Sportski savez Beograda

9. jun 2020

Preporuka fizičke aktivnosti posle pandemije COVID-19

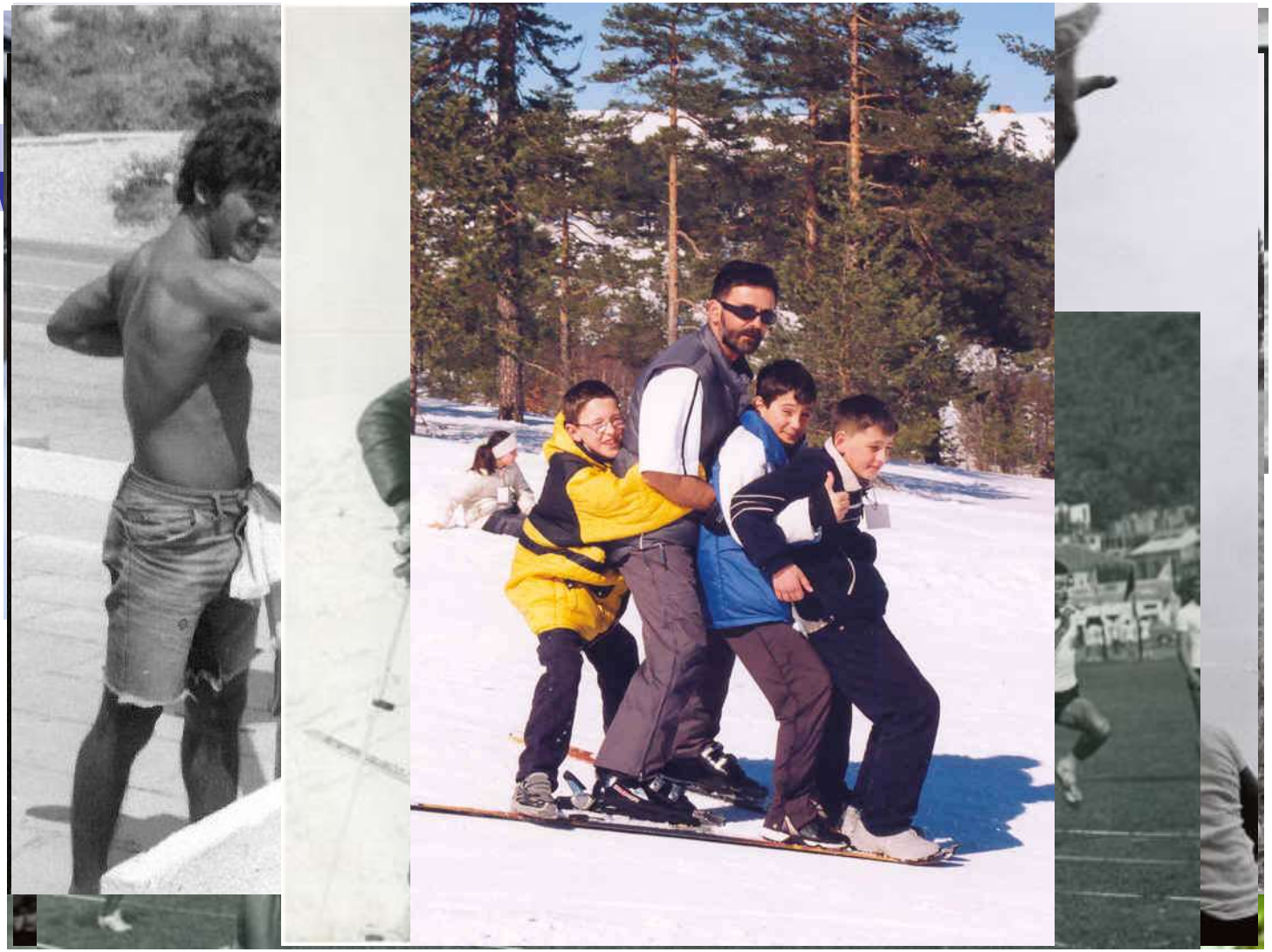
prof. dr Dušan Mitić

Faculty of Sport and Physical Education
Belgrade, Serbia

Od Jugoslavije do Srbije

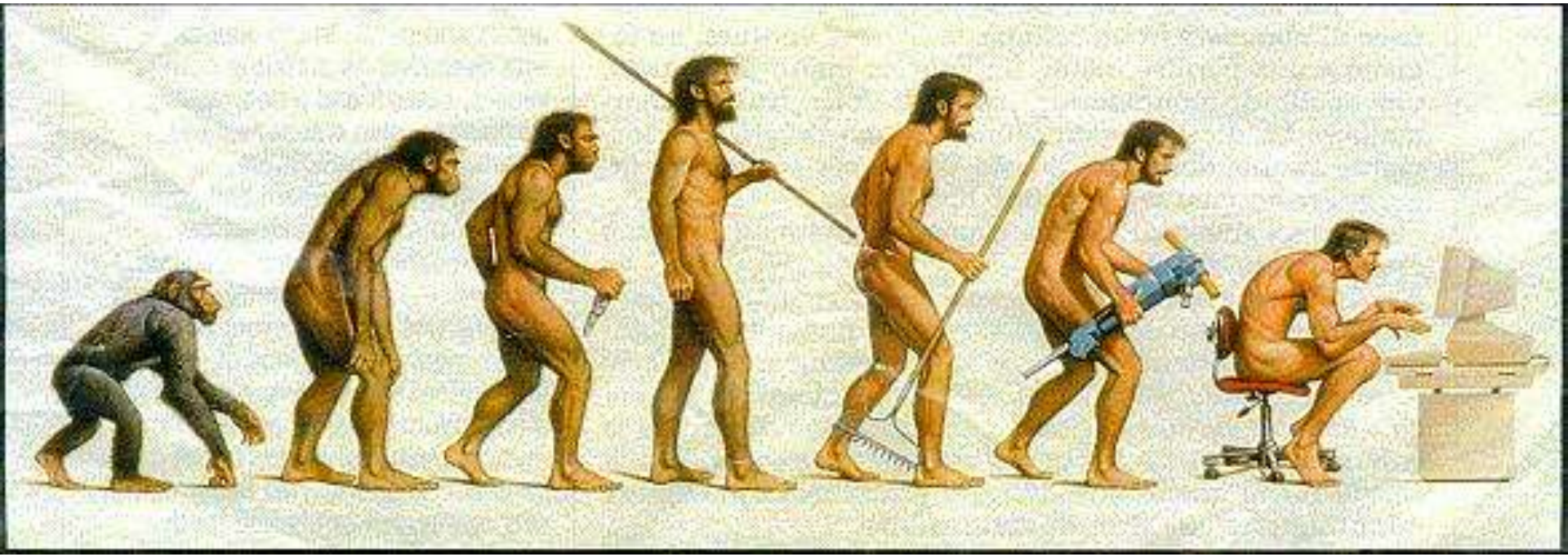
- **Ponosni**
- **Nezavisni**

Ima nas samo7,5 miliona



Modifikujemo-prilagođavamo sport prema mogućnostima učesnika

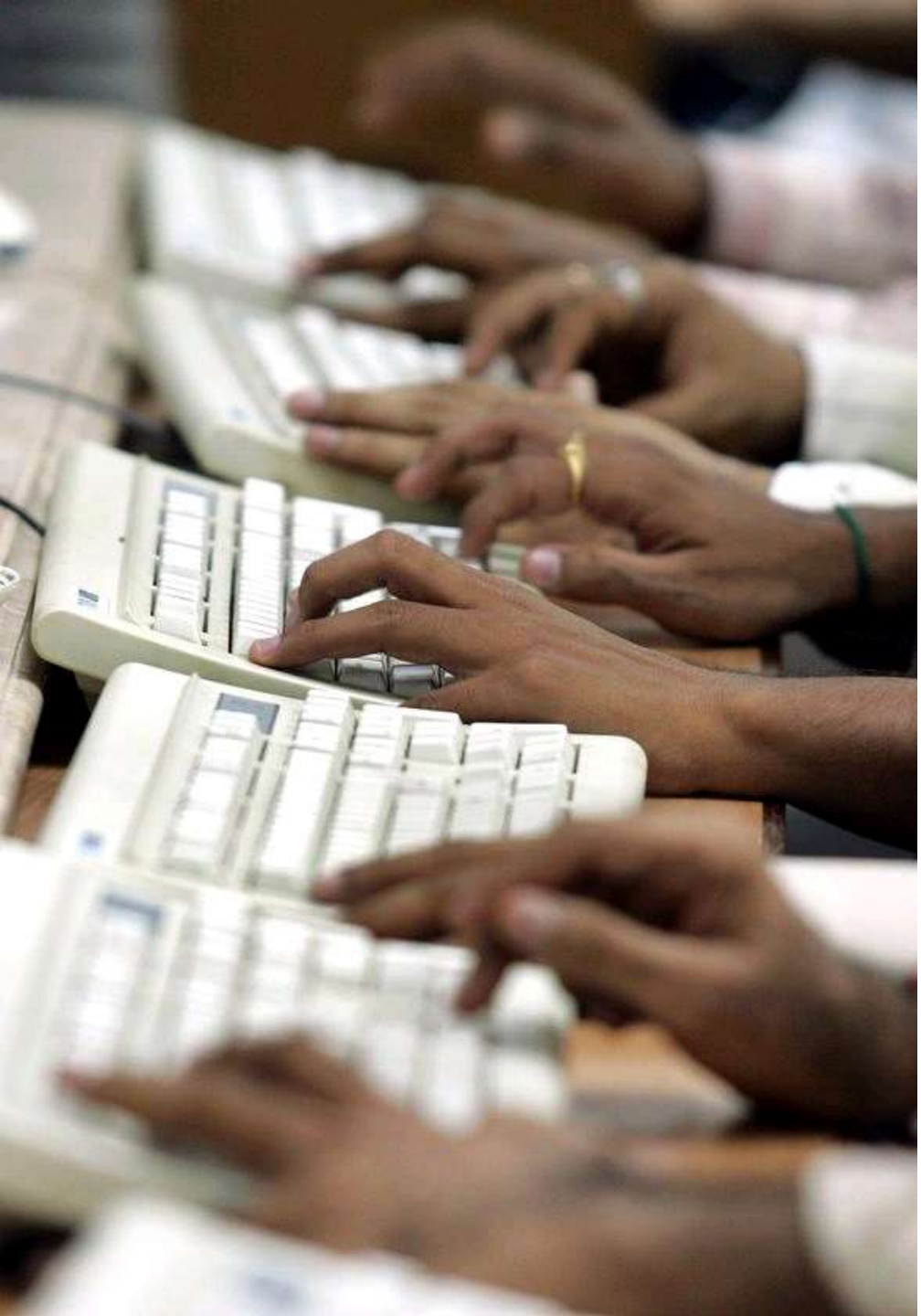
Progress?!? - Hypokinetic



Homo Allergicus
Homo Informaticus
Homo Adipocesitas
Homo Depressivus
Homo Stressicus

Transport

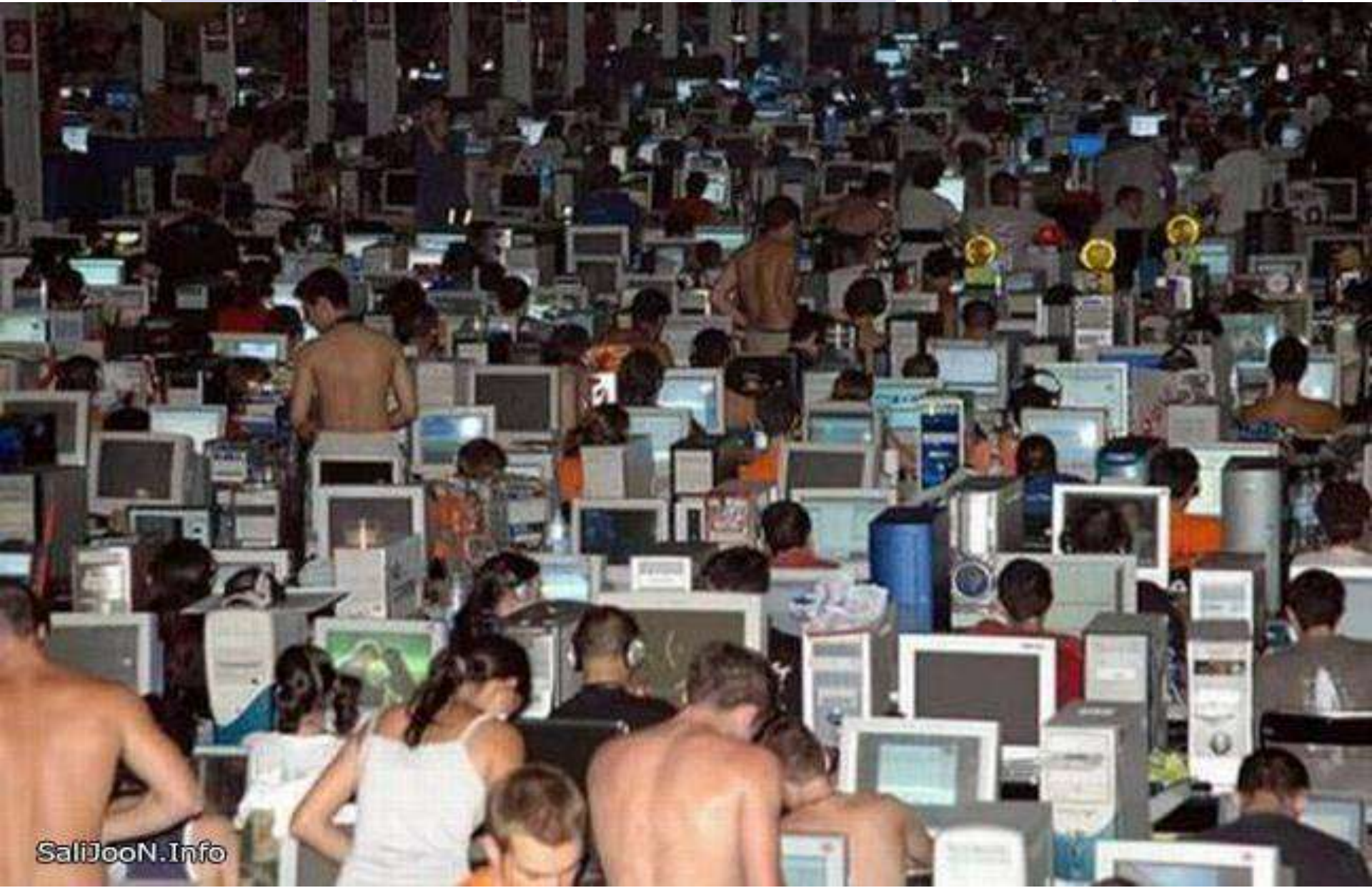
Communication – Administration



Business

Business

Entertainment



MICHIGAN
MICHIGAN 60
MICHIGAN ST 57

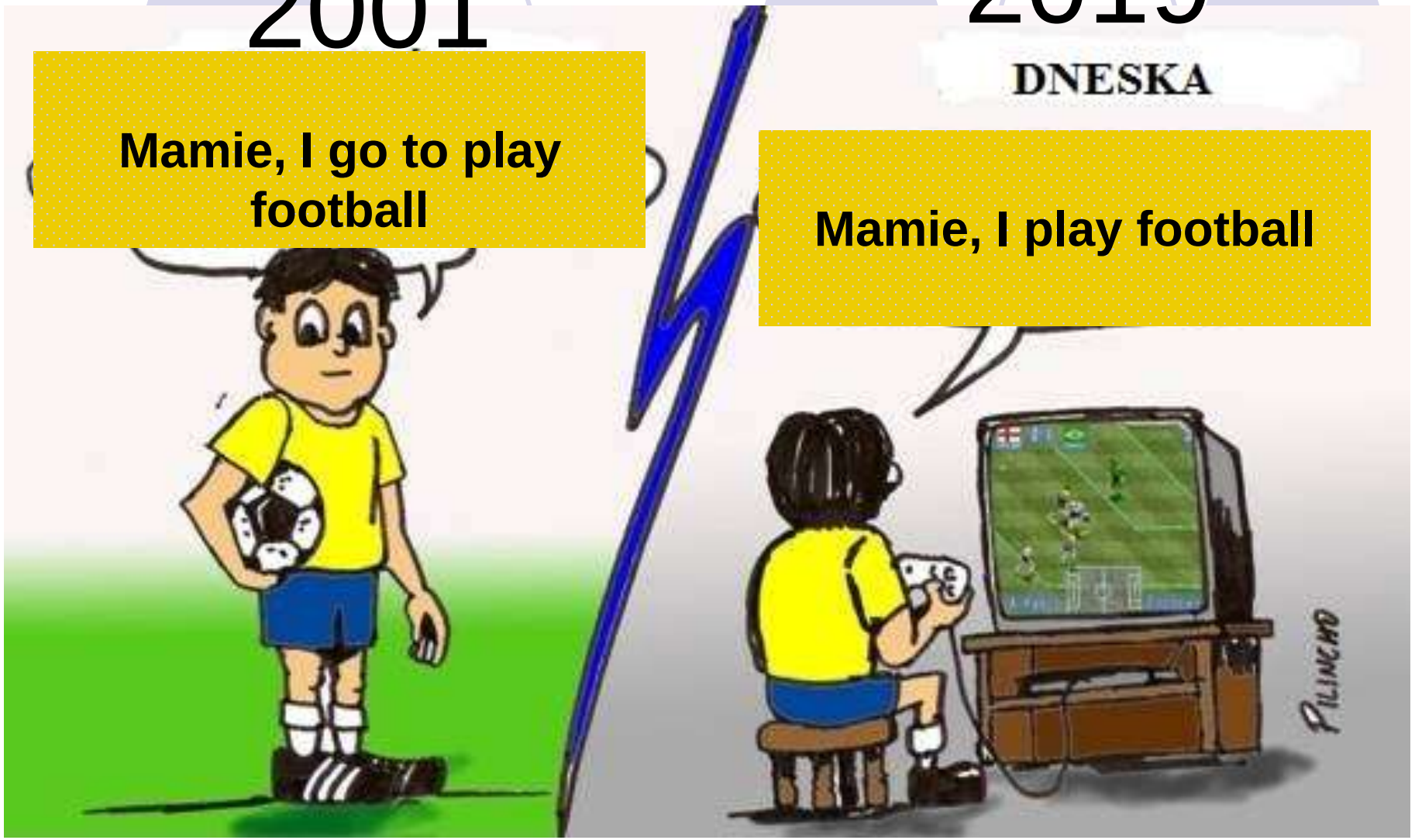
China November 17th 2019.

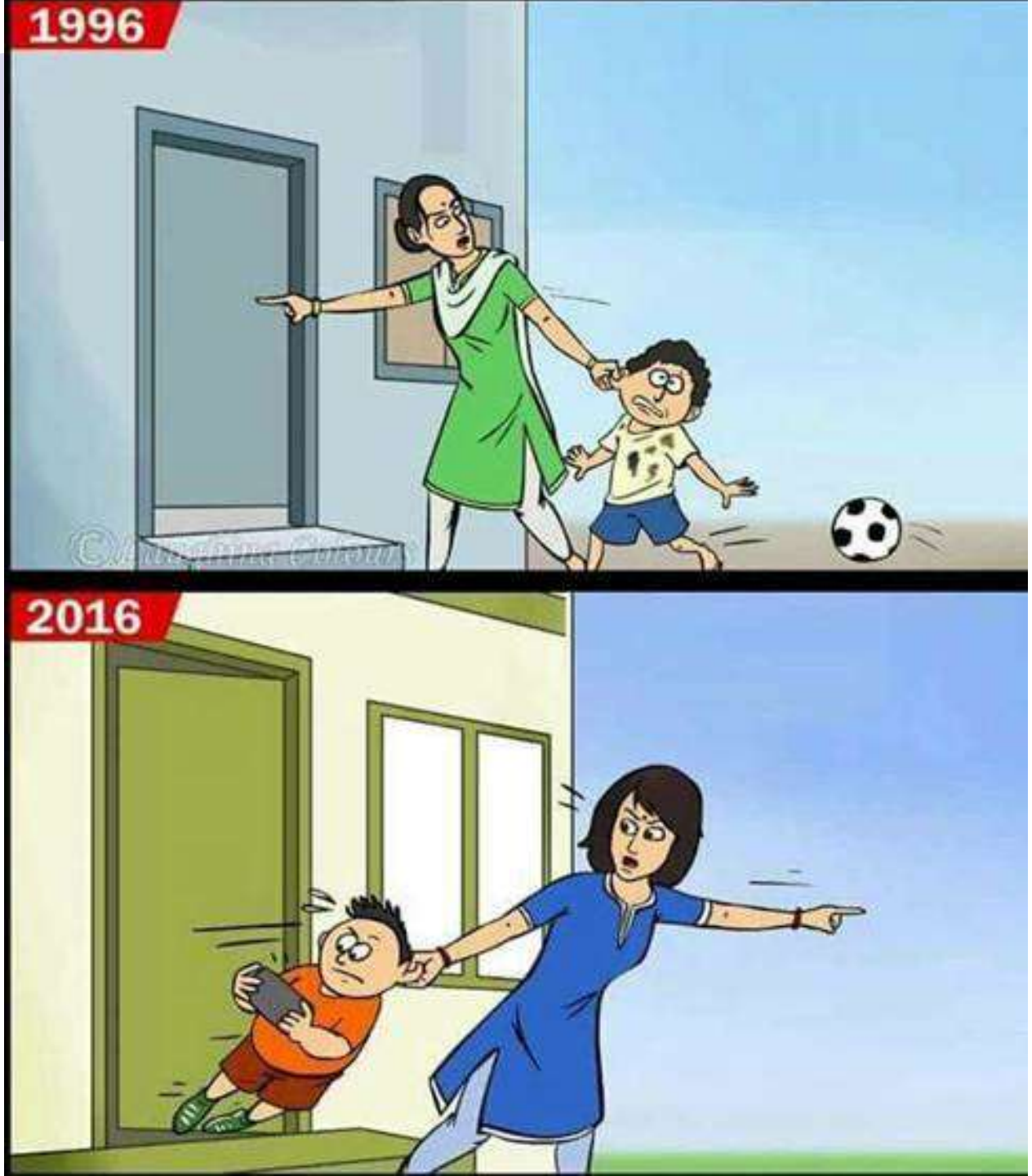
U
S
A

Family in Network

2001

2019


Mamie, I go to play football
DNESKA
Mamie, I play football
PILINCMD


1996
2016

GLOBAL LEVELS OF PHYSICAL INACTIVITY

Globally

28%

of adults

do not meet recommended levels of physical activity

Globally

81%

of adolescents

do not meet recommended levels of physical activity

Boys vs Girls NOT meeting WHO recommendations (2010)

