在各种禁忌症, 我们应给予这些慢性病患者更多关注, 确保他们参与适量、适度的运动。对于存在诸如平衡性差、体力有限、视力不佳、认知障碍等问题的儿童, 应特别关注体力活动类型, 以免发生不应有的危险。缺乏足够的体力活动会引发或加剧慢性病并发症。因此, 除了要考虑安全因素, 还应重点确保慢性病患者生活质量尽可能高。本文目的在于调查体力活动如何有益于特定慢性病患者。

关键词: 儿童 慢性病 锻炼 体力活动

Abstract: In the last two or three decades, physical activity (PA) has gained increasing recognition as being essential for maintaining good health and improving quality of life for all ages. Children have traditionally been active in both free play and organized sports. However, there has been a recent decline in the PA levels among children for various reasons. This lifestyle change has resulted in increased obesity accompanied by a rise in diabetes and cardiovascular risk among otherwise healthy children. These lifestyle changes have been shown to be even more a problem when the child is already affected by a chronic disease. Due to medical limitations and contraindications, much care must be taken to make certain that these children are involved in the appropriate volume and intensity of exercise. The type of activity must also be given careful consideration to avoid undue risk for the child who may have problems such as poor balance, limited strength, poor vision, or cognitive disability. Further complications are either caused or exacerbated by lack of sufficient PA. The priority beyond concern for safety should be focused on ensuring the highest quality of life possible. The purpose of this review is to examine how PA can benefit children with selected chronic health conditions. Significant points: Children affected by chronic health conditions, although they may face limitations, can be involved in physical activity. The benefits of this involvement can be significant, rivaling those realized by healthy peers. However, appropriate medical guidance is essential.

Key words: Children Chronic health condition Exercise Physical activity

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