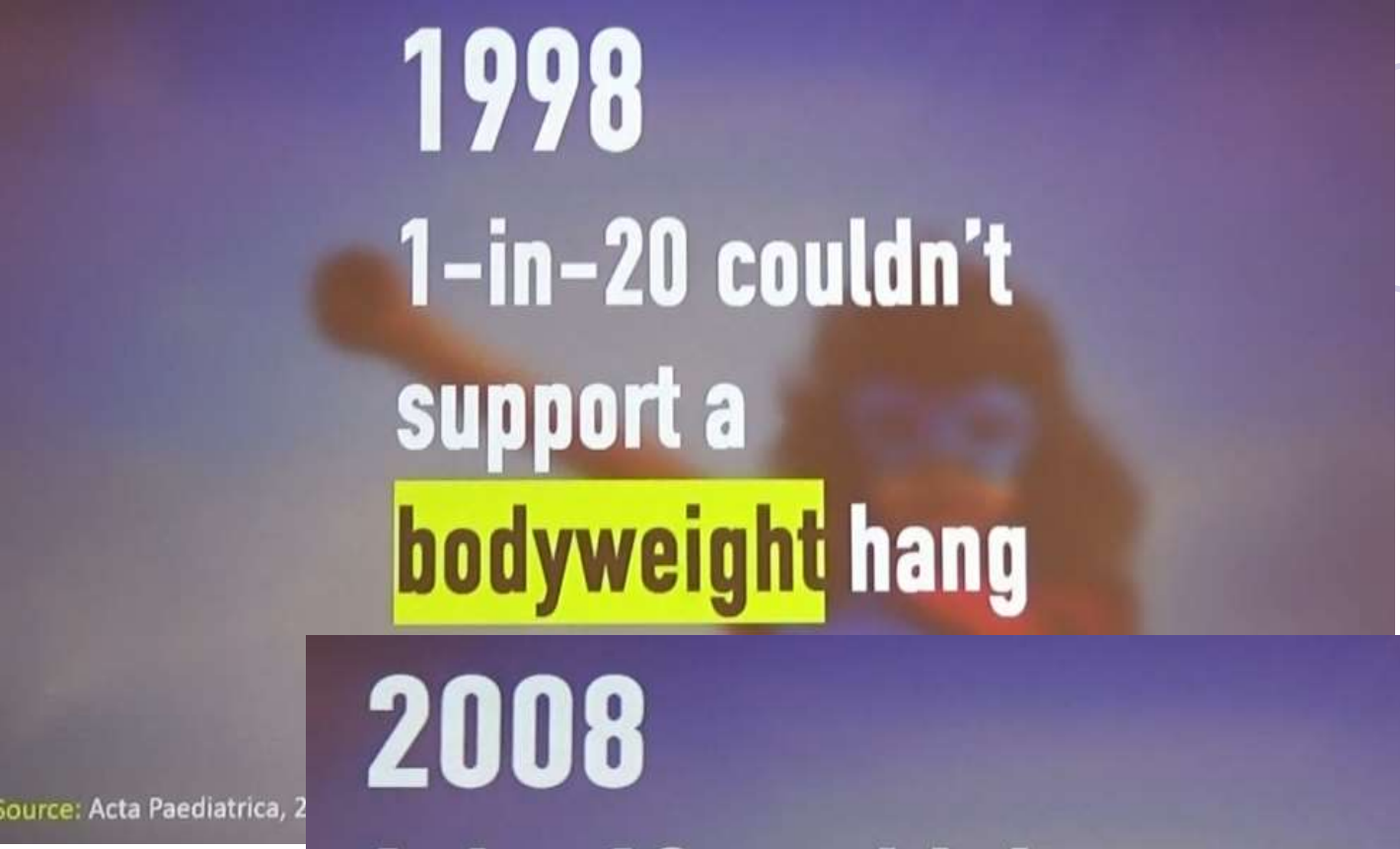
78%
BOYS

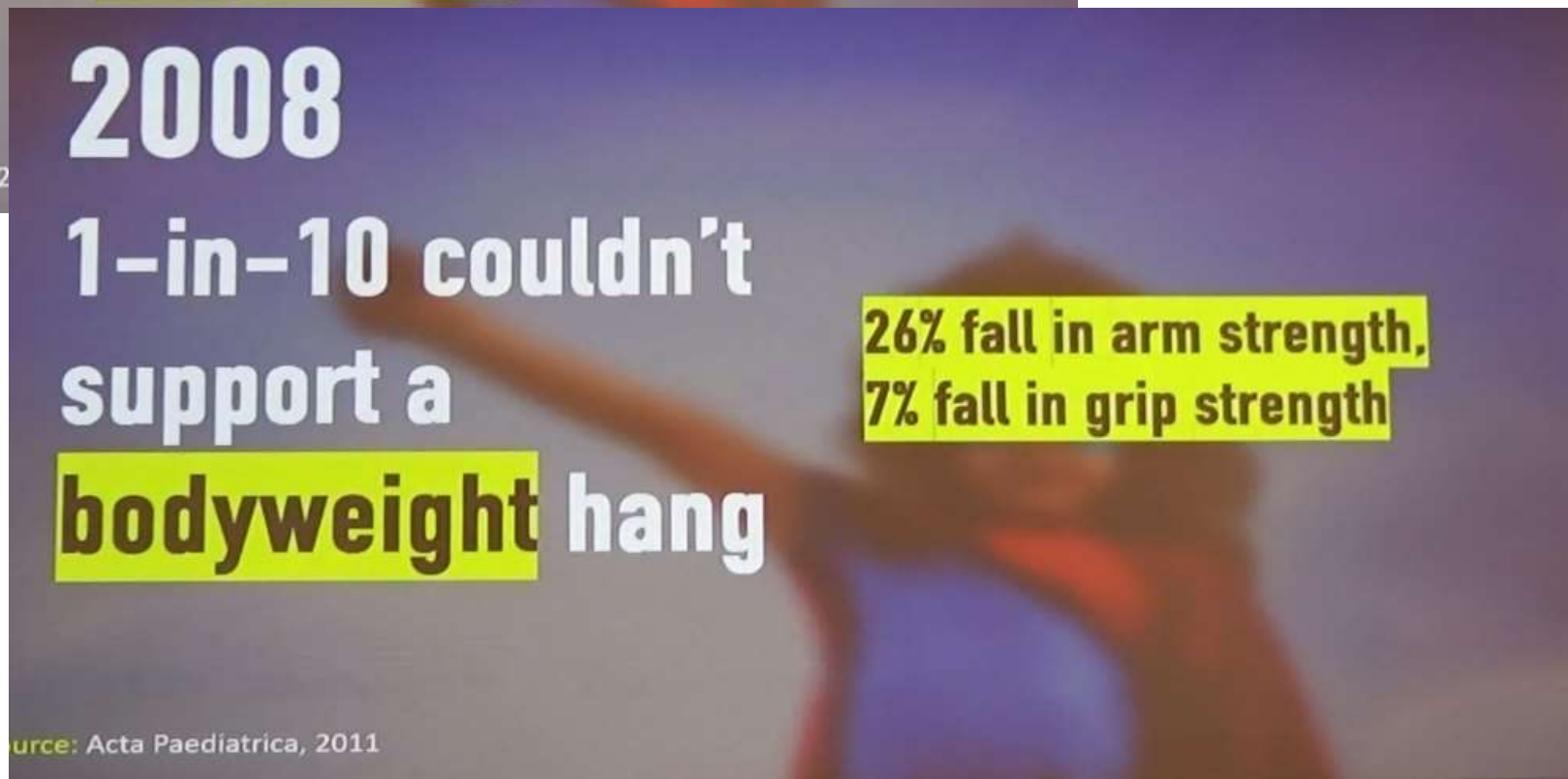
84%
GIRLS

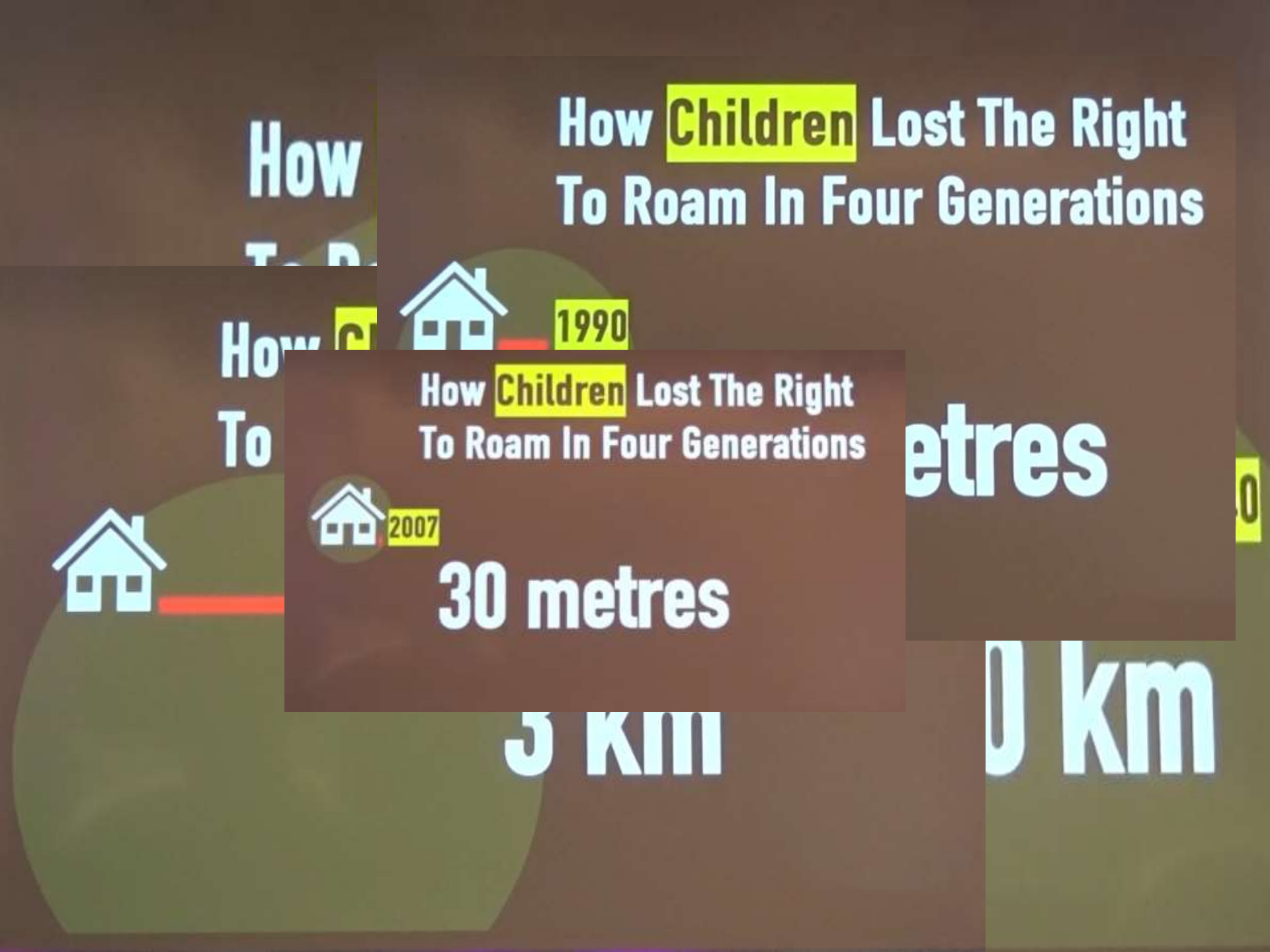
Source: WHO, Global Health Estimates Report, 2017

Outdoor Play 1990s to 2007 (UK)

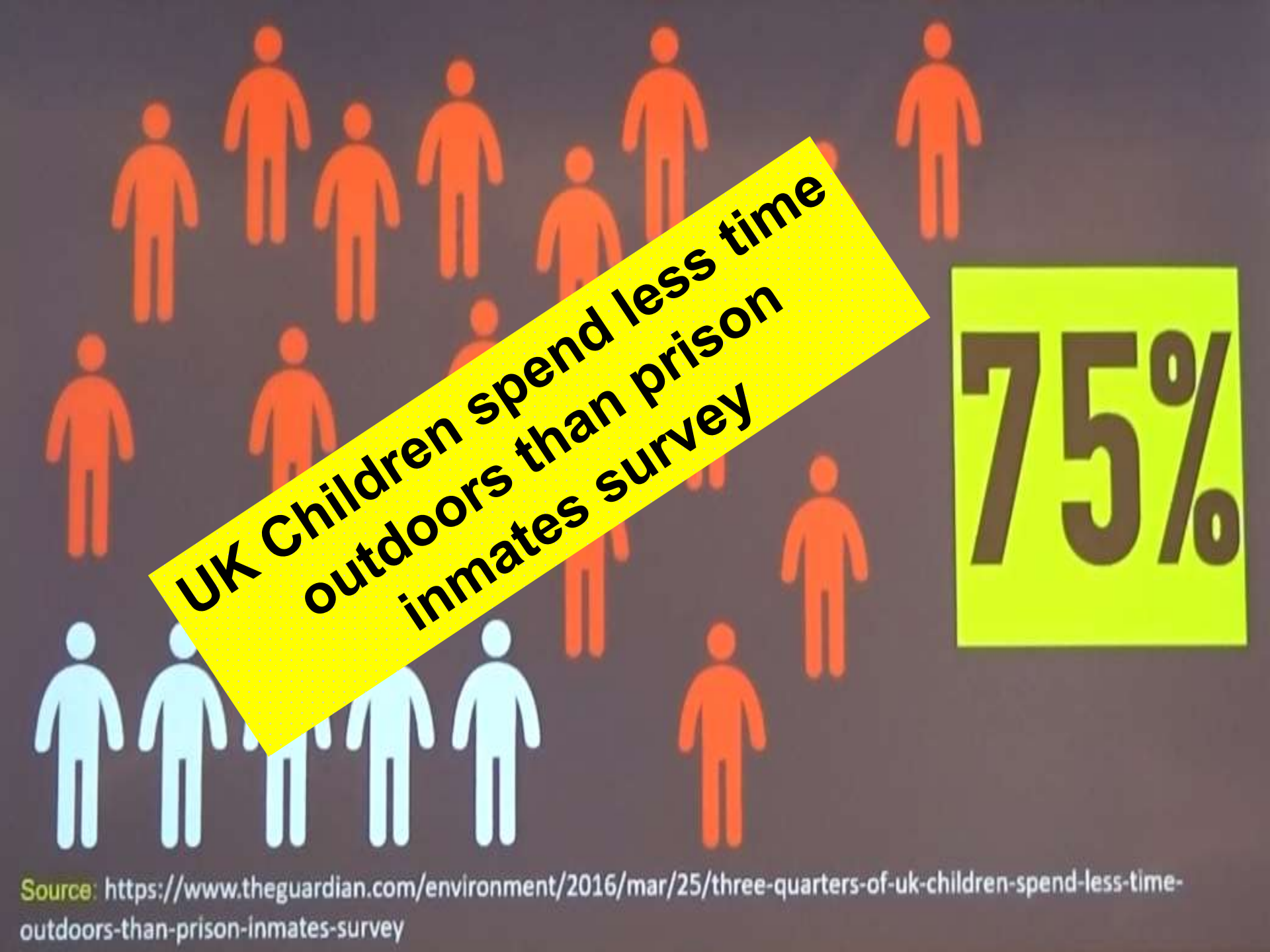
Source: Play England, "Playday 2007: Our streets too!", PlayDay.org.uk, www.playday.org.uk/resources/research/2007-research/


1998
1-in-20 couldn't
support a
bodyweight hang
Source: Acta Paediatrica, 2


2008
1-in-10 couldn't
support a
bodyweight hang
26% fall in arm strength,
7% fall in grip strength
urce: Acta Paediatrica, 2011

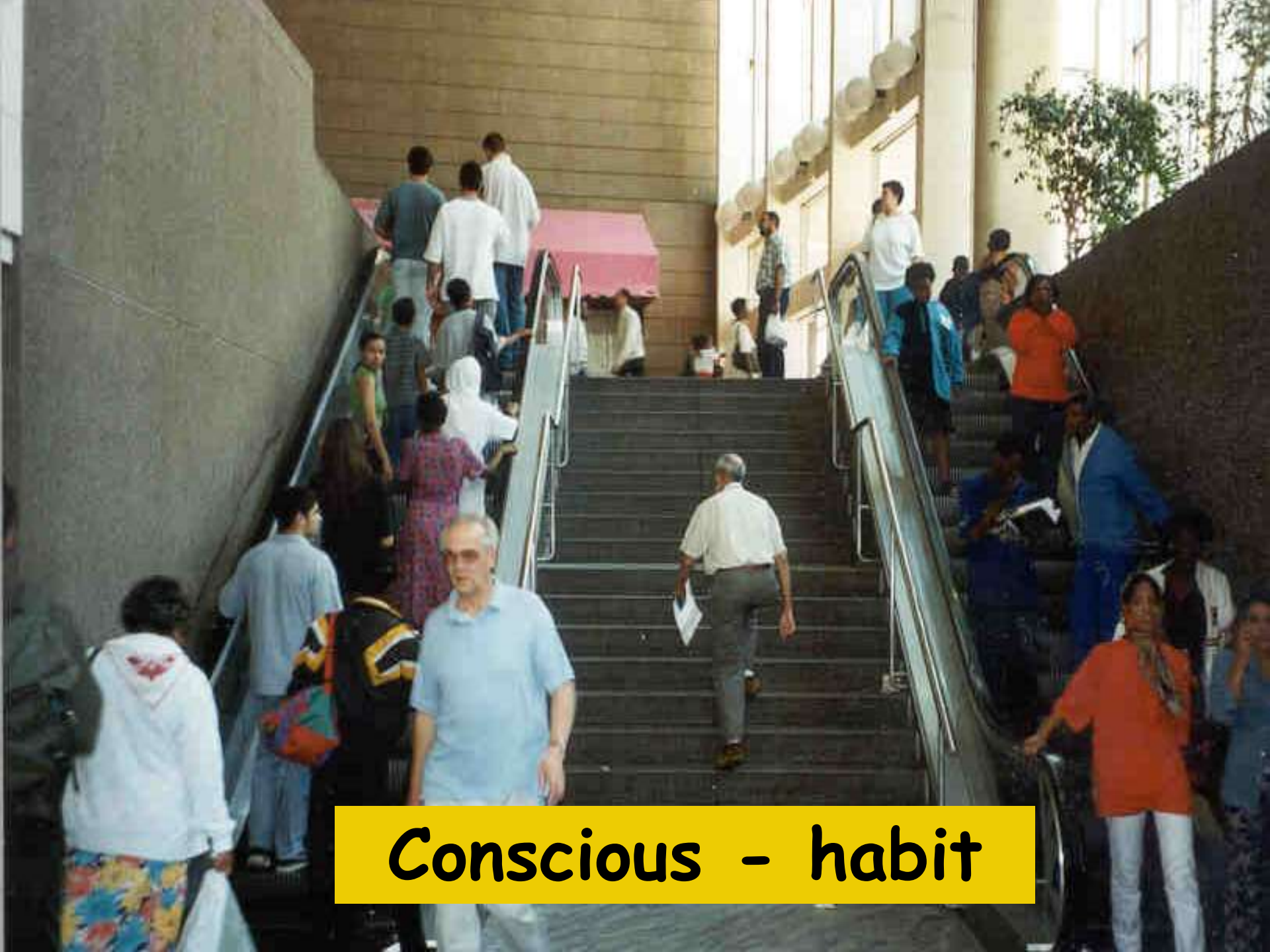

How Children Lost The Right
To Roam In Four Generations
1990
How Children Lost The Right
To Roam In Four Generations
2007
30 metres

1975
Runs 1.5 km
90 seconds
1975
Heart health
Children and young people suffer a loss of fitness of up to 80% over the inactive summer holidays.
Source: UK Active, Research Institute

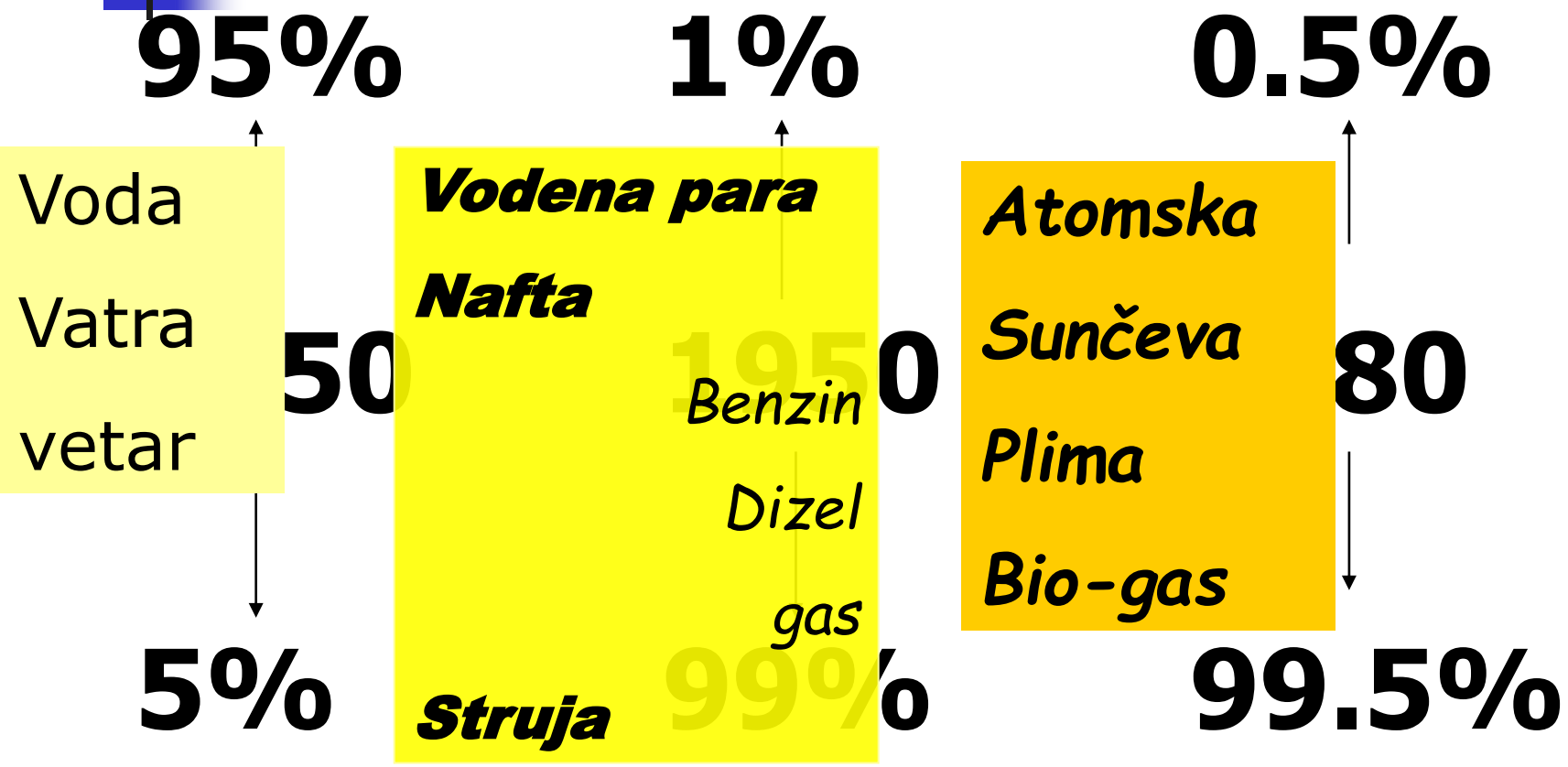

UK Children spend less time outdoors than prison inmates survey
75%
Source: https://www.theguardian.com/environment/2016/mar/25/three-quarters-of-uk-children-spend-less-time-outdoors-than-prison-inmates-survey

24 HOUR
FITNESS

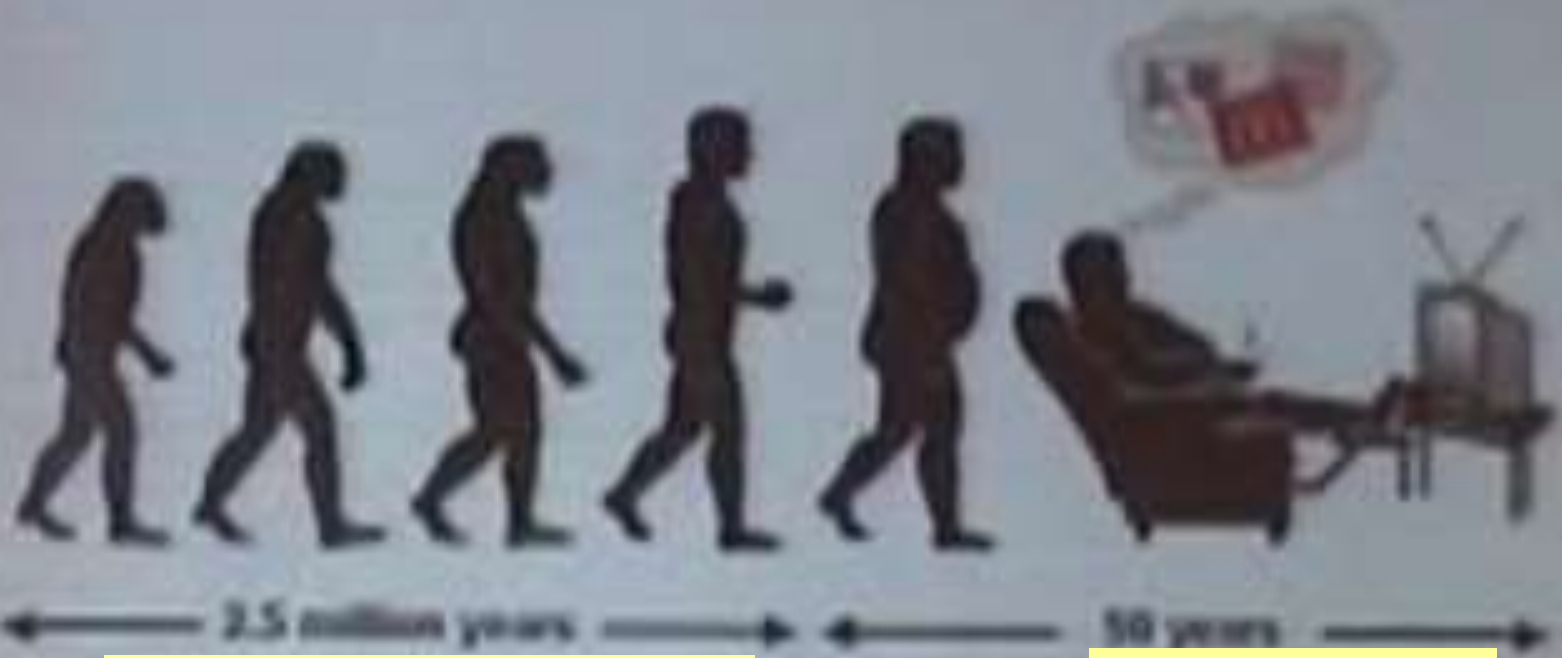
SPORT


Conscious - habit

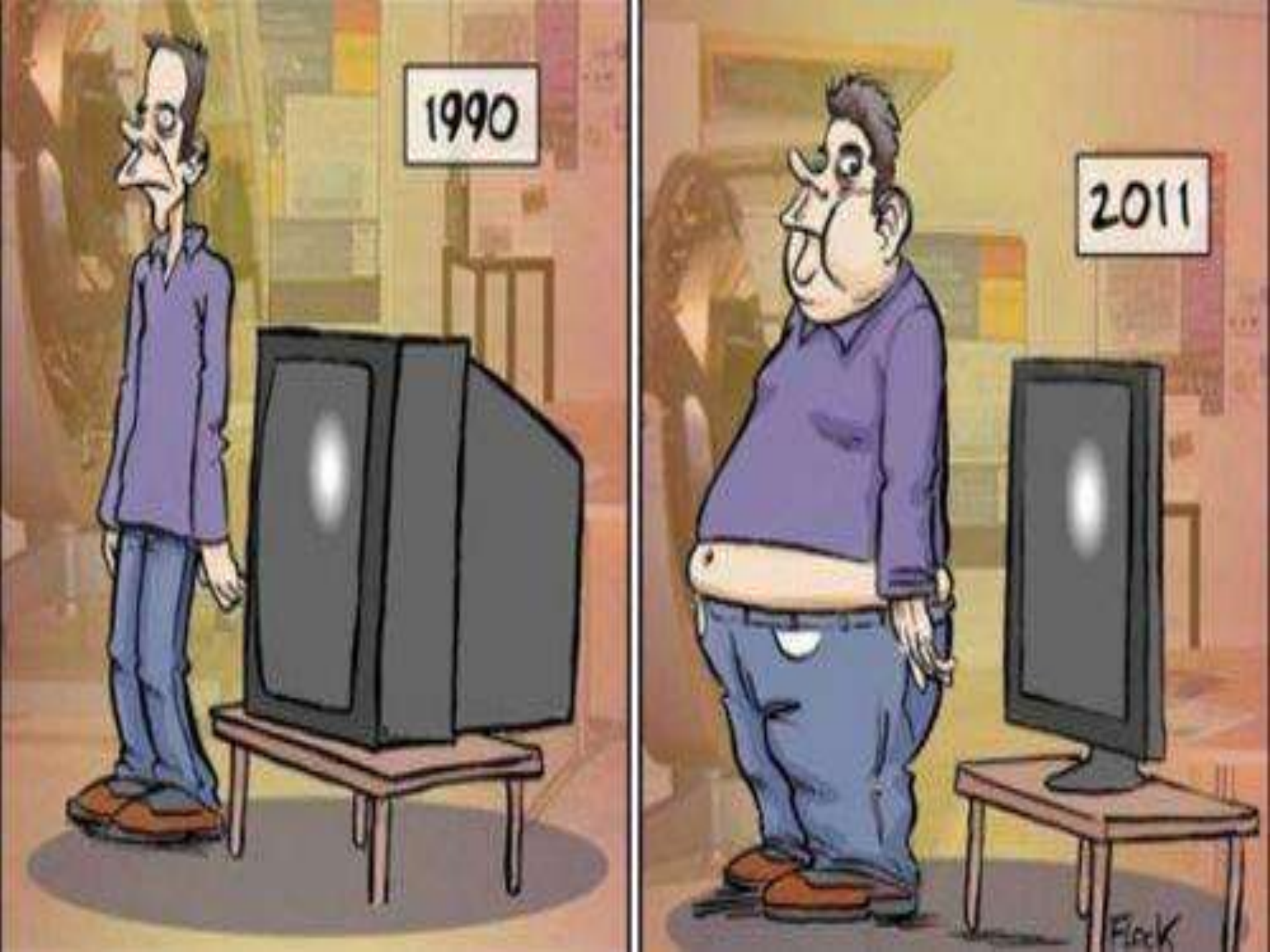
MIŠIĆNO ANGAŽOVANJE



Drugi izvori energije



Gene-Environment
Lifestyle Interaction


1990
2011
FLOCK

GLOBAL LEVELS OF PHYSICAL INACTIVITY IN ADULTS (2016):
BY SEX AND REGIONAL GROUPINGS

Source: Guthold et al., Lancet Global Health, 2016

Be active

THE WORLD HAS STOPPED MOVING

JIM WHITEHEAD
CEO and
Executive Vice President
American College
of Sports Medicine

LISA MACCALLUM
Vice President
Access to Sport
NIKE, Inc.

MARGARET TALBOT
President
International Council
of Sport Science and
Physical Education

THE WORLD HAS STOPPED MOVING

JUST A FEW GENERATIONS AGO, PHYSICAL ACTIVITY WAS AN INTEGRAL PART OF DAILY LIFE. IN THE NAME OF PROGRESS, WE'VE NOW CHIPPED AWAY AT IT SO THOROUGHLY THAT PHYSICAL INACTIVITY ACTUALLY SEEMS NORMAL. THE ECONOMIC COSTS ARE UNACCEPTABLE, THE HUMAN COSTS ARE UNFORGIVEABLE.

Ovo je prva generacija dece za koju se očekuje da će živeti kraće od svojih roditelja

UK

1961

IN FEWER THAN TWO GENERATIONS

-20%

2005

-35%

2030 PROJECTION

BRAZIL

2002

-6%

2007

IN 1/6 OF A GENERATION

-34%

2030 PROJECTION

GREATER CHINA

* Data represents Mainland China only

1991

IN 1/2 GENERATION

-45%

2009

-51%

2030 PROJECTION

RUSSIA

1995

IN 1/2 GENERATION

-18%

2011

-32%

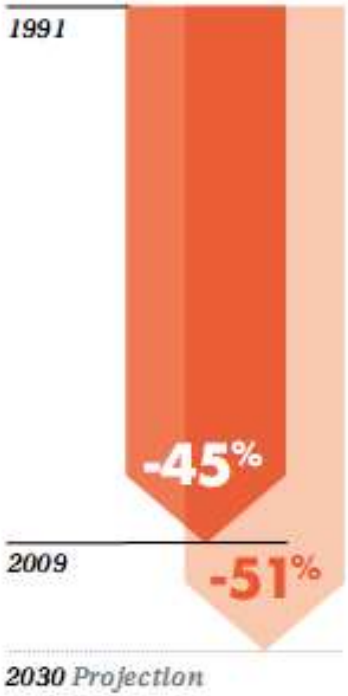
2030 PROJECTION

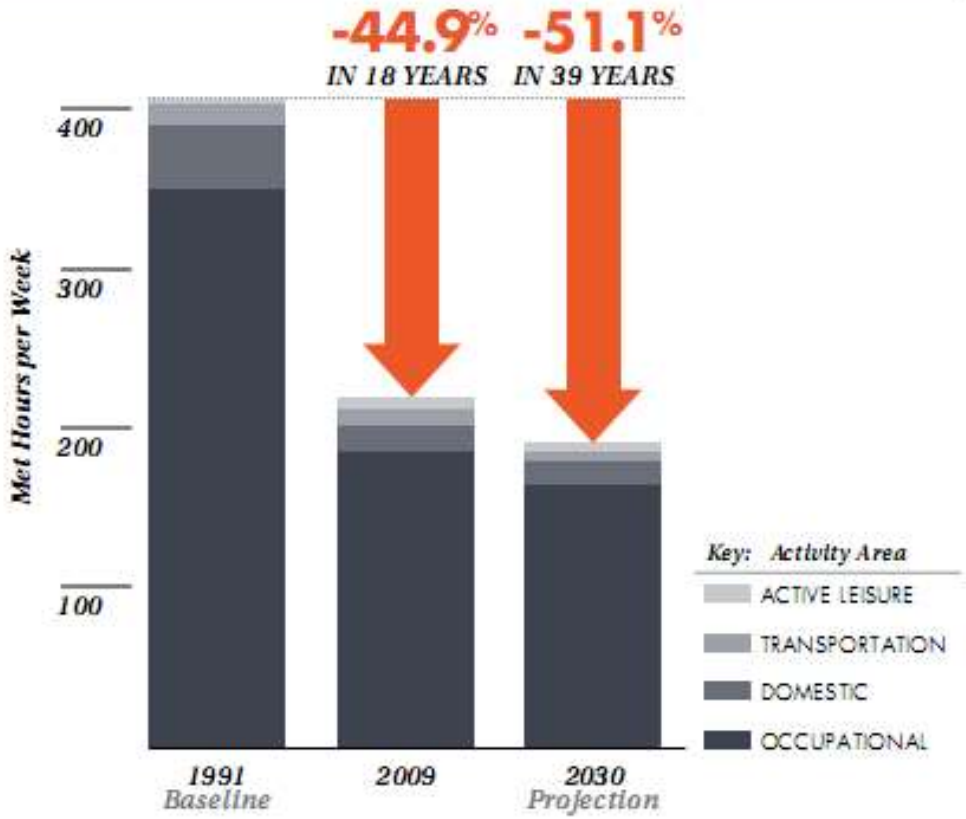
Total Decline in Physical Activity

Decline in Physical Activity by Activity Area

GREATER CHINA*

*Data represents Mainland China only





Total Decline in Physical Activity

Decline in Physical Activity by Activity Area

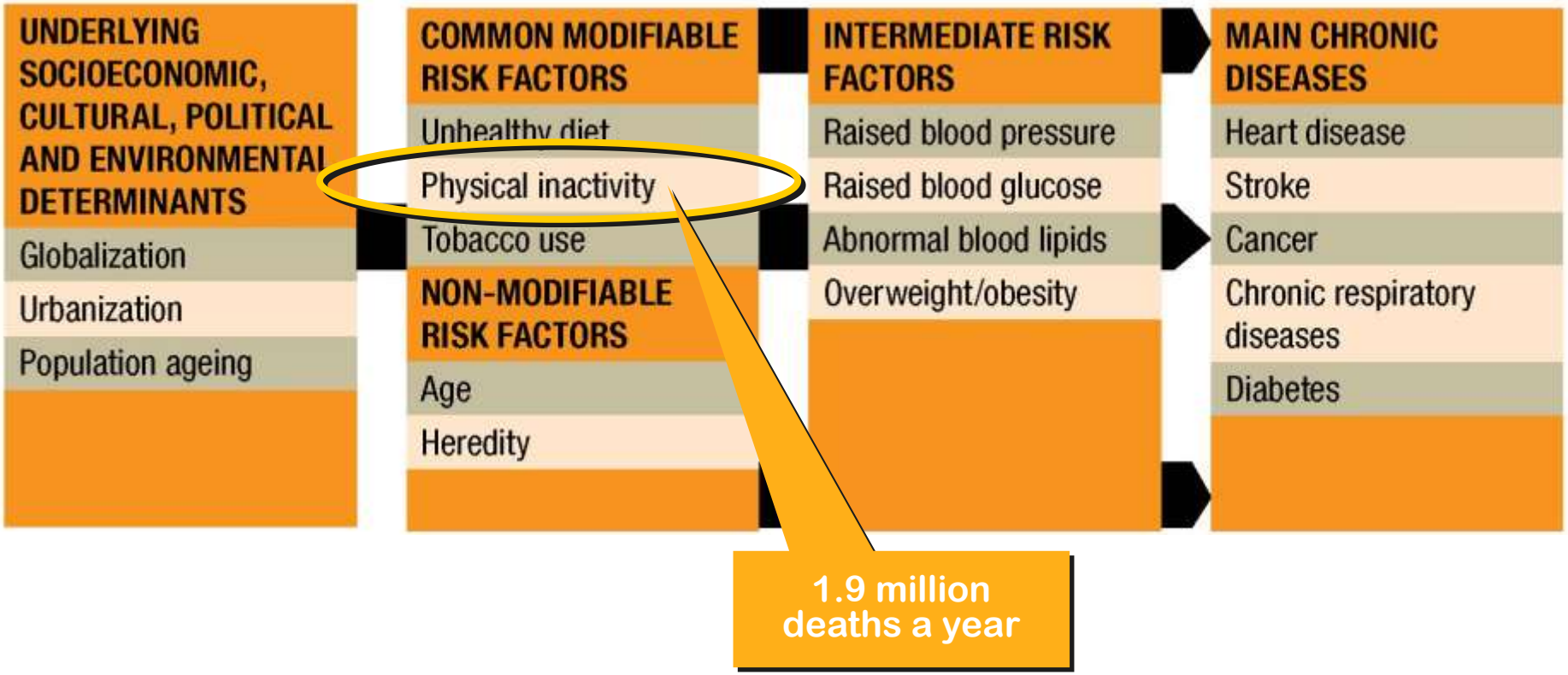
NEKRETANJE

samostalni riziko-faktor

World Health Organization

- 2,5 opšta smrtnost
- 3,5 kardiovaskularna
- 3 pojedini karcinomi

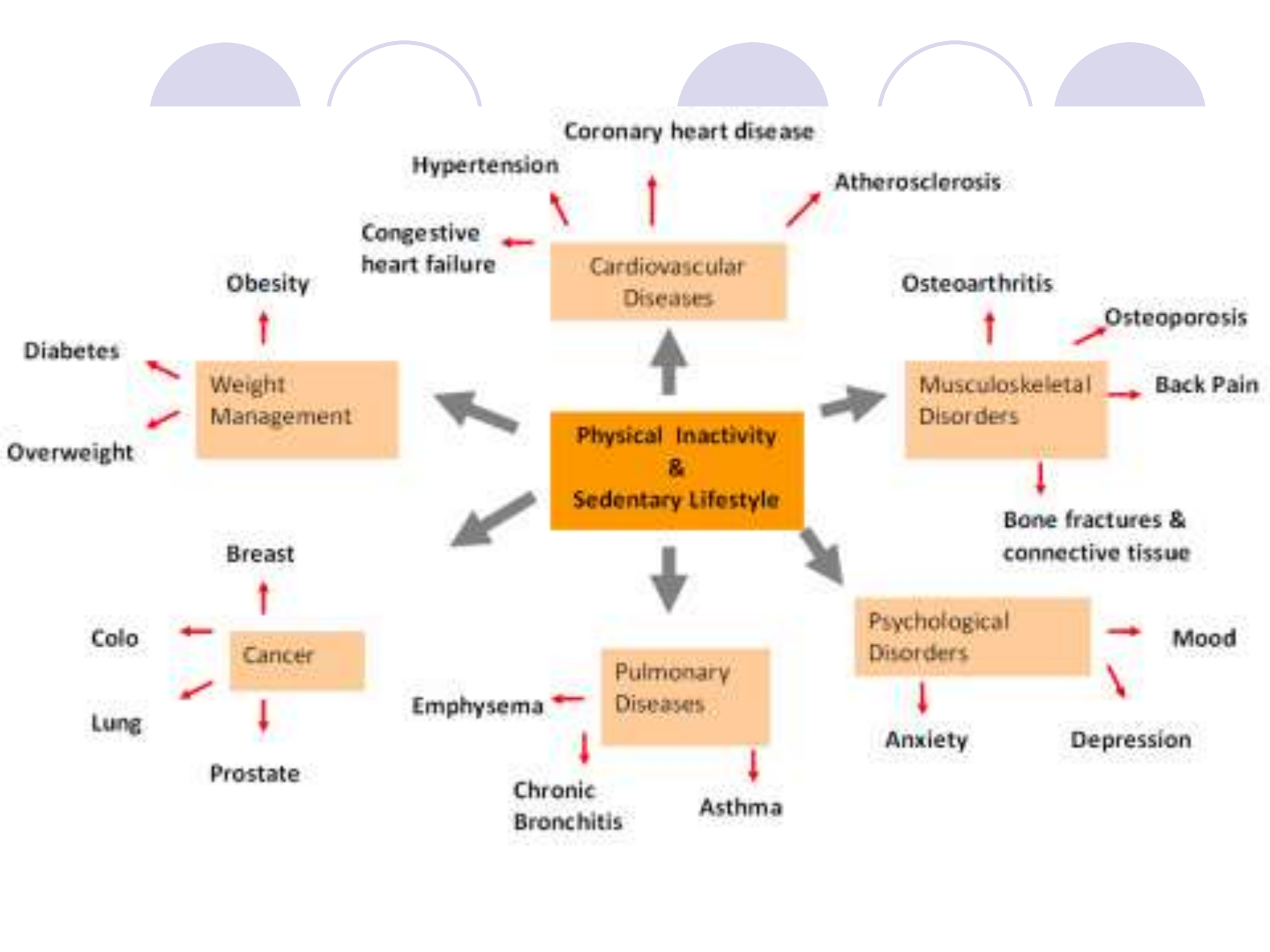
Causes of chronic NCDs



Vodeći faktori rizika za nastanak hroničnih nezaraznih bolesti

- pušenje 33.6%
- hipertenzija 46.5%,
- Konzumiranje alkohola 40.3%,
- gojaznost 18.3% and
- **Fizička neaktivnost 67.7%**

Instituta za javno zdravlje Srbije „Dr Milan Jovanović-Batut“ o prevalenciji faktora rizika kod stanovništva Republike Srbije za 2006.


Coronary heart disease
Hypertension
Atherosclerosis
Congestive heart failure
Cardiovascular Diseases
Obesity
Diabetes
Weight Management
Overweight
Osteoarthritis
Osteoporosis
Musculoskeletal Disorders
Back Pain
Bone fractures & connective tissue
Physical Inactivity & Sedentary Lifestyle
Breast
Colo
Cancer
Lung
Prostate
Psychological Disorders
Mood
Anxiety
Depression
Emphysema
Pulmonary Diseases
Chronic Bronchitis
Asthma

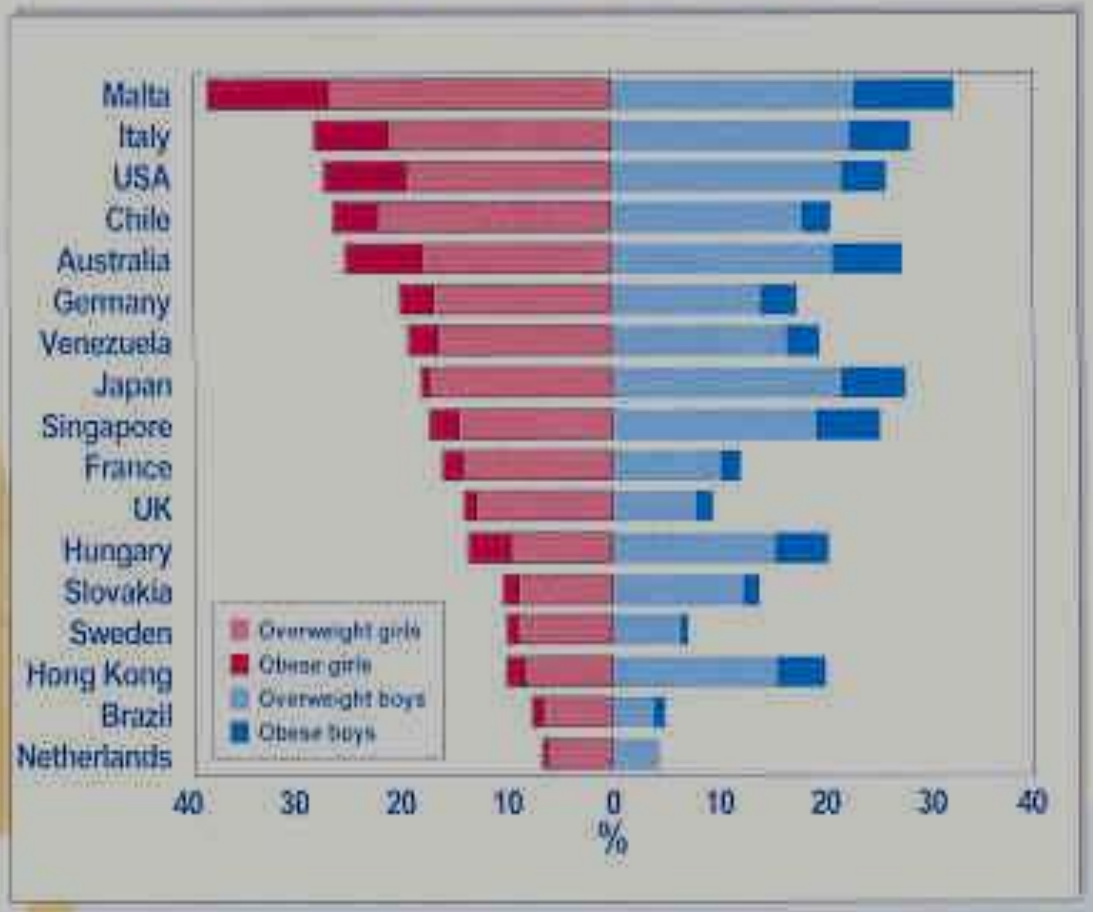
Obesity Trends

(population > 15 years with BMI > 30, in %)
(source: OECD 2001)

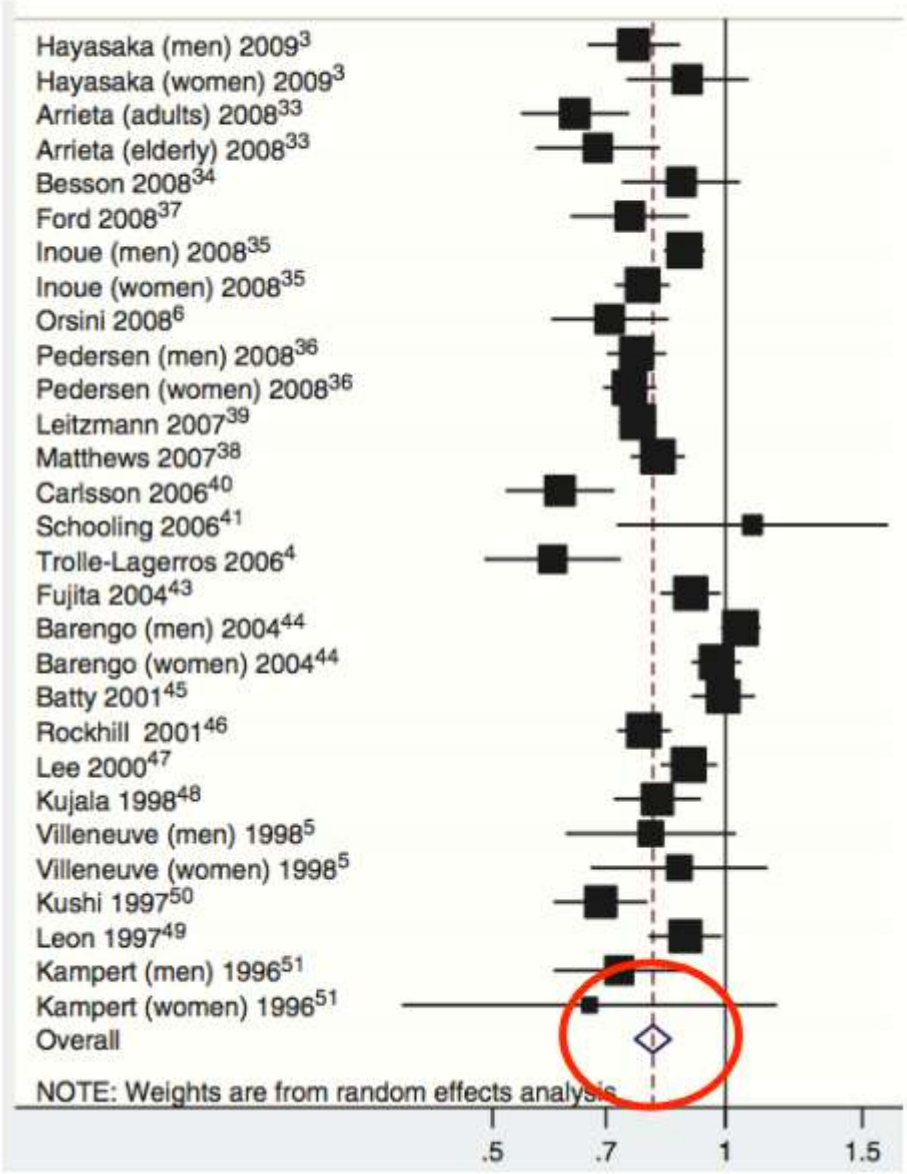
Mediji podstiču ljude da posmatraju sport a ne da se učestvuju aktivno

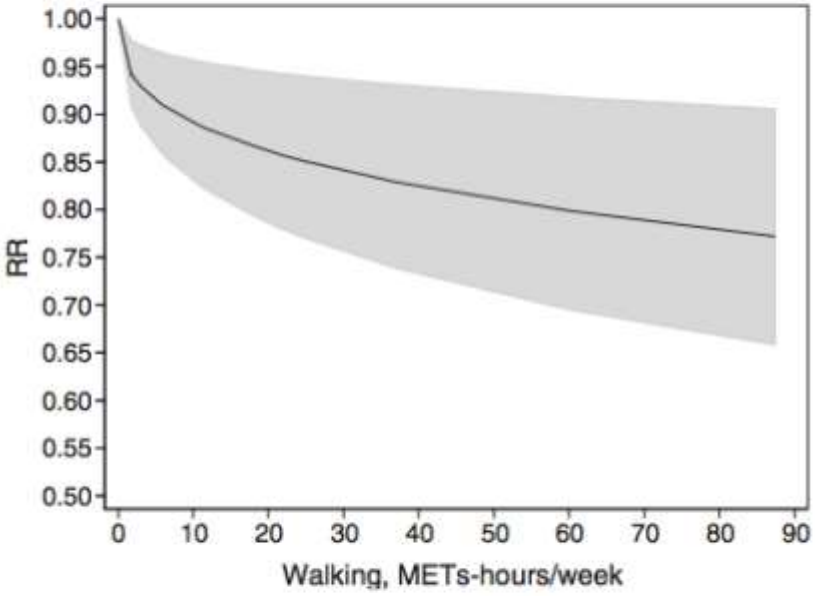
Prevalence of obesity and excess weight in boys and girls aged 10 years

The table shows the alarming situation of obesity in children. This pathology has assumed all the hallmarks of an epidemic, and is afflicting the countries with the highest income



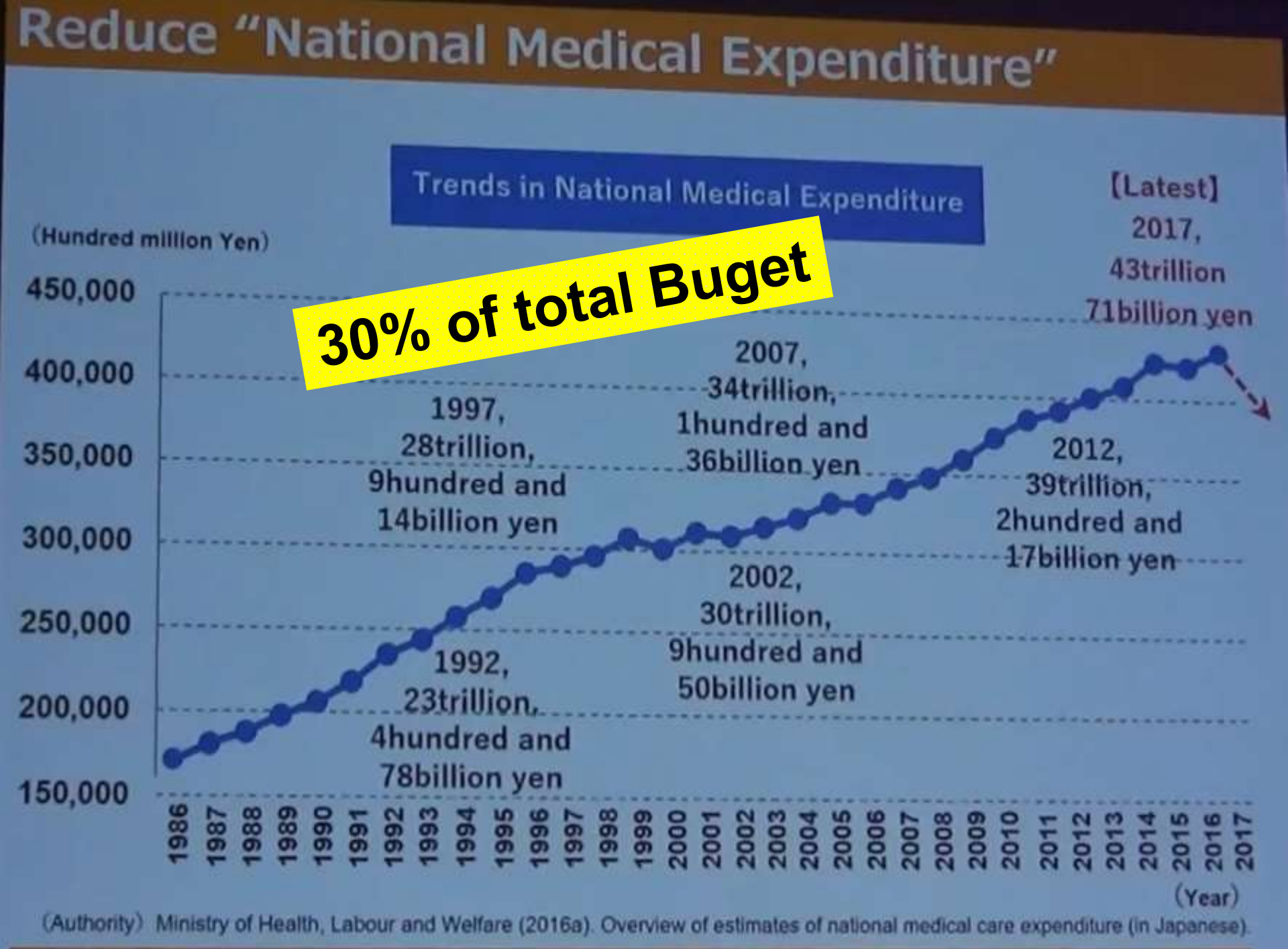
Physical activity reduces all-cause mortality





From 5 studies, ~23K deaths,
~1.6M people

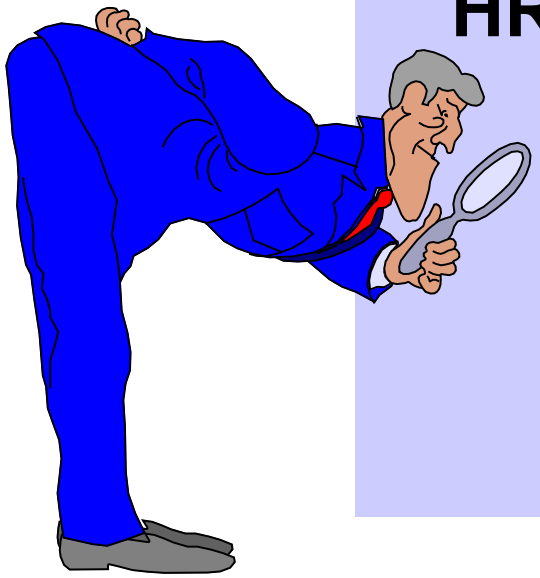
Reduce "National Medical Expenditure"



(Authority) Ministry of Health, Labour and Welfare (2016a). Overview of estimates of national medical care expenditure (in Japanese).

Posebno ugrožene kategorije građana

- deca
- adolescenti
- STRES
- III doba
- **HRONIČNE NEZARAZNE BOLESTI**
  - hipertenzija
  - gojaznost
  - šećer
  - osteoporoza



COVID - 19

Život sa COVID-19 I budućim sličnim situacijama

KORAKA DNEVNO

10.000

DO 14.000

KAKO I KOLIKO VEŽBATI

3 - 5 puta nedeljno

20 - 60 minuta dnevno

60-90% od max HR

50-85% od VO2max

WHO 1995.

WHO - 2006

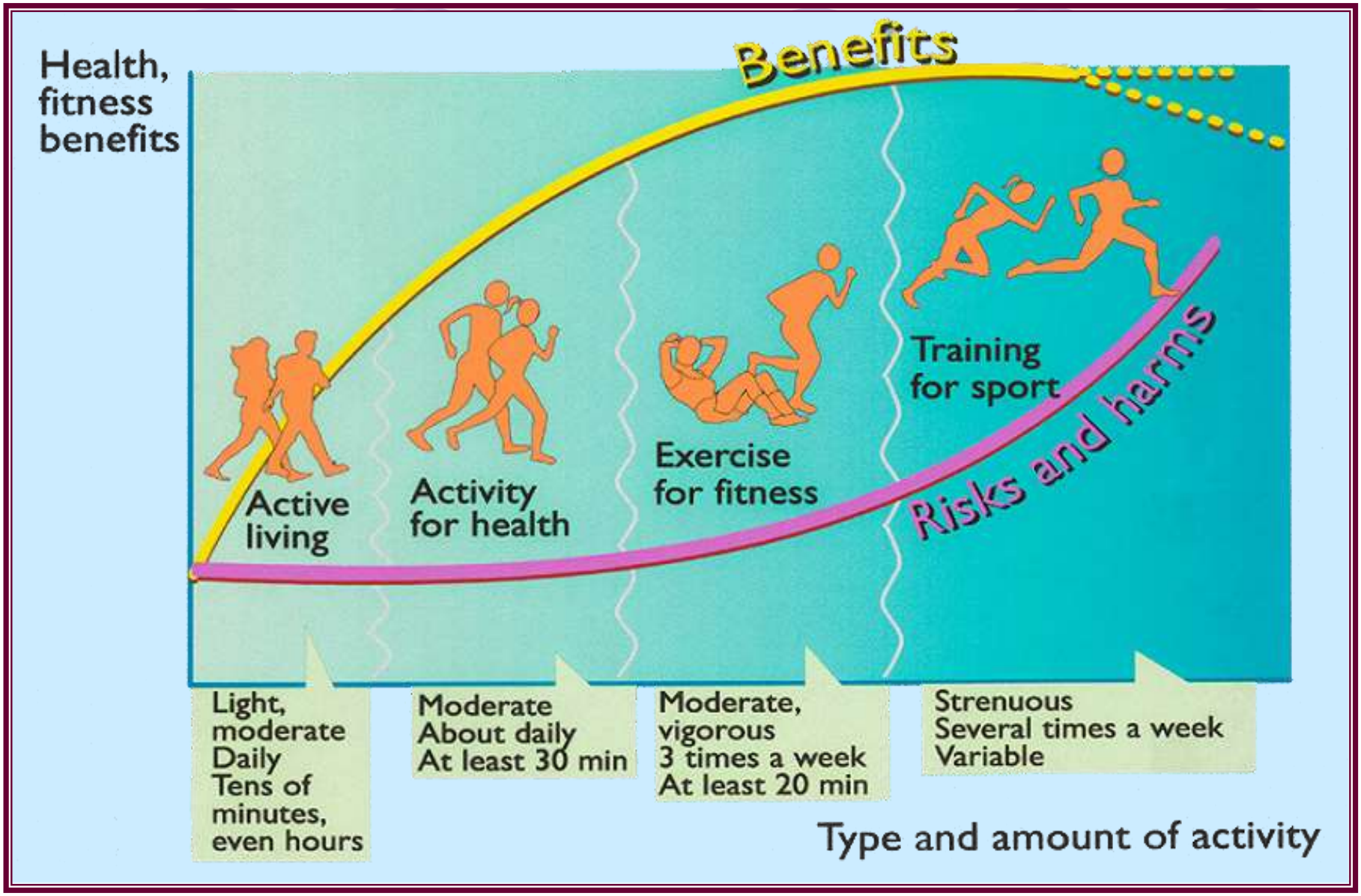
RECOMMENDATION FROM THE SURGEON GENERAL:

30 minutes of moderate intensity physical activity on most, or preferably all, days of the week.

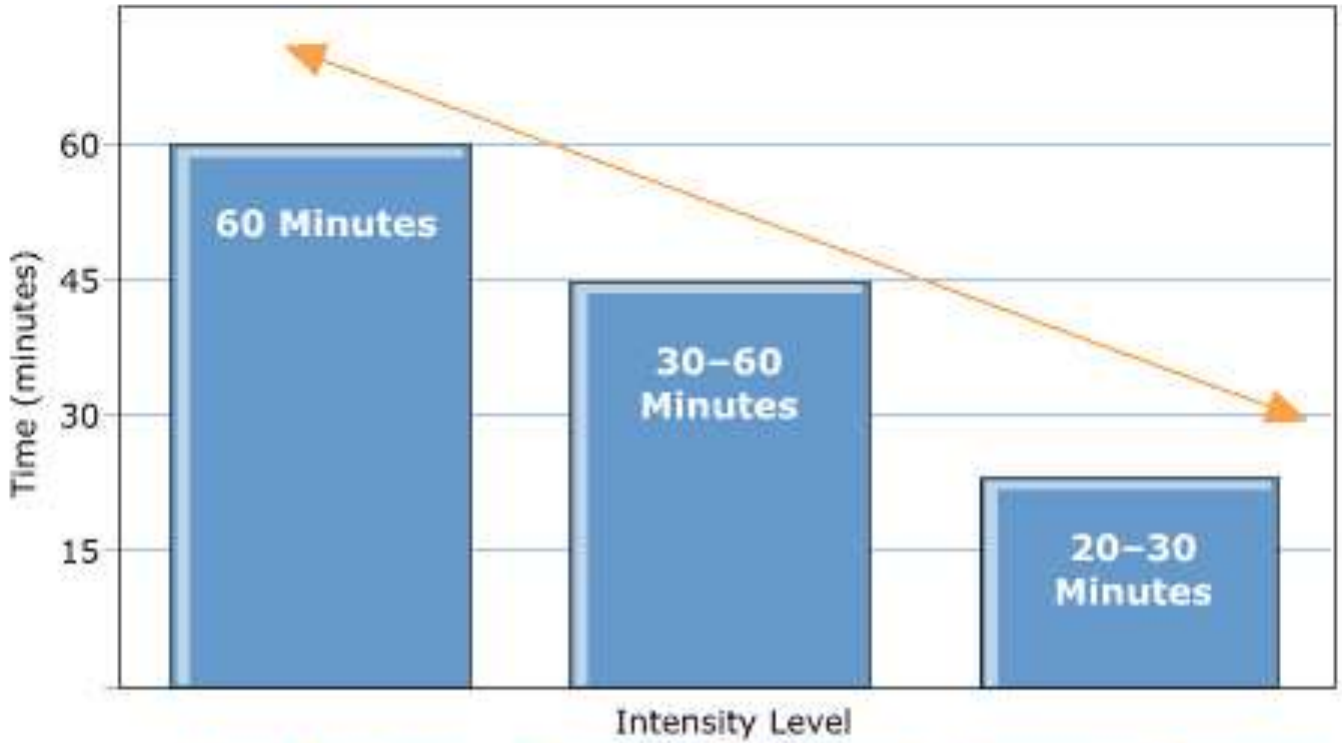
Washing and waxing a car	45-60minutes
Washing windows or floors	45-60minutes
Gardening	30-45minutes
Wheeling self in wheelchair	30-40minutes
Walking 1 3/4 miles	35minutes
Raking leaves	30minutes
Bicycling 5 miles	30minutes
Dancing fast	30minutes
Water aerobics	30minutes
Pushing a stroller 1 1/2 miles	30minutes
Swimming laps	20minutes
Playing basketball	15-20minutes
Shoveling snow	15minutes
Jumping rope	15minutes
Running 1 1/2 miles	15minutes
Stair walking	15minutes

150 kcal per day

1050 kcal per week



Prof. I. Vuori, UKK Institute, Tampere University, Finland



Low Intensity
(Less than 3.0 METs)
(Less thank 3.5 kcal/min)

- Walking slowly
- Bicycling, very light effort
- Swimming, slow treading
- Gardening or pruning
- Dusting or vacuuming
- Conditioning exercise, light stretching or warm up

Moderate Intensity
(3.0 to 6.0 METs)
(3.5 to 7 kcal/min)

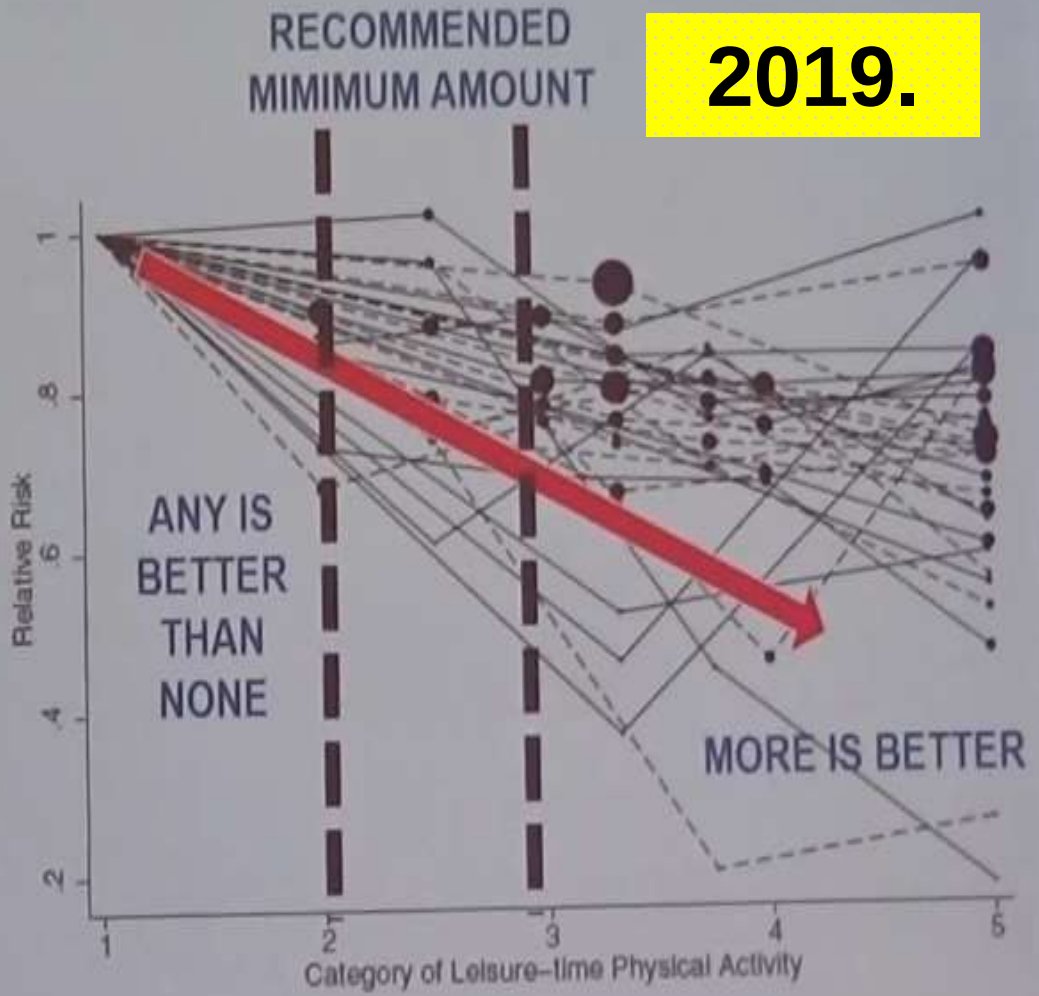
- Walking briskly
- Bicycling 5 to 9 mph, level terrain, or with a few hills
- Swimming, recreational
- Mowing lawn, power motor
- Scrubbing floors or washing windows
- Weight lifting, free weights or machines

Vigorous Intensity
(Greater than 6.0 METs)
(More than 7 kcal/min)

- Racewalking, jogging or running
- Bicycling more than 10 mph, or on steep uphill terrain
- Swimming laps
- Mowing lawn, hand mower
- Moving or pushing furniture
- Circuit training

Modified from the Centers for Disease Control:
http://www.cdc.gov/nccdphp/dnpa/physical/measuring/examples.htm

HEALTH BENEFITS OF PHYSICAL ACTIVITY



Lee et al. The Lancet, 2012

GLOBAL RECOMMENDATIONS ON PHYSICAL ACTIVITY (2010)

HOW MUCH PHYSICAL ACTIVITY IS NEEDED FOR GOOD HEALTH?

WHO RECOMMENDATIONS FOR UNDER 5 YEARS: 2019

NEW

GUIDELINES ON PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP FOR CHILDREN UNDER 5 YEARS OF AGE

or better health, infants under 1 year should have each day:

PHYSICAL ACTIVITY
at least 30 minutes

SEDENTARY SCREEN TIME
0 minute

GOOD QUALITY SLEEP
14–17 hours
12–16 hours

or better health, hildren 1–2 years

PHYSICAL ACTIVITY
at least 180 minutes

SEDENTARY SCREEN TIME
0 minute
No more than 60 minutes

GOOD QUALITY SLEEP
11–14 hours

ldren 3–4 years

PHYSICAL ACTIVITY
at least 180 minutes
of which at least 60 minutes moderate to vigorous

SEDENTARY SCREEN TIME
No more than 60 minutes

GOOD QUALITY SLEEP
10–13 hours

Let's Be active

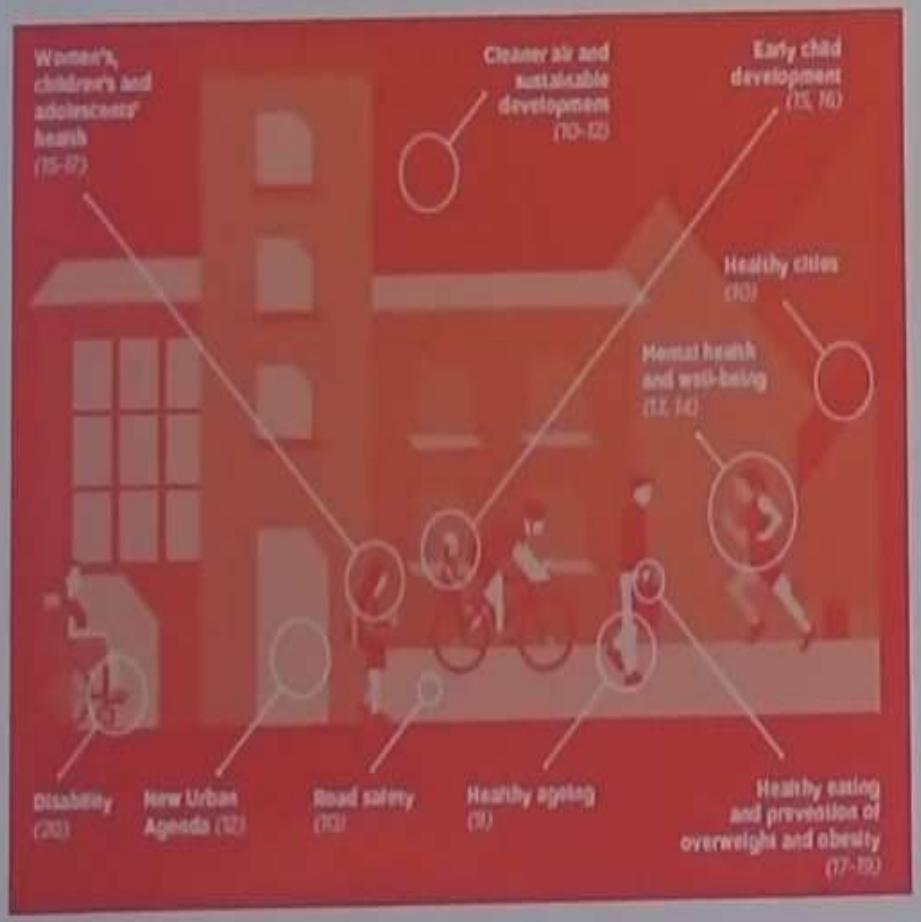
MULTIPLE BENEFITS LINKED TO SUSTAINABLE DEVELOPMENT AGENDA

Target 3.4:

By 2030, reduce by one-third pre-mature mortality from non-communicable diseases (NCDs) through prevention and treatment, and promote mental health and wellbeing

Be active

THERE ARE MULTIPLE BENEFITS OF A MORE ACTIVE SOCIETY



- ✓ Learning outcomes
- ✓ Productivity
- ✓ Social connections
- ✓ Less traffic congestion
- ✓ Reduced air pollution
- ✓ Increased *local* economic activity
- ✓ Employment opportunities
- ✓ Tourism possibilities

AS WELL AS the multiple health benefits!

FOUR ACTION AREAS: 20 POLICY RECOMMENDATIONS

1 CREATE ACTIVE SOCIETIES

SOCIAL NORMS AND ATTITUDES

4

2 CREATE ACTIVE ENVIRONMENTS

SPACES AND PLACES

5

Total

20

Policy Actions

6

3 CREATE ACTIVE PEOPLE

PROGRAMMES AND OPPORTUNITIES

5

4 CREATE ACTIVE SYSTEMS

GOVERNANCE AND POLICY ENABLERS

GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY: Linking physical activity to health

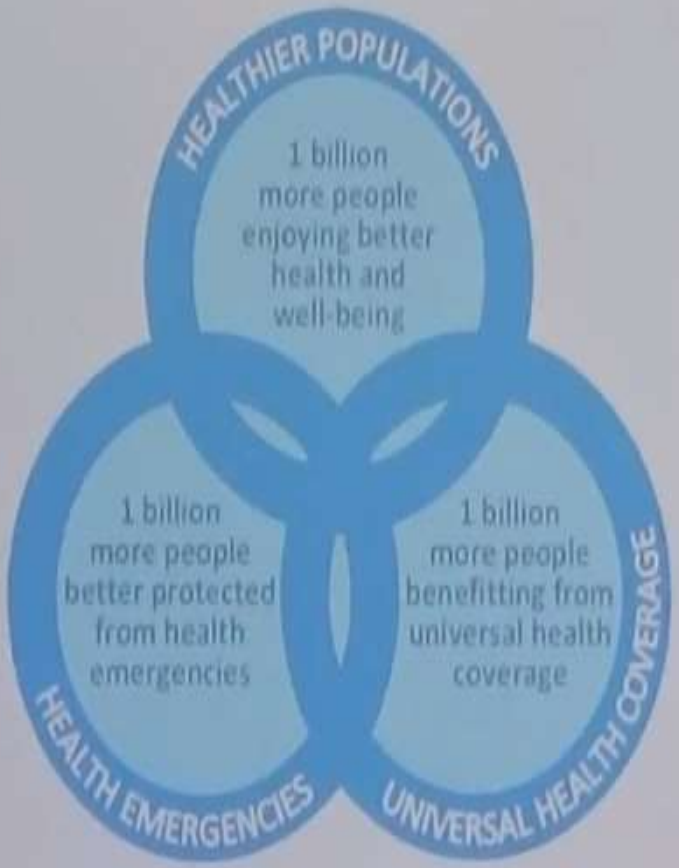
Dr Fiona Bull PhD, MSc, Bed, MBE
Program Lead: Global Physical Activity
Prevention of noncommunicable disease
World Health Organization
Geneva

MOVE Congress 2019
Budapest, Hungary.

WHO MISSION

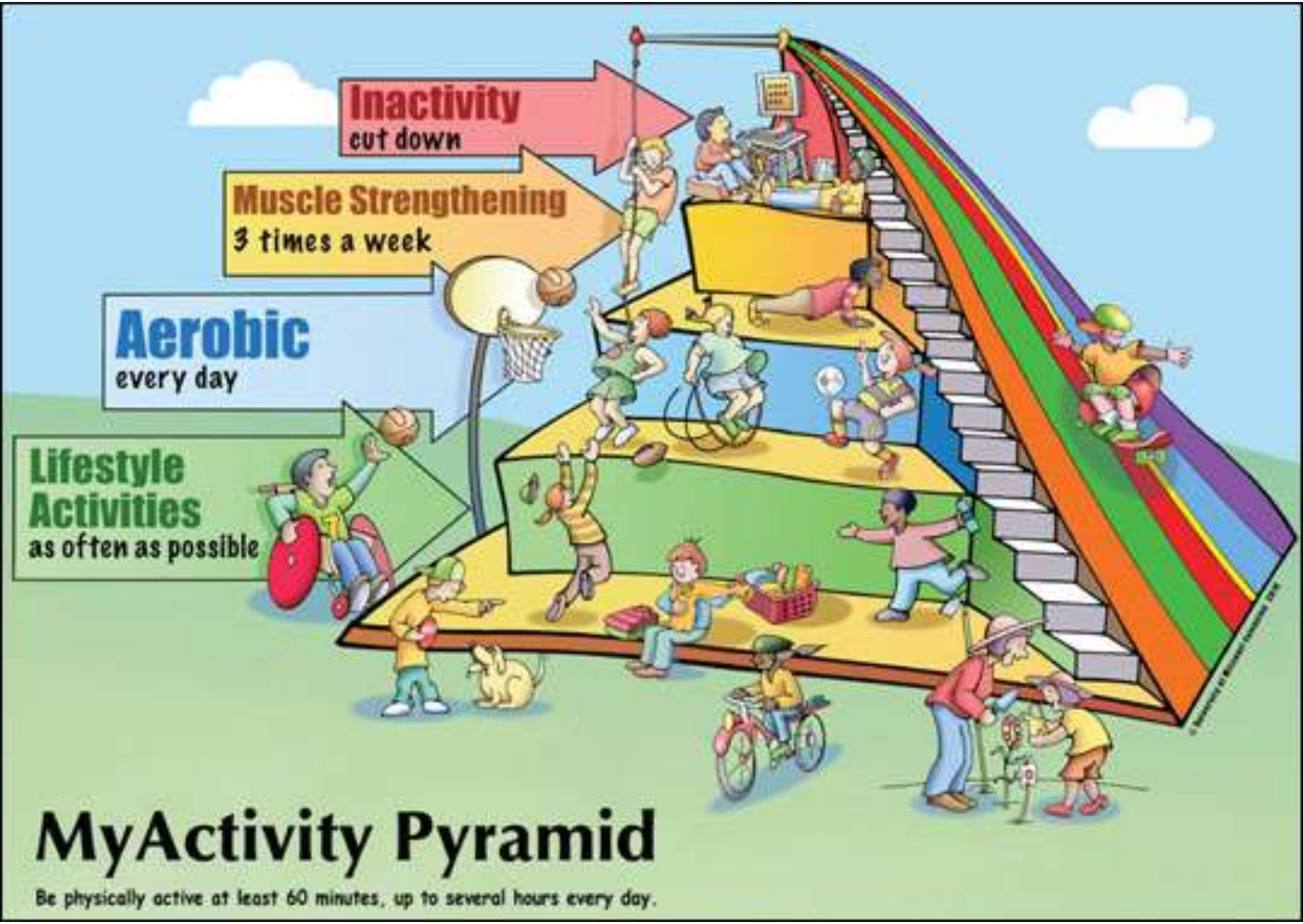
Promote Health – Keep the World Safe – Serve the Vulnerable

WHO HQ Geneva, Switzerland



Director General Dr Tedros

Triple Billion Goals


Inactivity
cut down
Muscle Strengthening
3 times a week
Aerobic
every day
Lifestyle Activities
as often as possible
MyActivity Pyramid
Be physically active at least 60 minutes, up to several hours every day.

CANADA'S

Physical Activity Guide

to Healthy Active Living

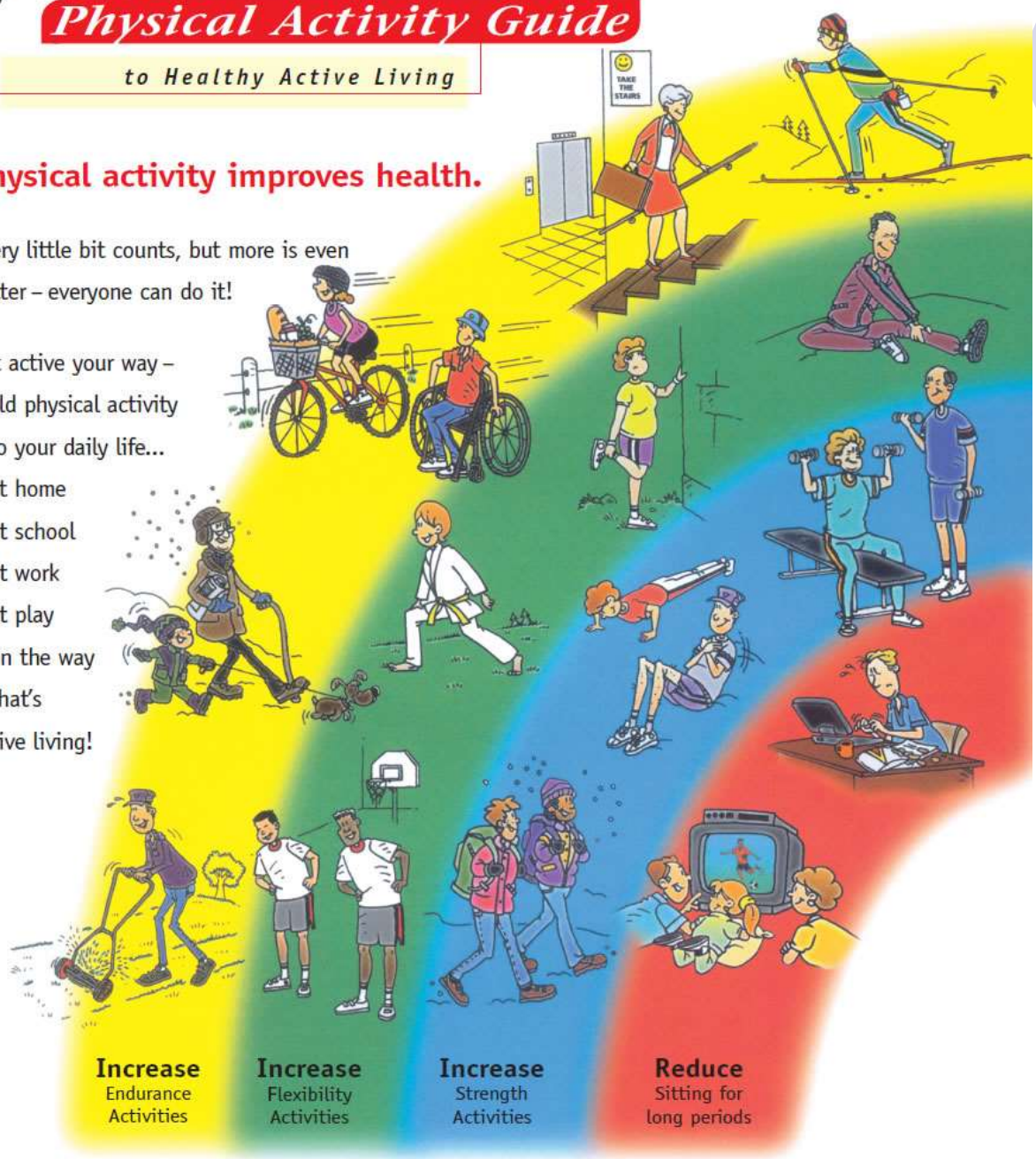
Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

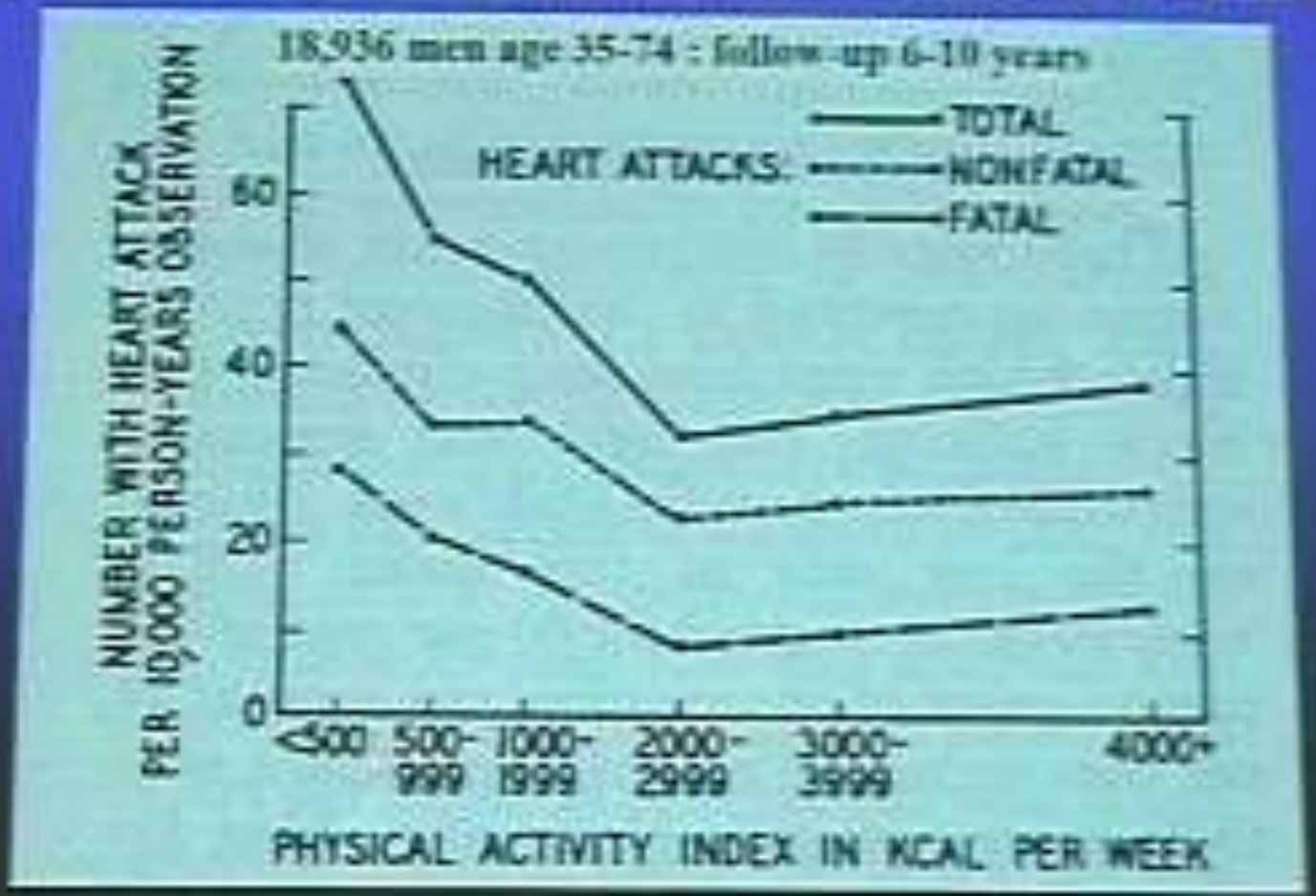
Get active your way – build physical activity into your daily life...

- at home
- at school
- at work
- at play
- on the way

...that's active living!



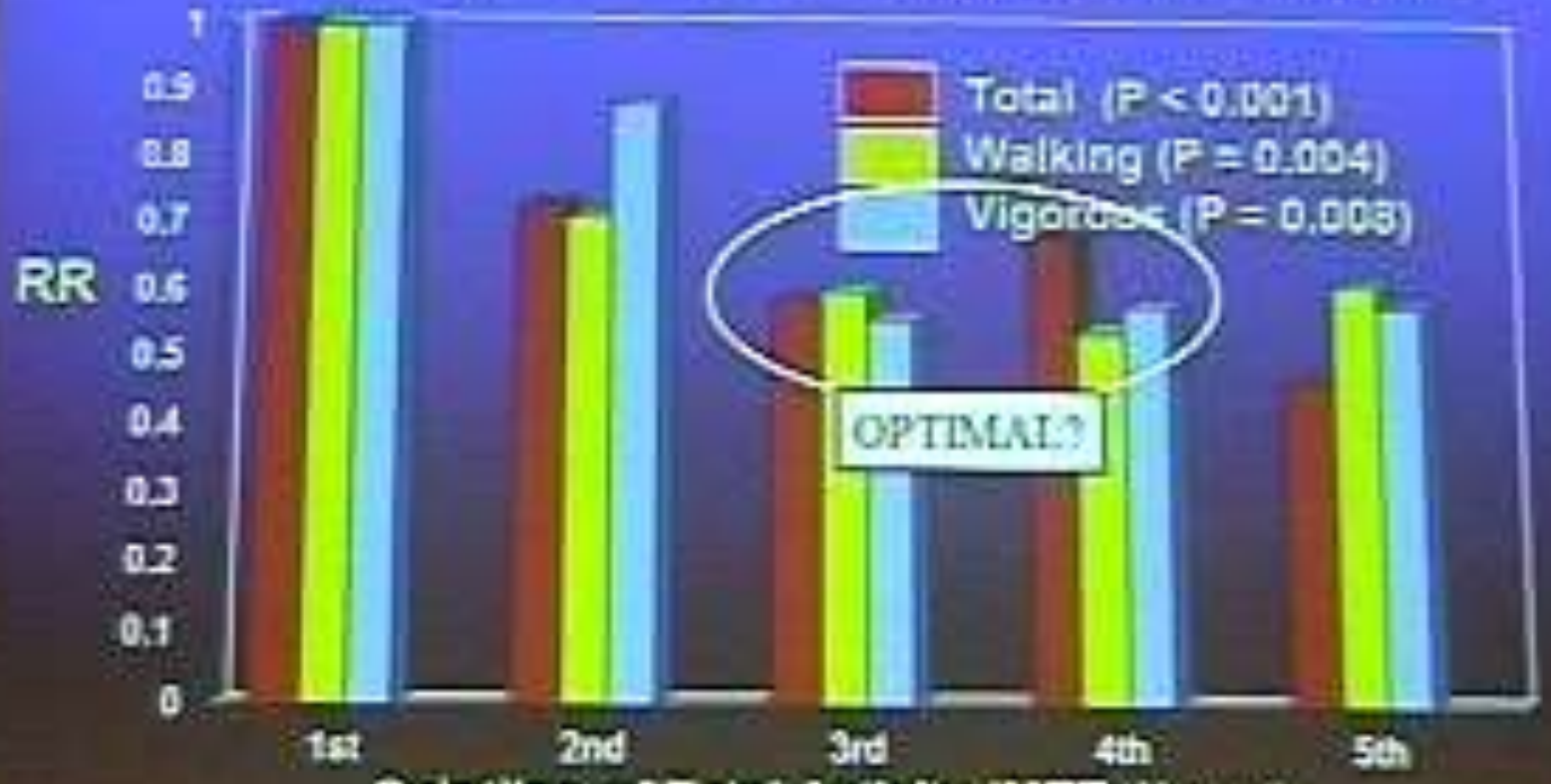
Physical Activity as an Index of Heart Attack Risk in Men



Paffenbarger, et al. Am J Epidemiology 1978; 108:161-175.

Total Activity, Walking and Vigorous Activity - CHD Events
Manson et al. NEJM 347:716-725, 2002

Women Health Initiative (OS): N = 73,743
50-79 years; Follow-up = 3.2 years; 345 new CHD events



Preko 60 godina života

60 min dnevno F.A.

Koliko dnevno vežbati

Koliko godina

toliko minuta vežbanja

u doku dana

Vežbanje može da zameni ili pomogne dejstvo mnogih lekova, ali ni jedan lek ne može da zameni dejstvo kretanja.

Tiso, XVII vek

ZDRAV NAČIN ŽIVOTA

FUNKCIJA RAZVIJA ORGAN

PRIMERI

penzionerke planinarke

žene preko 65 godina starosti

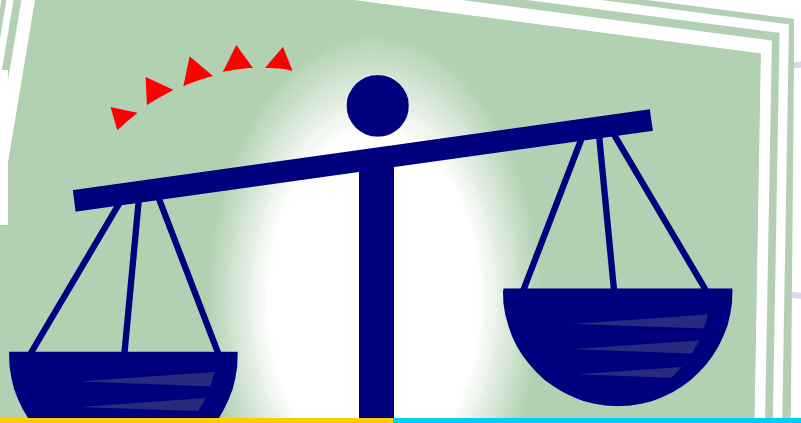
Bratislava Karalić,
radna verzija
magistarski rad
Transferzalno istraživanje

Sačuvani:

- vitalnost
- pokretljivost
- visok nivo kardiorespiratornih funkcija
- Motorika
- Mentalna svežina
- Dobro raspoloženje

mr Zoran Gortnar

doktorska teza u radu



Odbojkaši penzioneri planinari penzioneri

Vazduhoplovna brigada uzrasta 40 do 50

Iako su stariji 20 godina, NEMA STATISTIČKI ZNAČAJNIH RAZLIKA:

- pokretljivost
- nivo kardiorespiratornih funkcija
- motoričke funkcije
- Mentalna svežina

Nivo opterećenja

N = 66 ispitanika

34 kontrolna

dr Stanimir Stojiljković

disertacija 2003

Osam nedelja trčanja

individualno doziranje u dva mikrociklusa

E1 = 15 u zonama ispod anaerobnog praga

E2 = 17 u zonama ispod i 13% iznad anaerobnog praga

EFEKTI

- VO_{2maks} sa 52,8 na 57,06 ml/kg/min
- anaerobni prag sa 34.77 na 41.3

Telesna kompozicija

- smanjena telesna masa
- smanjena količina masnog tkiva
- povećan procenat mišićne mase

dr Stanimir Stojiljković

disertacija 2003

E1 = E2

Požuri polako

dr Stanimir Stojiljković

disertacija 2003

Bez bola do forme

Fizička radna sposobnost se može povećati i bez ulaska u petu zonu inteziteta, koja nosi i rizik jer se vežba maksimalnim intezitetom

Ciljna zona pulsa – najopštija formula

220 – godine starosti = Biološki maksimum (za žene 5-10 više)

ili

205 – ½ godine

- 55 – 65% zona sagorevanja masti
- 60 – 80% aerobna zona inteziteta

Cilna zona pulsa preko srčane rezerve (Karvonen 1956)

205 – ½ godine = Biološki maksimum

- HR u miru (HRB)= Srčana rezerva (HRR)

HRB + 0.5 * HRR = početak aerobne zone

HRB + 0.7 * HRR = kraj aerobne zone

Primer

muškarac 40 godina, HRB 50

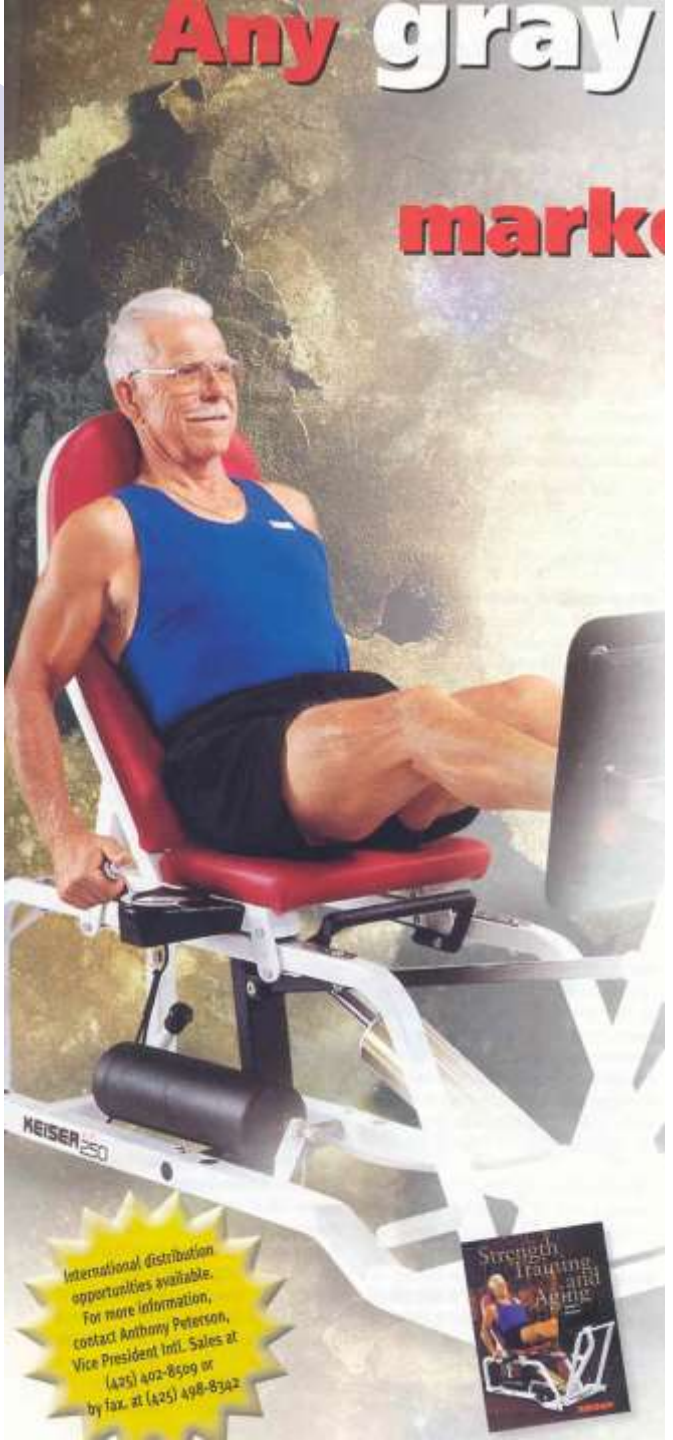
205 - ½ * 40 = 185

185 – 50 = 135

50 + 0.5 * 135 = 50 + 68 = 118

50 + 0.7 * 135 = 50 + 94 = 144

DO KADA IMA SMISLA JOŠ UVEK VEŽBATI...



SHOW TIME

Šifra zdravlja

0-Pušenje
Gojaznost

5 obroka

3x nedeljno

pritisak

Holesterol

LDL

STUDIES RELATED PHYSICAL ACTIVITY PRACTICE AND HEALTH (II)

Canadian Public Sanitary System:

Estimates that 60 % of population is not active

or not active enough

1 $

Promotion of physical activity practice

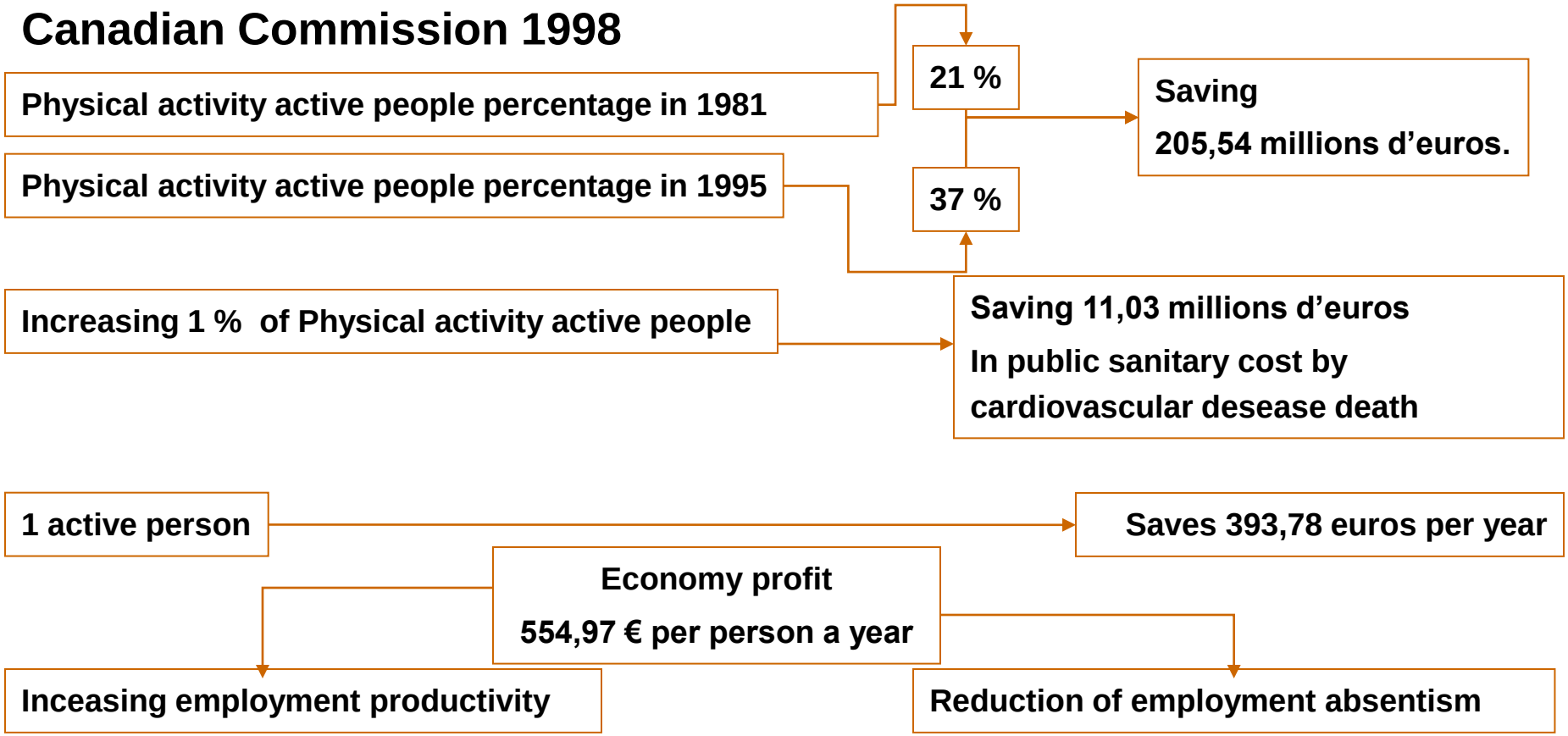
Long term

11 $

Saving for Public health system

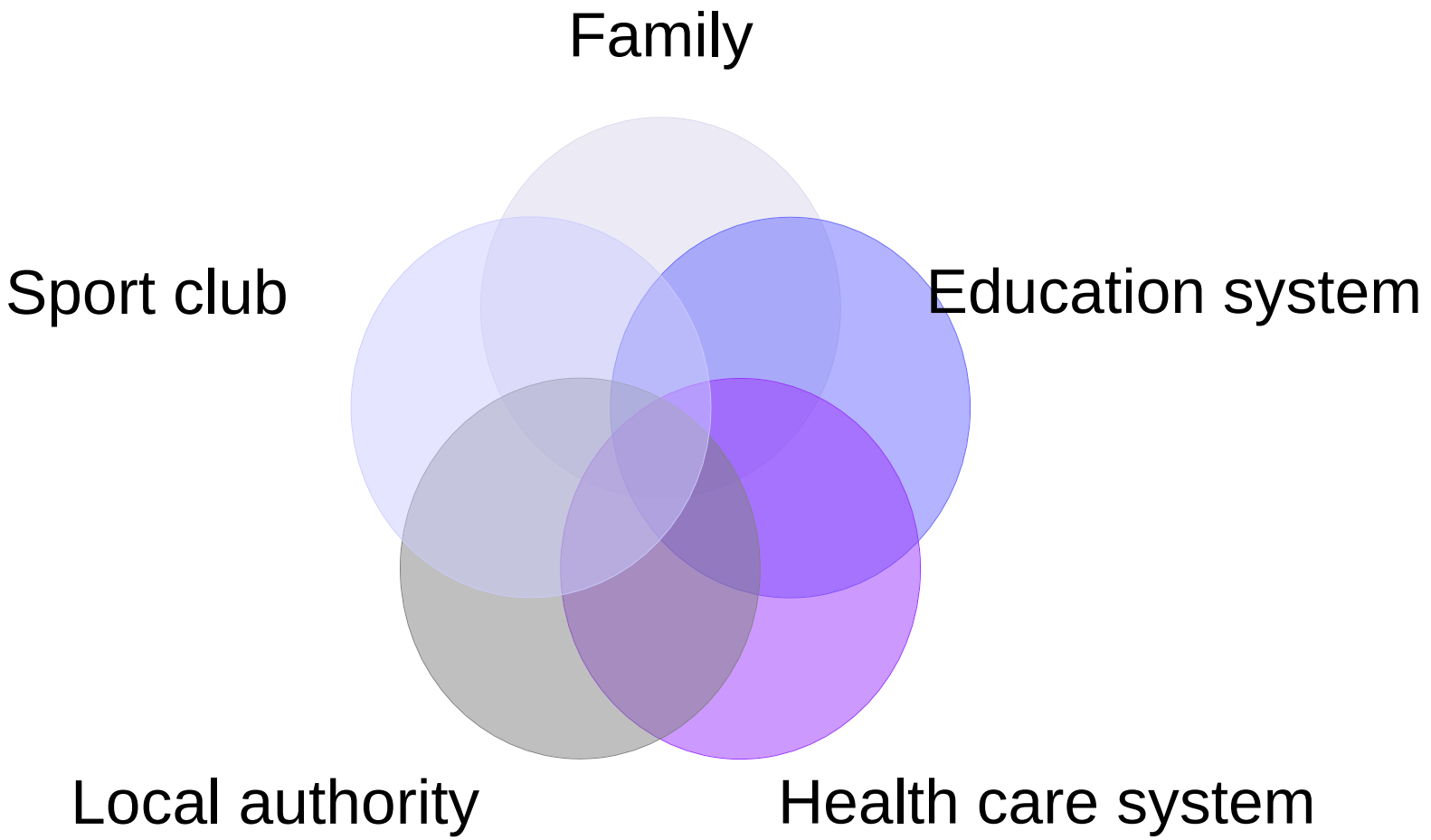
STUDIES RELATED PHYSICAL ACTIVITY PRACTICE AND HEALTH (III)

Canadian Commission 1998



Public and private Cooperation

Cooperation and interconnection

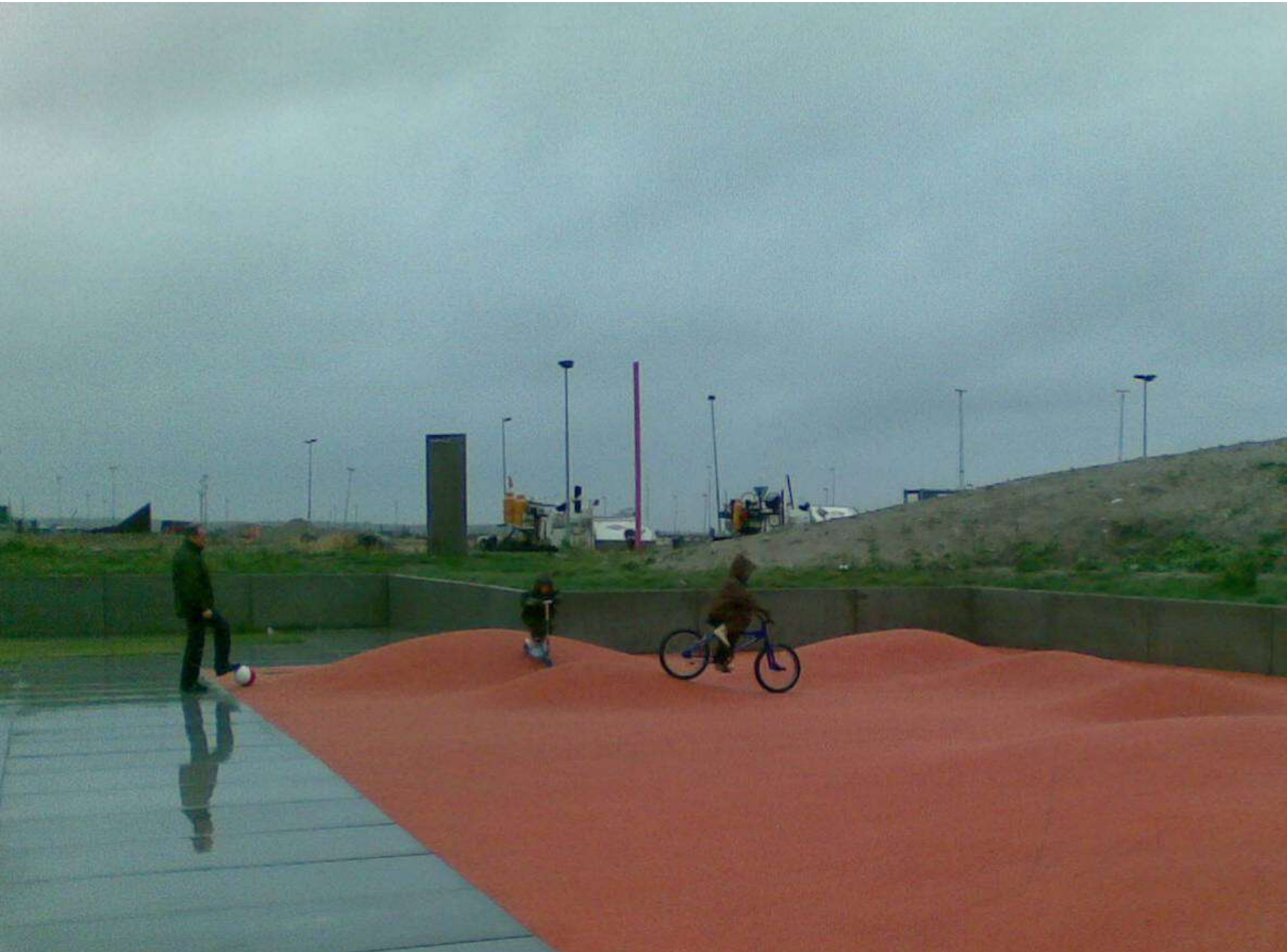


Bogotá, Colombia

Move for health ,
30 Minutes a day
Get Active!
Eat right!
Live right!
WORLD INITIATIVE
move for health

166
185

Exsamples of good practice - Copenhagen
Walking diagonal

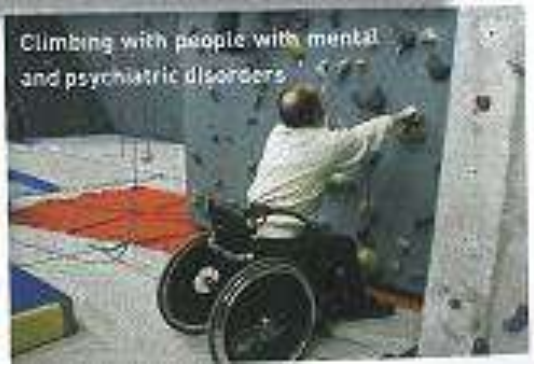


Several child activities with autistic children

Baby-swimming with spastic children

Shooting with physically disabled persons

Trial diving lesson

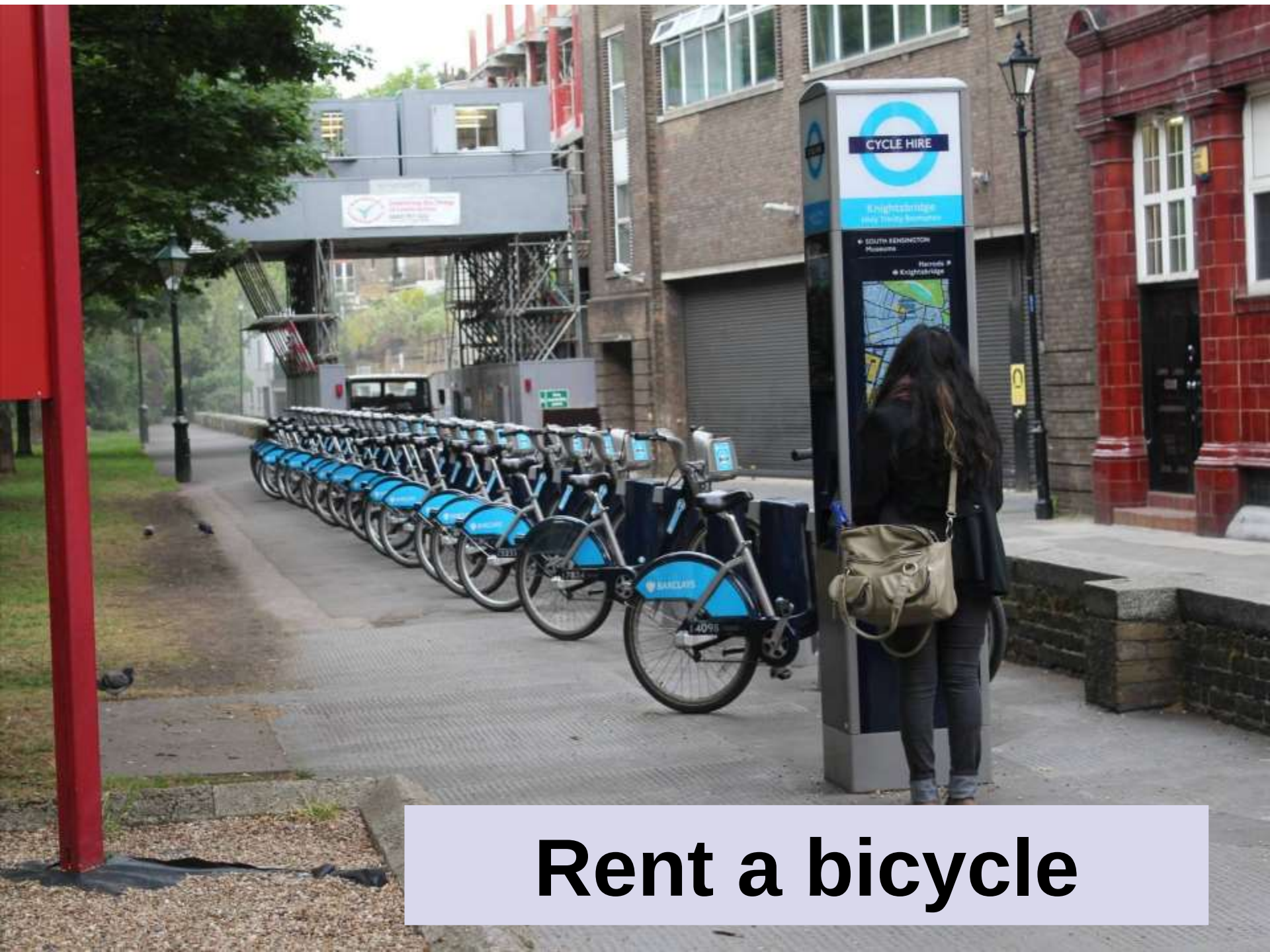


Climbing with people with mental and psychiatric disorders

Israel – Walking festival

Public transport supported by local authority - London

Public transport



Rent a bicycle

Local initiative or tradition

Local initiative or tradition

Personal choice

Personal choice

Self made creation

nihola.com

Hobby – Creative

Examples of good practice from China

色彩斑斓的民俗庆典体育
Colorful sports for folk festivals

育传承奥林匹克精神

Outline of

THE HEALTHY CHINA 2030 PLAN

Near to Ningbo University

Povećati interesovanje za fizičku aktivnost

testing different models to encouraging peoples on physical activity

SPort RE creation Compe T ition model

A ttention

I nterest

D esire

A ctivity

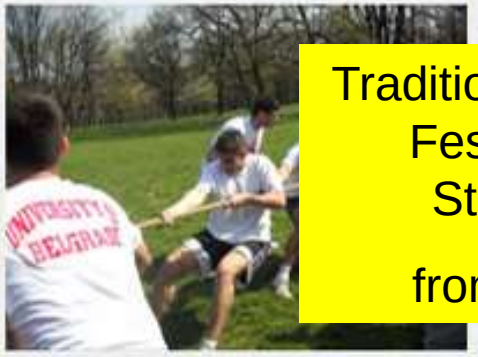
Model 17.

Faculty of Sport and Physical Education
Belgrade, Serbia

Javna evidencija učestvovanja

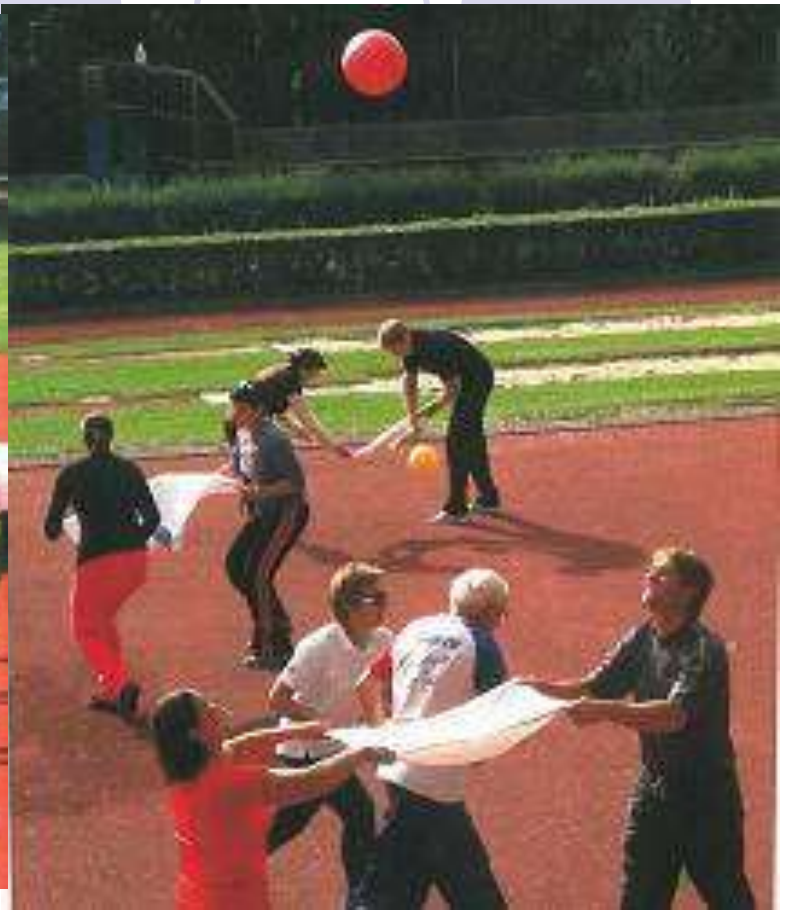
testing different models to encouraging peoples on physical activity

We testing new models on new events



Traditional Games Festival for Students

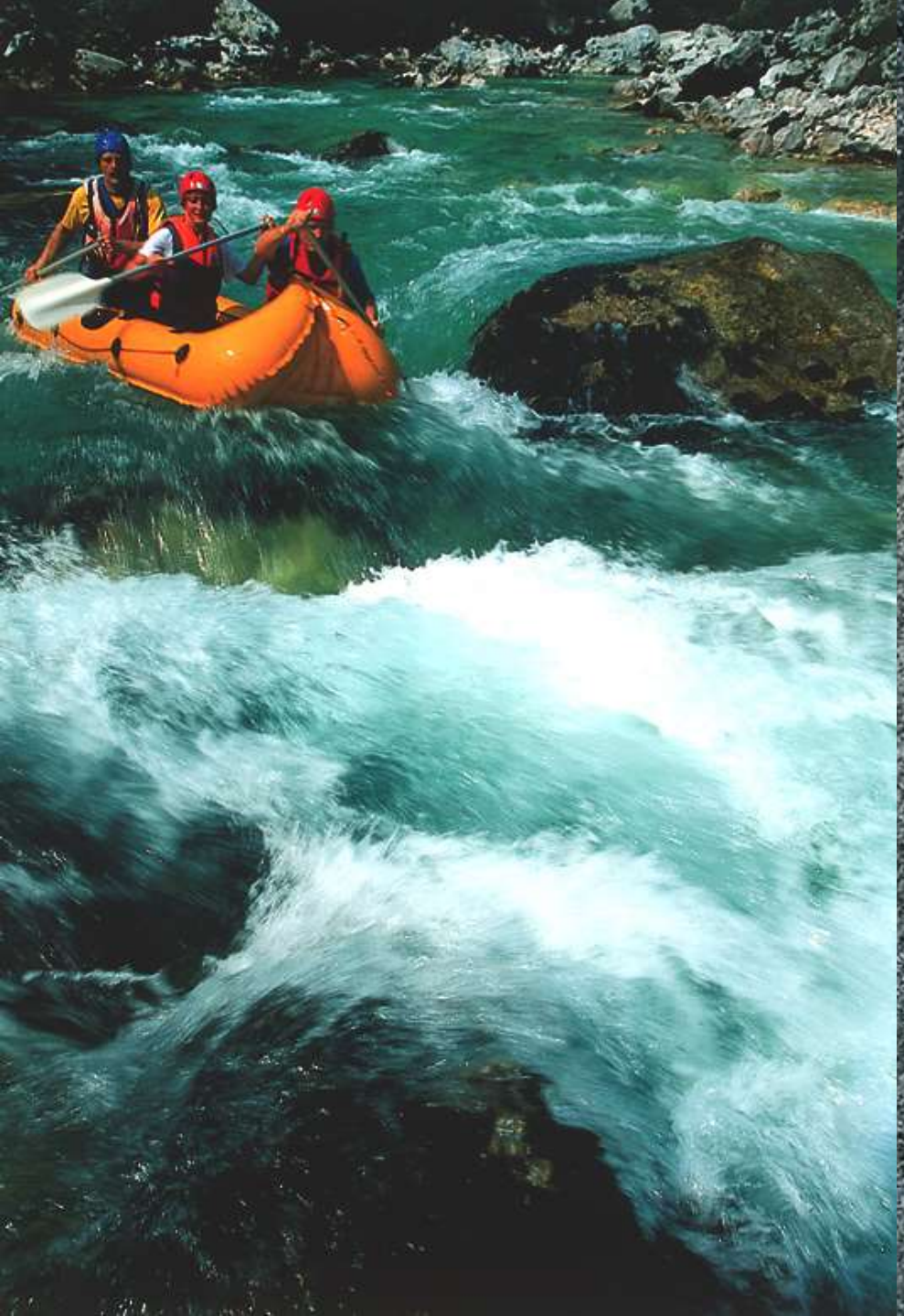
from 2010.



Marvels Nature inspire for investigation

Kayak

RAFTING



HIDROSPEED

Kanyoing

MAYA
ŠPORTNI TURIZEM
MAYA

ANIMATION

Program of Daily Activity in Tourism

AEROBIC

AQUABIC or HIDROBIC
or AQUAFIT

AQUABIC - 2

AGUA Gym

Dance lessons

Wolleyball

ETNO GAME

SIRTAKI

KID'S CLUB

OPENING HOURS

• MONDAY	10-12	15-16:30
• TUESDAY	10-12	
• WEDNESDAY	10-12	15-16:30
• THURSDAY	10-12	
• FRIDAY	10-12	15-16:30
• SATURDAY	10-12	15-16:30
• SUNDAY	10-12	15-16:30

DEAR CHILDREN!

COME AND JOIN US TO HAVE FUN

CHILDREN'S ANIMATION PROGRAM

WHEN?	MONDAY	TUESDAY	WEDNES-DAY	THURS-DAY	FRIDAY	SATUR-DAY	SUNDAY
10:00-12:00	COLLECT PRETTY ROCKS	MINI DARTS	DRAWING SCHOOL	MINI BOWLING	PAINTING SCHOOL	TREASURE HUNT...	PAPER WORLD
	ALIVE YOUR ROCKS WITH PAINT	MINI CINE	KIDS BINGO	MINI ART	SPORT COMPETI-TION		FRENCH BOWLS
15:00-16:30	TABLE GAMES	SORRY, KID'S CLUB IS CLOSED TODAY	PAINTING SCHOOL	SORRY, KID'S CLUB IS CLOSED TODAY	PUZZLE LAND	CARD GAMES	KID'S OLYMPICS
	KIDS BINGO		FACE PAINTING		CARTOONS	KIDS BINGO	FACE PAINTING

SPECIAL EVENT: MINI DISCO ON MONDAY at 20:30

DEAR FRIENDS, FOLLOW THIS PROGRAM AND MEET US ALWAYS IN CHILDREN'S CLUB (YOUR FIRST JOB IS TO FIND IT) . WE WILL HELP YOU TO DISCOVER YOUR MEDITERRANEAN WONDERLAND

Your animators *Natasha and Ivana*

ENGLISH

ANIMATION PROGRAM-MORNING ACTIVITIES

WHEN?	MON	TUE	WED	THU	FRI	SAT	SUN
10:00-12:00	CHILDREN'S CLUB	CHILDREN'S CLUB	CHILDREN'S CLUB	CHILDREN'S CLUB	CHILDREN'S CLUB	CHILDREN'S CLUB	CHILDREN'S CLUB
10:00 (Meeting point-Health club)	STEP AEROBICS	PERFECT LEGS	AEROBIC FLOOR EXERCISE	BODY SCULPT	WATER GYMASTICS		DO SOME EXERCISES ON YOUR OWN
11:15 (Outdoor pool)	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS
1 : 0-16:30	CHILDREN'S CLUB	HAVE FUN IN THE SUN	CHILDREN'S CLUB		CHILDREN'S CLUB	CHILDREN'S CLUB	CHILDREN'S CLUB

YOUR ANIMATION TEAM WISHES YOU A NICE STAY AND LOTS OF FUN !!!

AFTERNOON ANIMATION & EVENING EVENTS

	MON	TUE	WED	THU	FRI	SAT	SUN
15:00 (Meet you at video-games area)	TABLE-TENNIS	BILLIARD	DARTS	SCUBA DIVING At 15:30	TABLE-TENNIS	BILLIARD	DARTS
16:00 (Meeting point-Outdoor pool)	WATER-VOLLEY	NAPKIN FOLDING LESSON	WATER BASKETBALL	GREEK-LESSON	POOL OLYMPICS	WATER BASKETBALL	PANCAKE FESTIVAL
17:00 (Meeting point–Pool bar)	PETANGUE BEACH BOWLING	ARCHERY	CHESS TOURNAMENT	ARCHERY	PETANGUE BEACH BOWLING	CARD GAMES	BEACH GAMES
18:15 (Meet you in the Health Club)		AQUA AEROBICS	BODY SCULP	POWER WALKING & STRETCH	AQUA AEROBICS		PIANO CONCERT (Lobby area)

*** ARCHIPELAGO RESTAURANT'S EVENTS ***

STARTS FROM 19:00	MEDITER-RANEAN NIGHT	CARVERY NIGHT	CYPRUS NIGHT WITH FOLKLORIC MUSIC AND DANCES	FARMERS NIGHT	INTERNATIONAL NIGHT	MEXICAN NIGHT	ITALIAN NIGHT

PLEASE NOTE CHANGES MAY OCCUR AS NEEDED.

FOR FURTHER INFORMATION, PLEASE SEE HEALTH CLUB

Opportunity

nautica
Coca-Cola

2

Challenge

Challenge

Yahoo! | Mandarina | Home

nnicom-dev.com/pocetna.1.html

y: Хрватски ▾ Желите ли да је преведете? Преведи Не

adf adffad

Follow us testiram se | abc bolesti | kalendar Pretraga

mandarina

zdravo se hranim | aktivno živim | dobro se osećam | sve me zanima

Veština izbora partnera

Detaljnije

6 osobina koje treba tražiti kod partnera

Preispitajte svoje navike | Male tajne | Veština izbora partnera | Istine i zablude

moja dijeta

moja mandarina

Korisničko ime Šifra

Registrujte se ili se prijavite sa profila

Zaboravili sve vašu lozinku?

Mitovi o hrani

Koraci od troseda do sporta

Najbolje od Mandarine

- Koraci od troseda do sporta
- Istine i zablude

Mandarina | Home – ... | ZDRAVI STILOVI ZIV... | Search Results | Sanja Filipovic avgust... | EN

Trening za trčanje i mršavljen | Yahoo!
www.trcanje.rs
Ова страница је на језику: Хрватски | Желите ли да је преведете? | Преведи | Не | Опц
Treniraj pametno u Road Runners Club Trčanje.rs Klikni ovde!

trcanje.rs
da Srbija potrči

OVO SMO DANAS NAPISALI

Pohvala ludosti – Pohvala Ludosti

Sve sam mogla da očekujem, ali da mi neće biti frka, to nisam. Sve je dobro, nisam zabrinuta, nemam tremu, samo tremicu, ne razmišljam da li ću moći nego, koji sam ja ludak, idem na ...

pre 1 day objavio/la Jovana Glumac

Свиђа ми се

PRIČE KOJE VOLIMO

Pohvala ludosti – Pohvala Ludosti
Jovana Glumac

Upravljanje troškovima je zdrav stil života, a ne dijeta pred leto
Trčanje.rs

Pohvala ludosti – Nedeljno popodne
Jovana Glumac

TOTALNO NASUMIČNO IZABRANI TEKSTOVI

Učinak trčanja na zdravlje
Veki

1000 kilometara i stotina časova trčanja

Faze razvoja trčanja na prostoru ex-Yu

POKRENI SE: Potrči uz odličan outdoor trening i još bolje društvo

Свиђа ми се 11.936 people like this.

+1 3 Preporučite nas Google-u

Follow @trcanje 1,056 followers

RRCT »»

TRČANJE JE MOJ ŽIVOTNI STIL

Trkački intervju – Miodrag Kvrgić, Merkur Osiguranje

POSLEDNJI KOMENTARI

Velj@ Samo napred!

securedownload (7).jpg | securedownload (6).jpg | securedownload (5).jpg | securedownload (4).jpg | securedownload (3).jpg | Прикажи сва преузима
start | Downloads | mob comunication | SPS Vracar | Trening za trčanje i m... | EN

Društvene mreže

Facebook

- Okuplja zainteresovane pojedince
  - ***Studentska grupa***

<u>Stižemo do ciljne grupe</u>

- Aerobik hepening
- Festival tradicionalnih igara studenata

facebook

Тражи људе, места и ствари

Goran Prebeg | Почетна страна

Goran Prebeg

ОМИЉЕНО
- Новости
- Поруке

ГРУПЕ
- Rekreacija
- PORTES BEACH HOT... 2
- Rekreacija 2012/13
- We <3 Novo Topolje 5
- POTIDEA PALACE HOTEL "B...
- "Rekreativac" IV
- Padobranski klub Crv... 1
- Spasioci
- Направи групу

ДОДАЦИ
- Slagalica
- Догађаји 5
- Games Feed 20+
- Центар са додацима 20+
- Фотографије
- Music
- Везе

Rekreacija | Информације | Догађаји | Фотографије | Датотеке | ✓ Обавештења

Напиши нешто | Share Photos / Videos | Постави питање | Додај датотеку

Напиши нешто...

Jelena Milosevic

Drage kolege, svi koji ste zaintresovani da radite na klizalistu koje ce se otvoriti 15og novembra kod Delta sity-ja, javite mi se sto pre u inbox da vam sve objasnim u detalje!!! Bice jako zanimljivo..Sportski pozdrav...:)))))))))))

Свиђа ми се · Прокоментариши · Прати објаву · недеља у 21:48 близу места Belgrade

Stefan Seman, Milica Nikolic, Jovan Koricanac и 4 других кажу да им се ово свиђа. Seen by 53

Jelena Milosevic zainteresovani*

недеља у 21:52 · Свиђа ми се

Milica Mica Raketic extra!

понедељак у 00:37 преко мобилни · Свиђа ми се

Прокоментариши...

74 чланова (13 нових)

+ Add People to Group

Шта би људи требало да објављују у овој групи?

Додај опис

Боцкање Погледај све

Dalibor Kljajić

те боцка.

Узврати боцкање

Додај локацију својим фотографијама

Неименовани албум

Где су настале фотографије из овог албума?

Упиши место, град или државу

okmarks Tools Help

k.com/groups/211907565487833/members/

Google

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eg@gm... | Rekreacija | Webmail : FSFV Univerziteta u Beogra... | Download

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Тражи људе, места и ствари

Goran Prebeg | Почетна страна

We <3 Novo Topolje 5
POTIDEA PALACE HOTEL "B...
"Rekreativac" IV
Padobranski klub Crv... 1
Spasioci
Направи групу

ДОДАЦИ

Slagalica
Догађаји 5
Games Feed 20+
Центар са додацима 20+
Фотографије
Music
Везе

СТРАНИЦЕ

Свиђа ми се страница
Направи страницу...

ЈОШ

Goran Prebeg
Fakultet sporta i fizickog vaspitanja/ Univerzitet u Beogradu
Придружио/ла се пре више од годину дана

Mila Velickovic
Fakultet sporta i fizičkog vaspitanja Beograd
Придружио/ла се пре више од годину дана

Beogradska Skola Za Animatore
Fakultet sporta i fizickog vaspitanja
Додат(а) од стране корисника Aleksandar Ivanovski пре око месец дана

Jelena Nikolic
Fakultet sporta i fizičkog vaspitanja Beograd
Додат(а) од стране корисника Goran Prebeg пре око недељу дана

Jovana Fajdiga
Fakultet sporta i fizičkog vaspitanja Beograd
Додат(а) од стране корисника Goran Prebeg прошле среде

Gordan Stankovac
Adviser for recreation and health y LEX national
Придружио/ла се пре више од годину дана

Tijana Stankovic
Fakultet sporta i fizickog vaspitanja
Додат(а) од стране корисника Vladimir Pantic пре око 9 месеца/и

Stefan Seman
Ради у Ski Instructor
Придружио/ла се пре око 12 месеца/и

Darko Starcevic
Fakultet sporta i fizickog vaspitanja Beograd
Додат(а) од стране корисника Beogradska Skola Za Animatore пре око недељу дана

Aleksandar Ivanovski
Profesor y Visoka sportska i zdravstvena skola
Додат(а) од стране

Vuk Vukovic
Ради у AKUD Branko Krsmanovic
Додат(а) од стране корисника Goran Prebeg

Ivan Paunovic
Ради у FK Železničar Beograd
Додат(а) од стране корисника Vuk Vukovic

eg.9?ref=tn_tnmn

Beogradska Skola Za Animatore
27. септембар

NOVI KURS ZA ANIMATORE REKREACIJE U TURIZMU POČINJE 16.novemvbra u 15h na Fakultetu sporta i fizičkog vaspitanja Košutnjak!
U organizaciji Yute, Nacionalne asocijacije turističkih agencija i Fakulteta, podržan od strane Udruženja stručnjaka za rekreaciju, sa vrhunskim predavačima, ljudima iz struke koji su na destinacijama vise od deset godina, gostima predavačima širom Grčke.
SVI ZAINTERESOVANI MOGU DA SE JAVE MAILOM, SMS ILI U INBOX FACEBOOK-a. :)))

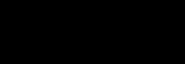
Не свиђа ми се · Прокомантариши · Подели

Ти , Goran Peric Peruska, Miroslava Malešević, Marija Nicic и 9 осталих кажете да вам се свиђа ово.

35 shares

Овај коментар је уклоњен као спам. You can Врати this action, Пријави it as abusive, or Блокирај Dubravka. You may also give Dubravka feedback.

Прокомантариши...



Goran Prebeg
10. октобар

КУРС
ПЕРСОНАЛНИ ФИТНЕС ИНСТРУКТОР–
демонстратор
Све информације: Факултет спорта и физичког
васпитања, Благоја Паровића 156
ван. проф. др Станимир Стојиљковић
тел.: 011/3531-065; 064/2648-175
е-пошта: stanimir.stojiljkovic@fsfv.rs

Означи на ... | Додај лок... | Измени

Не свиђа ми се · Прокоментариши ·
Прекините праћење овог садржаја. · Подели · Измени

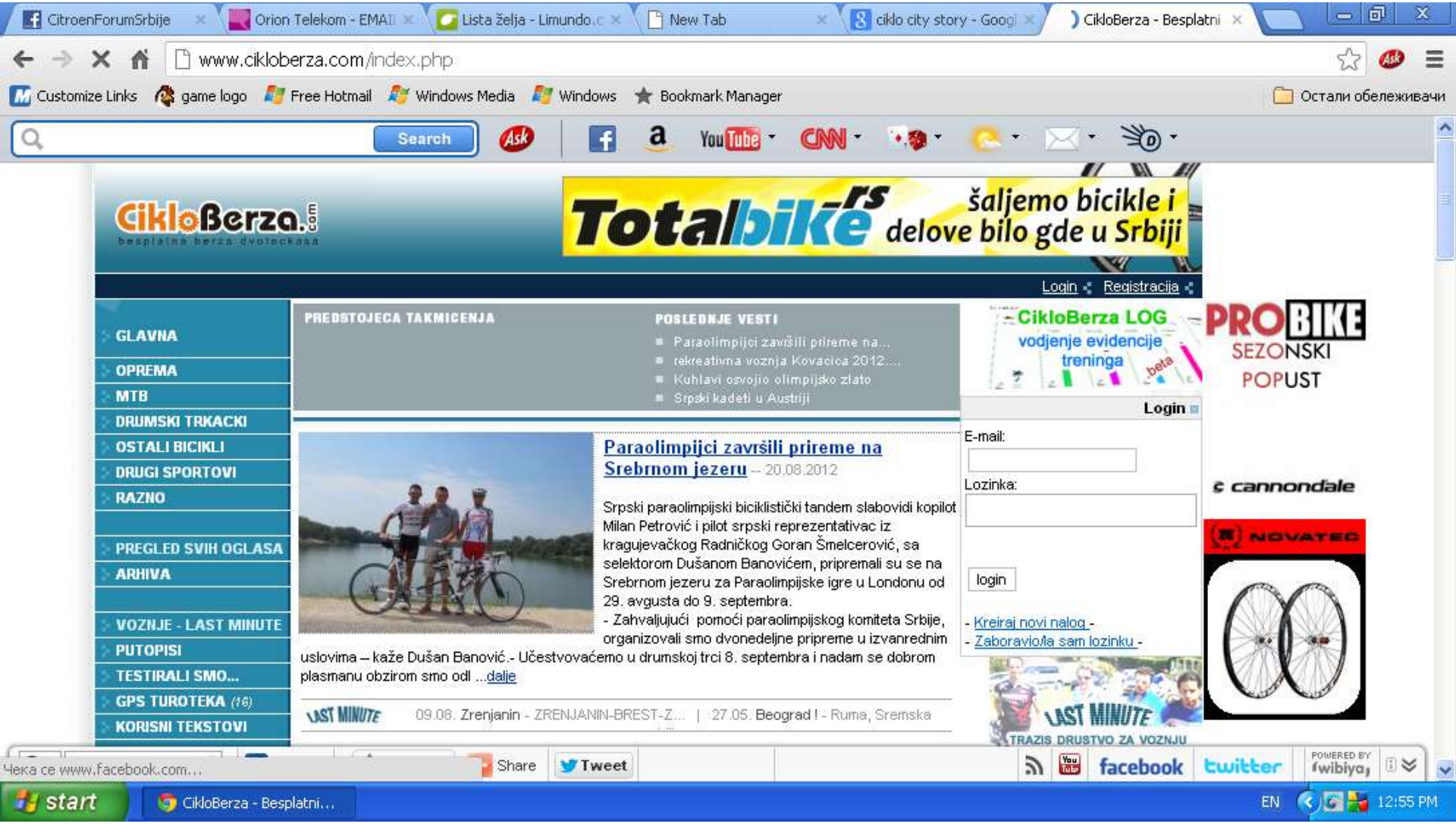
Ти , Fas Udruženje, Цицак Латинка, Natalija Mihajlovic и 2 осталих кажете да вам се свиђа ово.

2 shares

Прокоментариши...

ZA ANIMATORE

Klub Ljubitelja



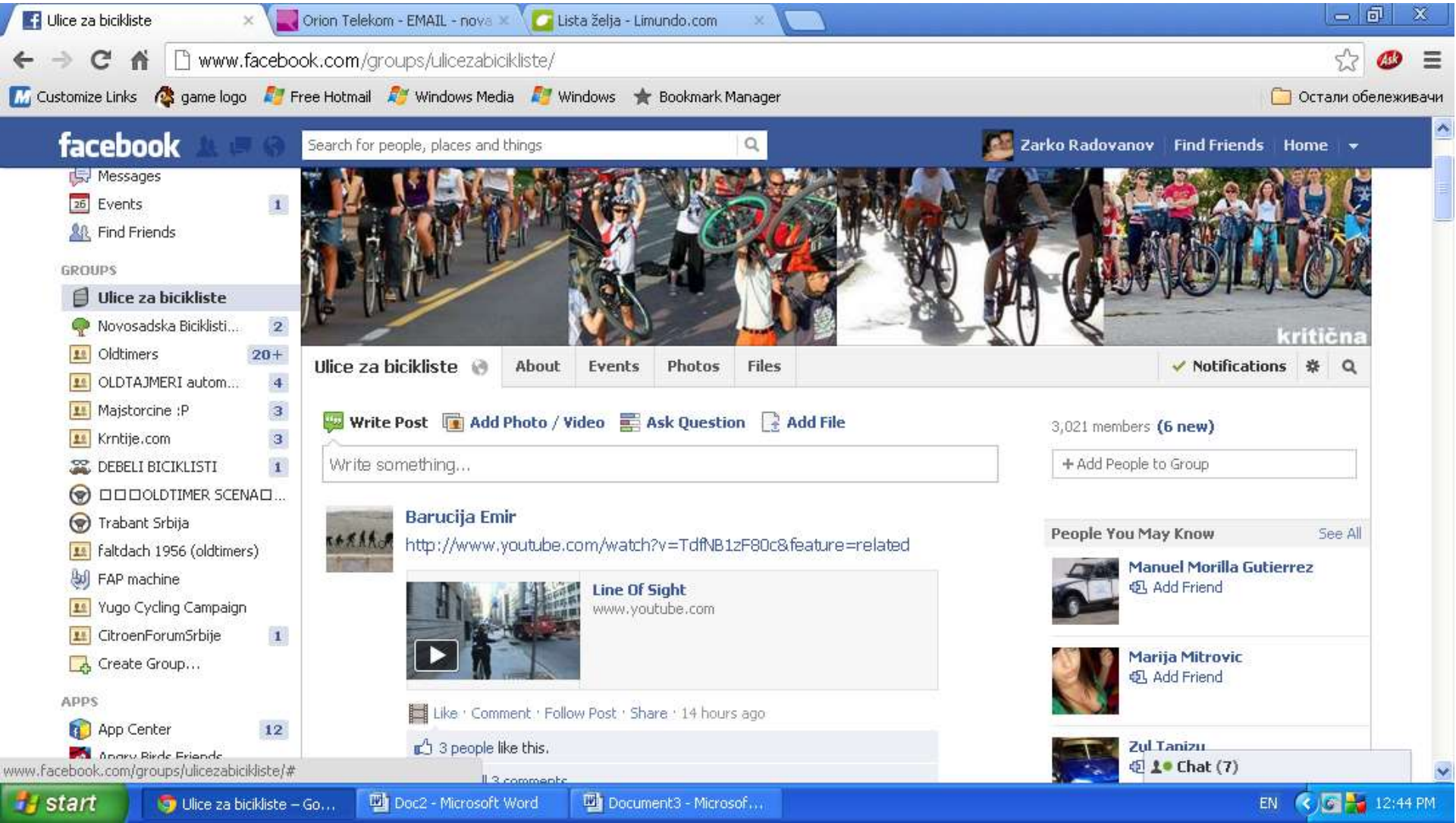
Yugo Cycling Campaign
Orion Telekom - EMAIL - nova
Lista želja - Limundo.com
www.facebook.com/groups/yugocyclingcampaign/
Customize Links
game logo
Free Hotmail
Windows Media
Windows
Bookmark Manager
Остали обележивачи
facebook
Search for people, places and things
Zarko Radovanov
Find Friends
Home
Messages
Events 1
Find Friends
GROUPS
Ulice za bicikliste
Novosadska Biciklistička Inic...
Oldtimers 20+
OLDTAJMERI autom... 4
Majstorcine :P 3
Krntije.com 3
DEBELI BICIKLISTI 1
□□□OLDTIMER SCENA□...
Trabant Srbija
faltdach 1956 (oldtimers)
FAP machine
Yugo Cycling Campaign
CitroenForumSrbije 1
Create Group...
APPS
App Center 12
Angry Birds Friends
YUGO CIKLING KAMPANJA
Društvo ljubitelja biciklizma
Yugo Cycling Campaign
About
Events
Photos
Files
Notifications
Write Post
Add Photo / Video
Ask Question
Add File
Write something...
65 members
+ Add People to Group
Milan Boric
Najluđi mačor u biciklističkom svetu koji se ne boji saobraćajne gužve i uživa u vožnji.
My cat can ride a bike better than you can
www.youtube.com
Im using my gopro to show you how my kitty cat MJ and I ride our bikes around Philadelphia.
Like · Comment · Follow Post · Share · Yesterday at 11:05am
People You May Know
See All
Alexandre José Carlos (O Cangalheiro)
Add Friend
Jari Kurri
Add Friend
Chat (7)
start
Yugo Cycling Campai...
Doc2 - Microsoft Word
Doc3 - Microsoft Word
Doc4 - Microsoft Word
Document5 - Microsof...
EN
12:46 PM

Debeli biciklisti

Poziv na manifestaciju

Društveno angažovani

Ulice za bicikliste



Novosadska biciklistička inicijativa

Tim koji pokreće Bicikliraj Beogradom

Training Manager version 2.3.0

File View Actions Help

Calendar

Week 35

Mon 30/08/20	Tue 31/08/20	Wed 01/09/2(
O 3:08:	O 59:52	O 2:00:
	O 49:18	
Thu 02/09/20	**Fri 03/09/201**	**Sat 04/09/20**
O 1:45:	O 1:54:	O 50:03
O 1:30:		

Sun 05/09/2010

Ognjen 2:03:27 h B. with 2x

Ognjen 52:14 min with 8x30

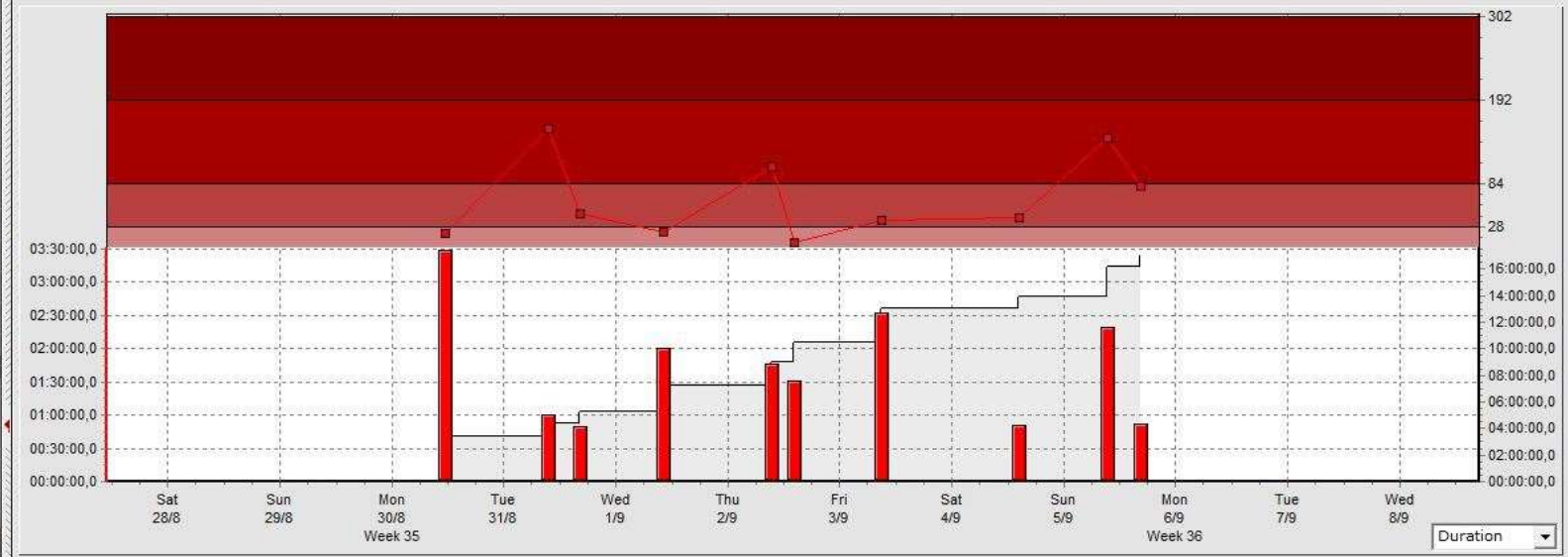
Suunto Device

SuuntoSports.com

Not connected

Graph

Log Book | Training effect | Graph | Analyze



Items

Selected users with logs

Items	Name	Date	Duration	Start time	End time	Distance	Avg. Speed	Avg cadence	Activity	Max HR	Min HR
52:14 min with 8x300 m	52:14 min with 8x300 m	05/09/2010	00:52:14,9	16:33:56	17:26:11	9 km	10.3 km/h	0 rpm	Running	187 bpm	104 bpm
2:03:27 h B. with 2x30 min -	2:03:27 h B. with 2x30 min + 15:	05/09/2010	02:18:39,5	09:18:43	11:37:23	68.5 km	29.6 km/h	0 rpm	Brick	177 bpm	88 bpm
50:03 min	50:03 min	04/09/2010	00:50:03,9	14:28:04	15:18:08	10.8 km	12.9 km/h	0 rpm	Running	145 bpm	90 bpm
1:54:38 h B. with 4x5 min +	1:54:38 h B. with 4x5 min + 37:01	03/09/2010	02:31:40,2	09:02:13	11:33:53	60.5 km	23.9 km/h	0 rpm	Brick	165 bpm	83 bpm
1:30:41 h	1:30:41 h	02/09/2010	01:30:41,9	14:18:03	15:48:45	46.5 km	30.8 km/h	0 rpm	Bike	138 bpm	84 bpm
1:45:53 h with 5x(7.5 min B.	1:45:53 h with 5x(7.5 min B. + 7.5	02/09/2010	01:45:53,4	09:23:43	11:09:36	35 km	19.8 km/h	0 rpm	Brick	174 bpm	79 bpm
2:00:25 h	2:00:25 h	01/09/2010	02:00:25,9	10:03:23	12:03:49	61.5 km	30.6 km/h	0 rpm	Bike	166 bpm	80 bpm
49:18 min with 3x1000 temp	49:18 min with 3x1000 tempo	31/08/2010	00:49:18,6	16:21:06	17:10:25	10 km	12.2 km/h	0 rpm	Running	167 bpm	84 bpm
59:52 min with 6x1000 m	59:52 min with 6x1000 m	31/08/2010	00:59:54,9	09:38:22	10:38:17	12.5 km	12.5 km/h	0 rpm	Running	191 bpm	88 bpm
3:08:17 h B. + 20:08 min R.	3:08:17 h B. + 20:08 min R.	30/08/2010	03:28:26,6	11:20:36	14:49:03	103 km	29.6 km/h	0 rpm	Brick	159 bpm	73 bpm

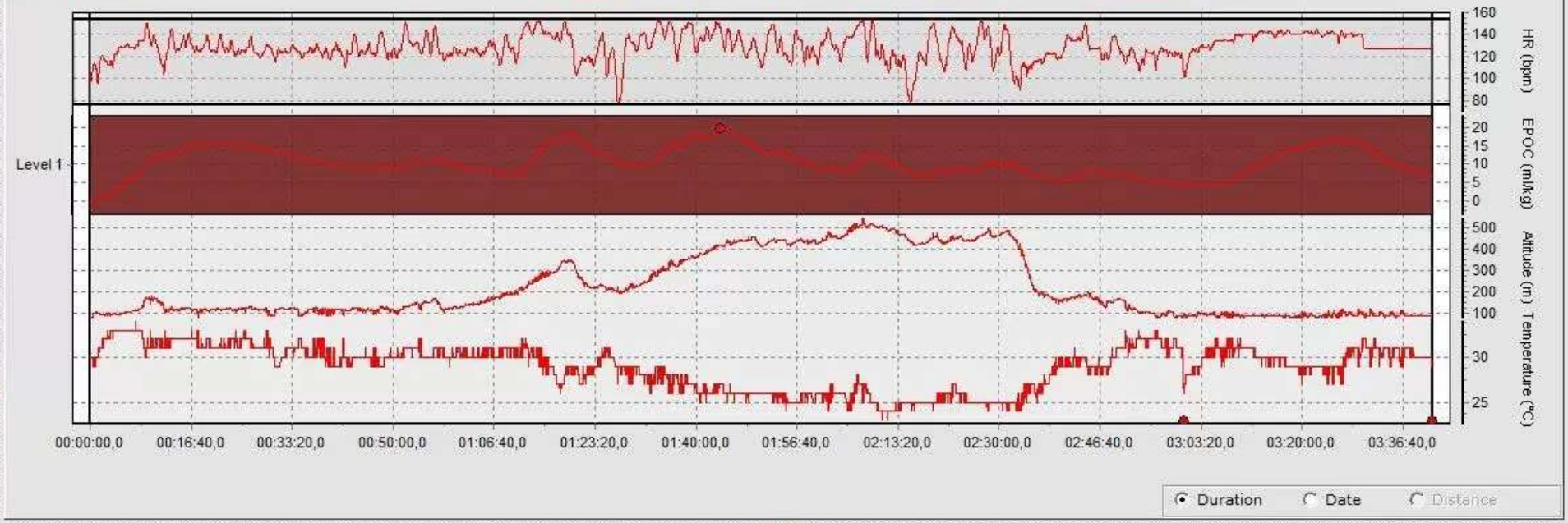
EN 13:22 14/09/2010

Graph

Log Book | Training effect | Graph | Analyze

Credential Manager SSO
The system is ready to record your credentials.

HR | EPOC | Ventilation | VO2 | RespR. | Energy cons. | Altitude | Speed | Cadence | Temp | R - R | Marks on/off



Duration | Date | Distance

Log

Details 1 | Details 2 | Marks | Data | Edit

General information

Name	3:00:32 h B. + 41:01 mi
Activity	Brick
Date	30/07/2010
Duration	03:41:33,4
Training effect	1.7

Notes

+ running a 9.3

Other body parameters

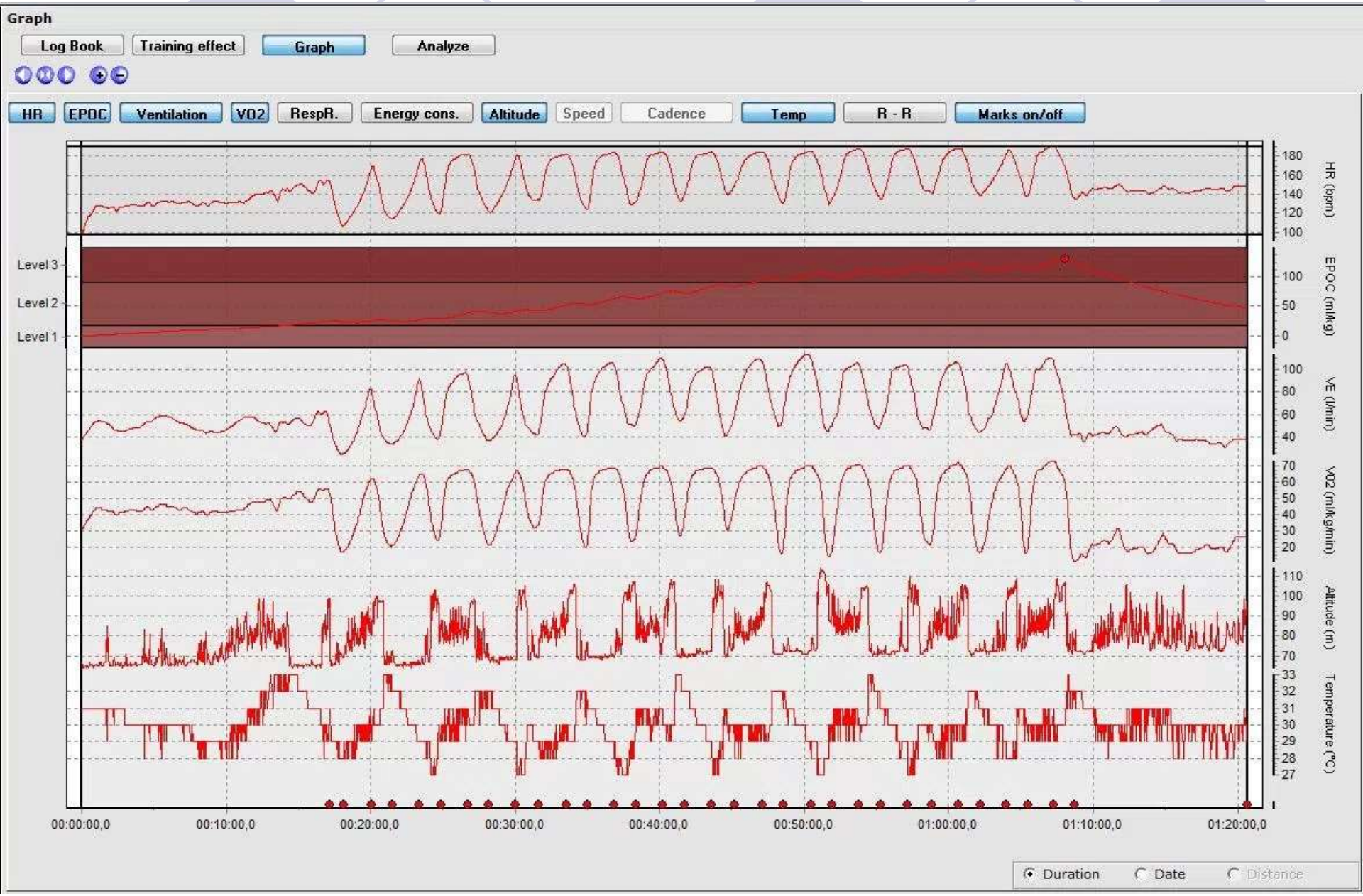
Ventilation	75	l/min
Oxygen cons.	56	ml/kg/min
Respiration rate	38	bpm
Total energy cons.	2093	kcal
EPOC Peak	20.00	ml/kg

Heart rate

Max	154	bpm
Avg	128	bpm
Min	76	bpm
High limit	185	bpm

Heart rate zones

over	180	00:00:00,0	0 %
180	160	00:00:00,0	0 %
160	140	00:40:14,0	18 %
140	120	02:19:42,0	63 %
120	100	00:37:30,0	17 %
under	100	00:04:04,0	2 %


Graph
Log Book
Training effect
Graph
Analyze
HR
EPOC
Ventilation
VO2
RespR.
Energy cons.
Altitude
Speed
Cadence
Temp
R - R
Marks on/off
Level 3
Level 2
Level 1
HR (bpm)
EPOC (ml/kg)
VE (l/min)
VO2 (ml/kg/min)
Altitude (m)
Temperature (°C)
00:00:00,0
00:10:00,0
00:20:00,0
00:30:00,0
00:40:00,0
00:50:00,0
01:00:00,0
01:10:00,0
01:20:00,0
Duration
Date
Distance

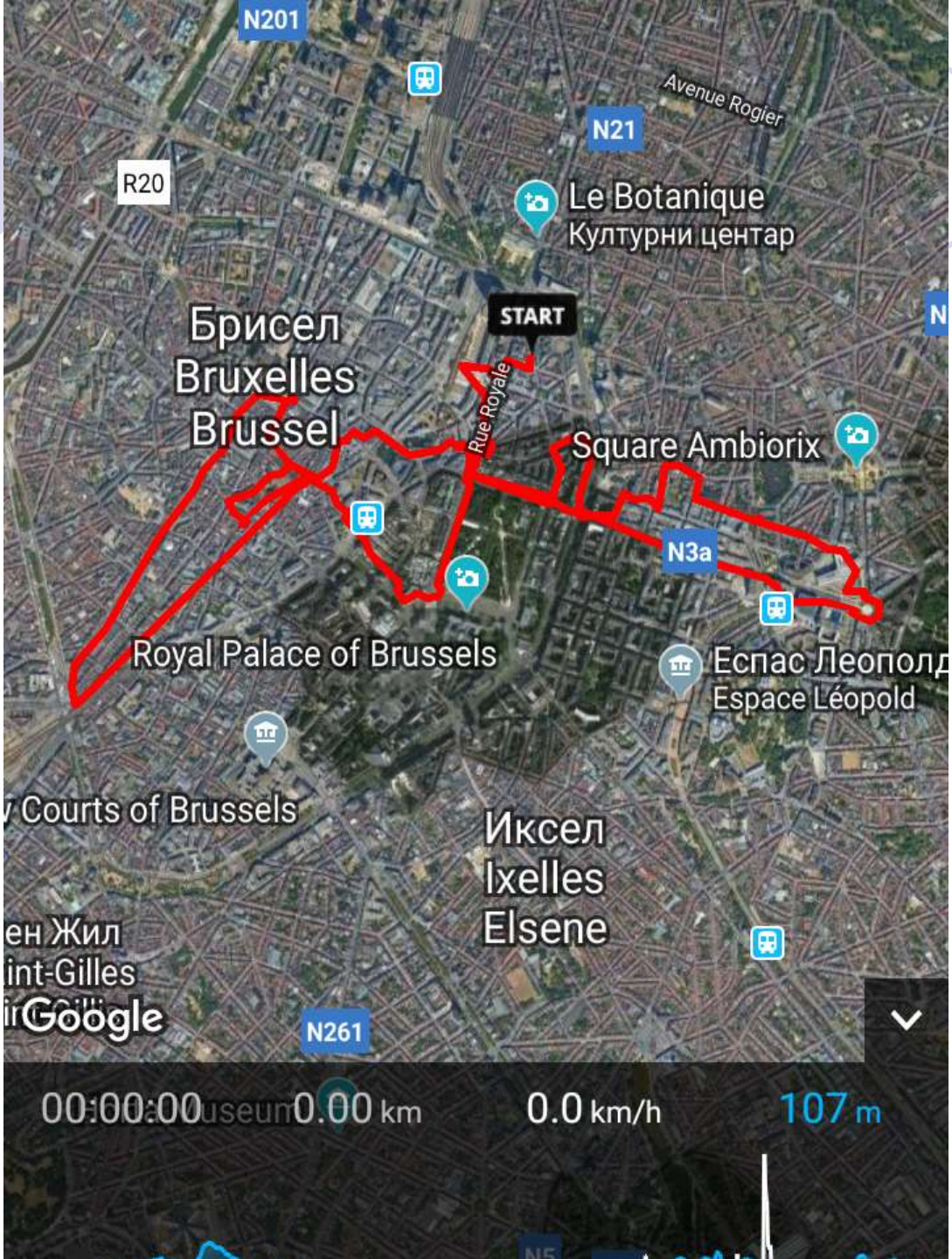
On line softver / calculator

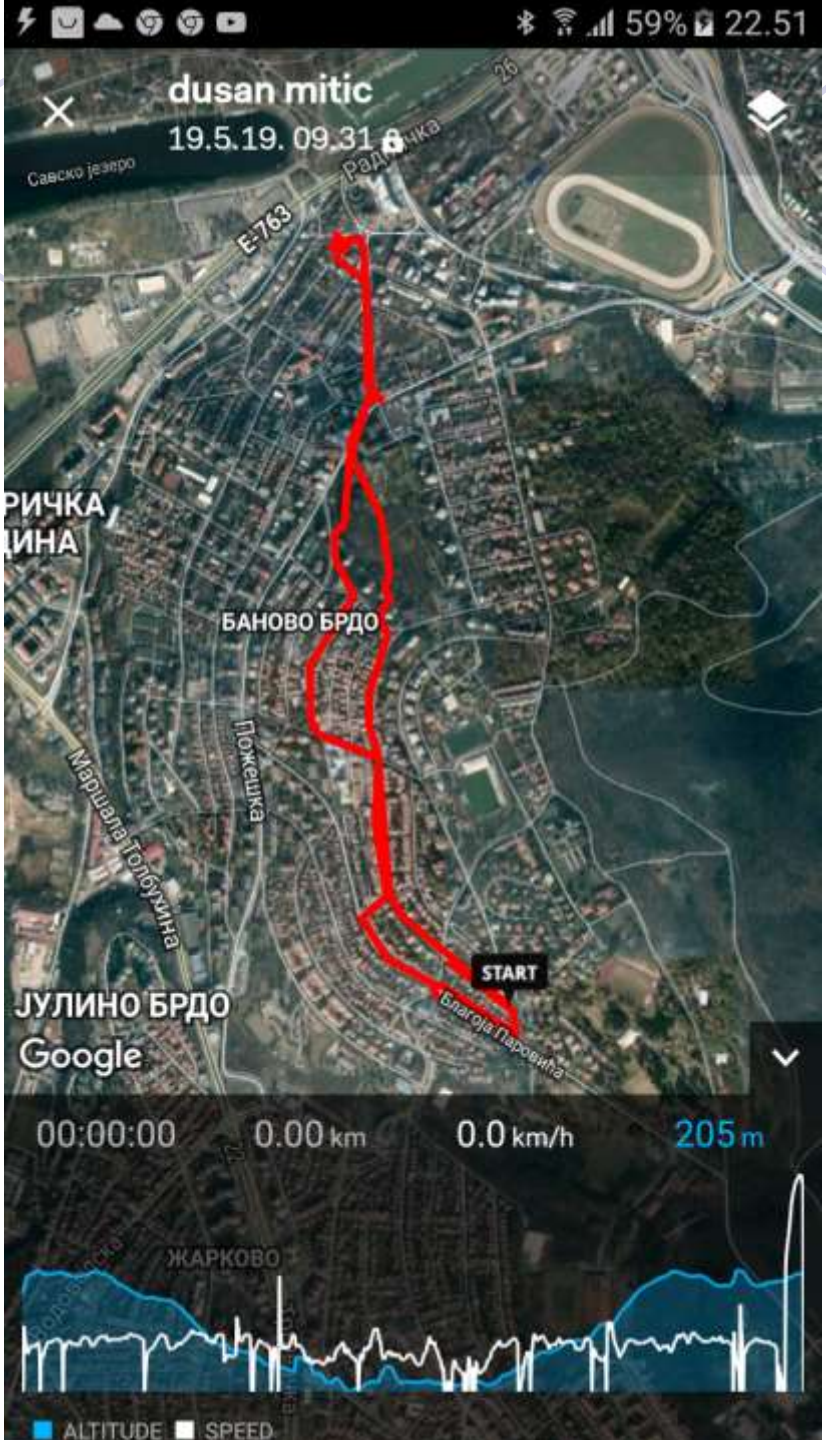
- Zabeležiti paramtere
- On line uneti potrebne podatke
- Instant rezultati

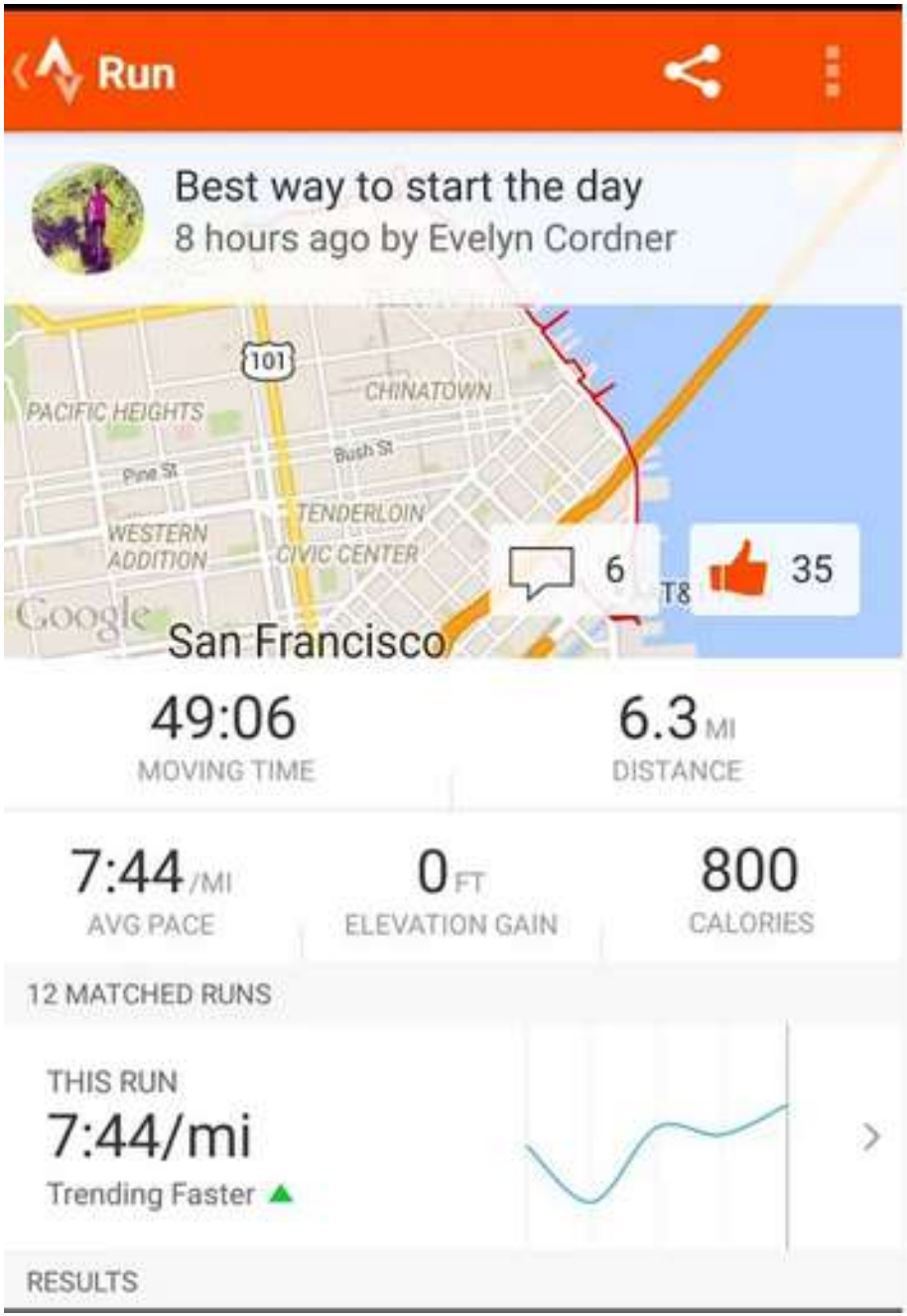
- http://www.concept2.com/indoor-rowers/training/calculators/pace-calculator

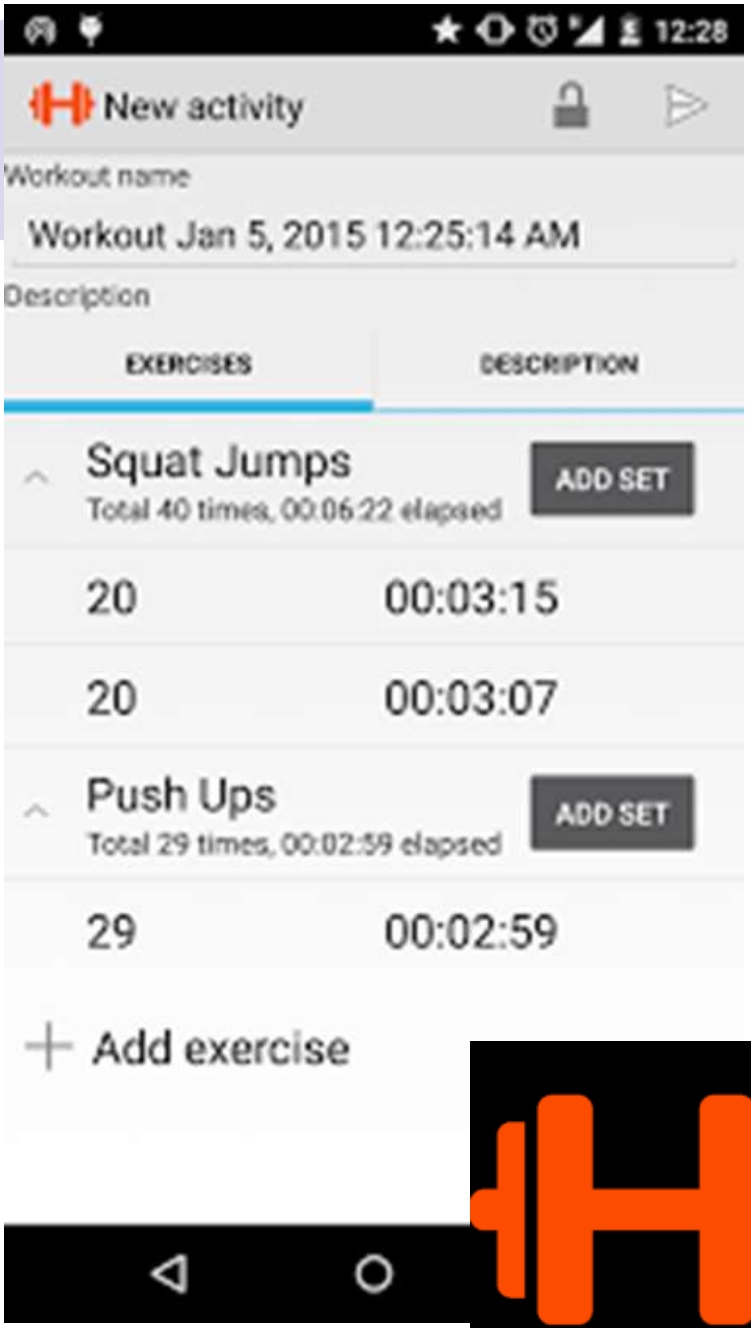
- http://www.topendsports.com/testing/beepcalc.htm

Evidence of activity


N201
Avenue Rogier
N21
R20
Le Botanique
Културни център
START
Брисел
Bruxelles
Brussel
Rue Royale
Square Ambiorix
N3a
Royal Palace of Brussels
Еспас Леополд
Espace Léopold
Courts of Brussels
Иксел
Ixelles
Elsene
Google
N261
00:00:00
0.00 km
0.0 km/h
107 m


59% 22.51
dusan mitic
19.5.19. 09.31
Савско језеро
E-763
БАНОВО БРДО
Пожешка
Маршала Толбухина
ЈУЛИНО БРДО
START
Google
00:00:00
0.00 km
0.0 km/h
205 m
ЖАРКОВО
ALTITUDE
SPEED


Run
Best way to start the day
8 hours ago by Evelyn Cordner
PACIFIC HEIGHTS
CHINATOWN
Pine St
Bush St
TENDERLOIN
WESTERN ADDITION
CIVIC CENTER
101
6
35
T8
Google
San Francisco
49:06
MOVING TIME
6.3 MI
DISTANCE
7:44 /MI
AVG PACE
0 FT
ELEVATION GAIN
800
CALORIES
12 MATCHED RUNS
THIS RUN
7:44/mi
Trending Faster
RESULTS

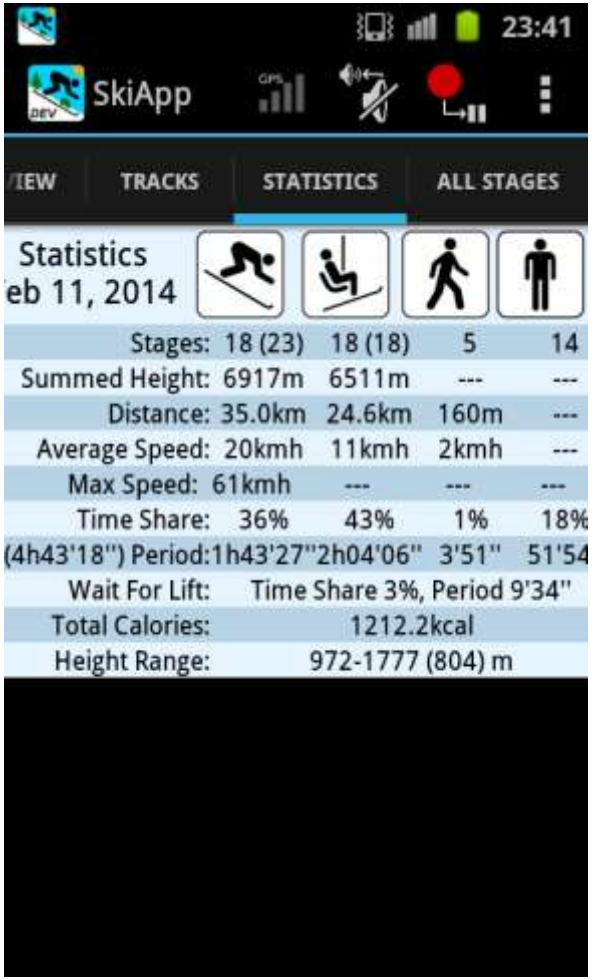

12:28
New activity
Workout name
Workout Jan 5, 2015 12:25:14 AM
Description
EXERCISES
DESCRIPTION
Squat Jumps
Total 40 times, 00:06:22 elapsed
ADD SET
20
00:03:15
20
00:03:07
Push Ups
Total 29 times, 00:02:59 elapsed
ADD SET
29
00:02:59
Add exercise

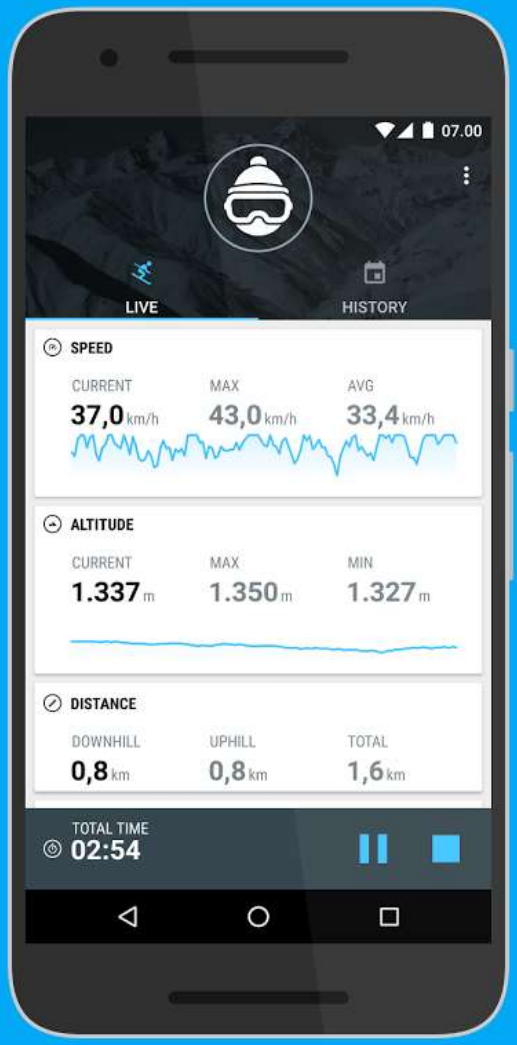
SYS
118
DIA
85
PULSE
55

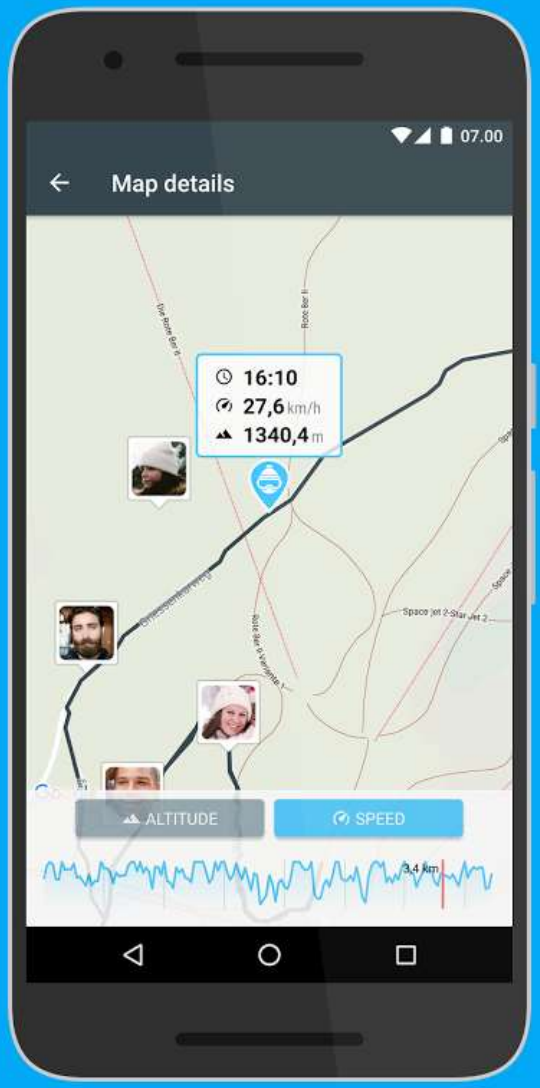
Workout
Tracker
by Fastbird

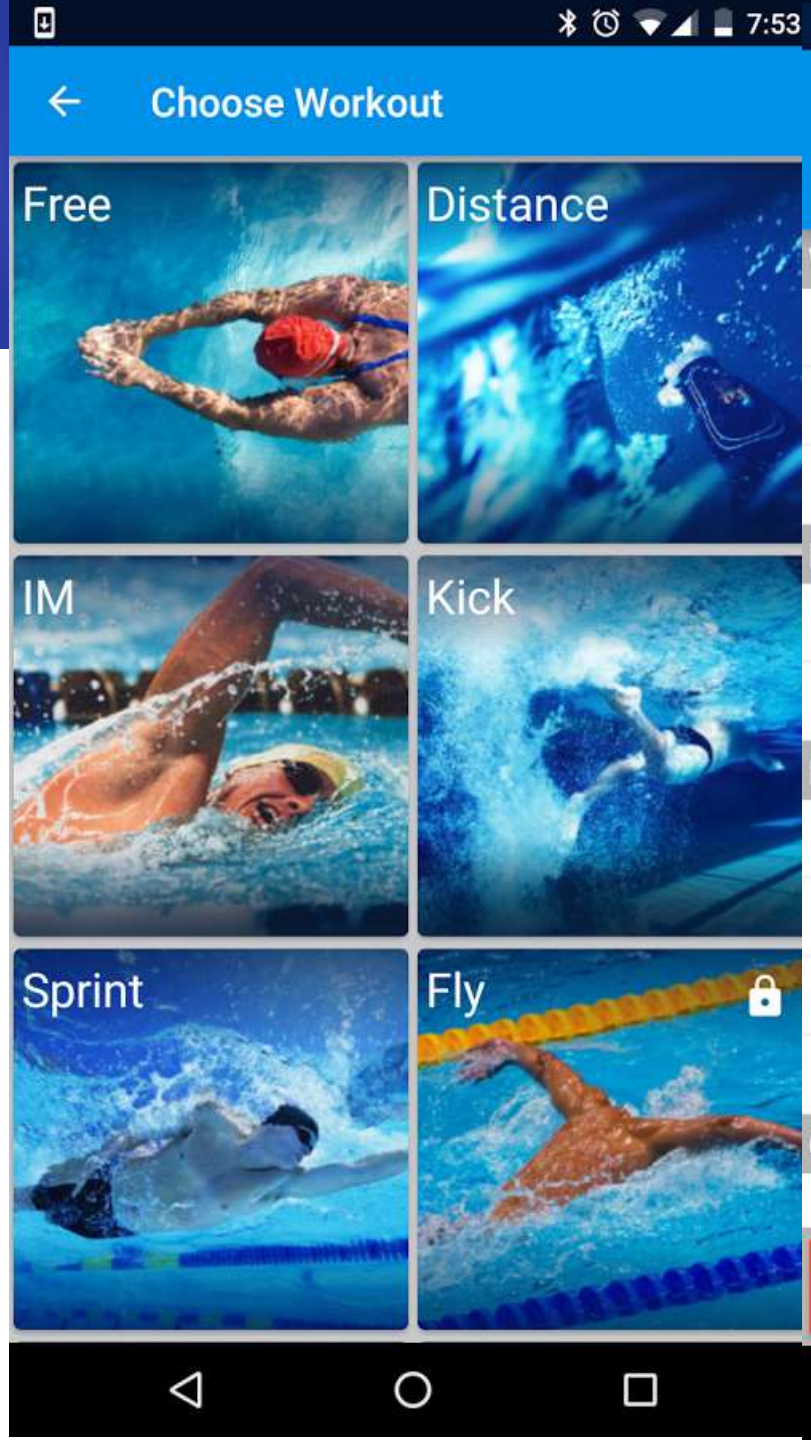
12:36
Alpine Meadows
ski trail map
Thomas Edison

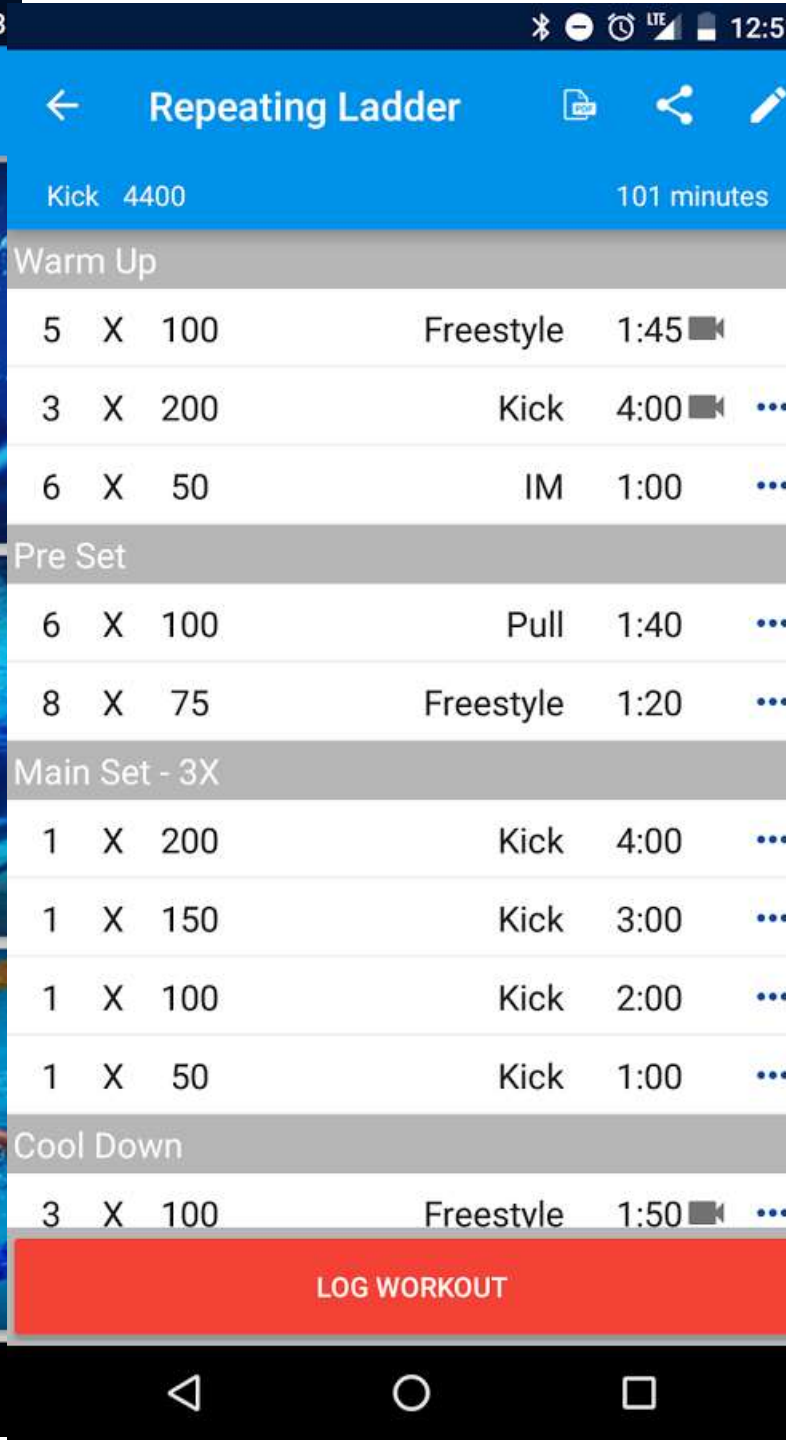
12:44
Yosemite Valley
Hiking Map
North Dome
Glacier Point

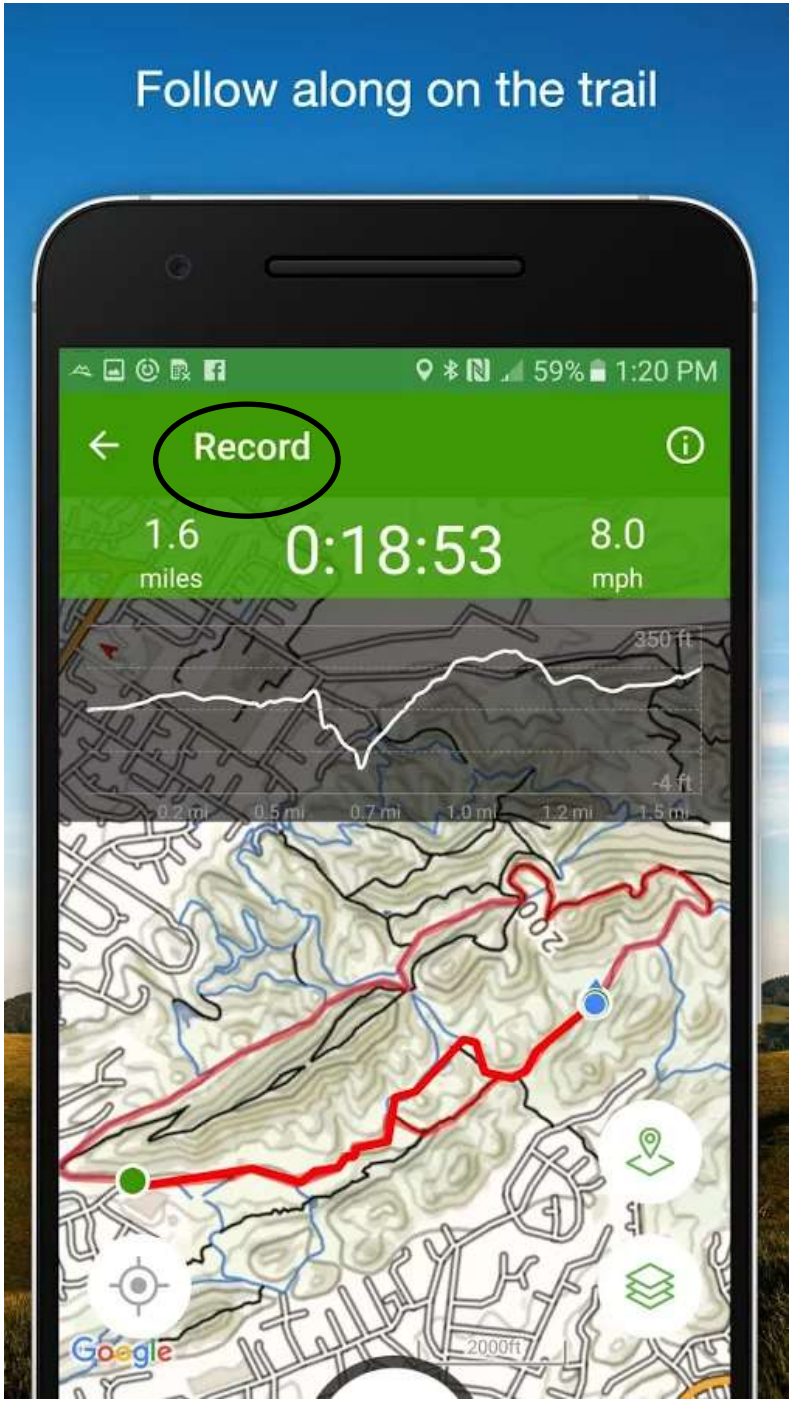

23:41
SkiApp
TRACKS
STATISTICS
ALL STAGES
Statistics
eb 11, 2014
Stages: 18 (23) 18 (18) 5 14
Summed Height: 6917m 6511m --- ---
Distance: 35.0km 24.6km 160m ---
Average Speed: 20kmh 11kmh 2kmh ---
Max Speed: 61kmh --- --- ---
Time Share: 36% 43% 1% 18%
(4h43'18") Period: 1h43'27" 2h04'06" 3'51" 51'54
Wait For Lift: Time Share 3%, Period 9'34"
Total Calories: 1212.2kcal
Height Range: 972-1777 (804) m

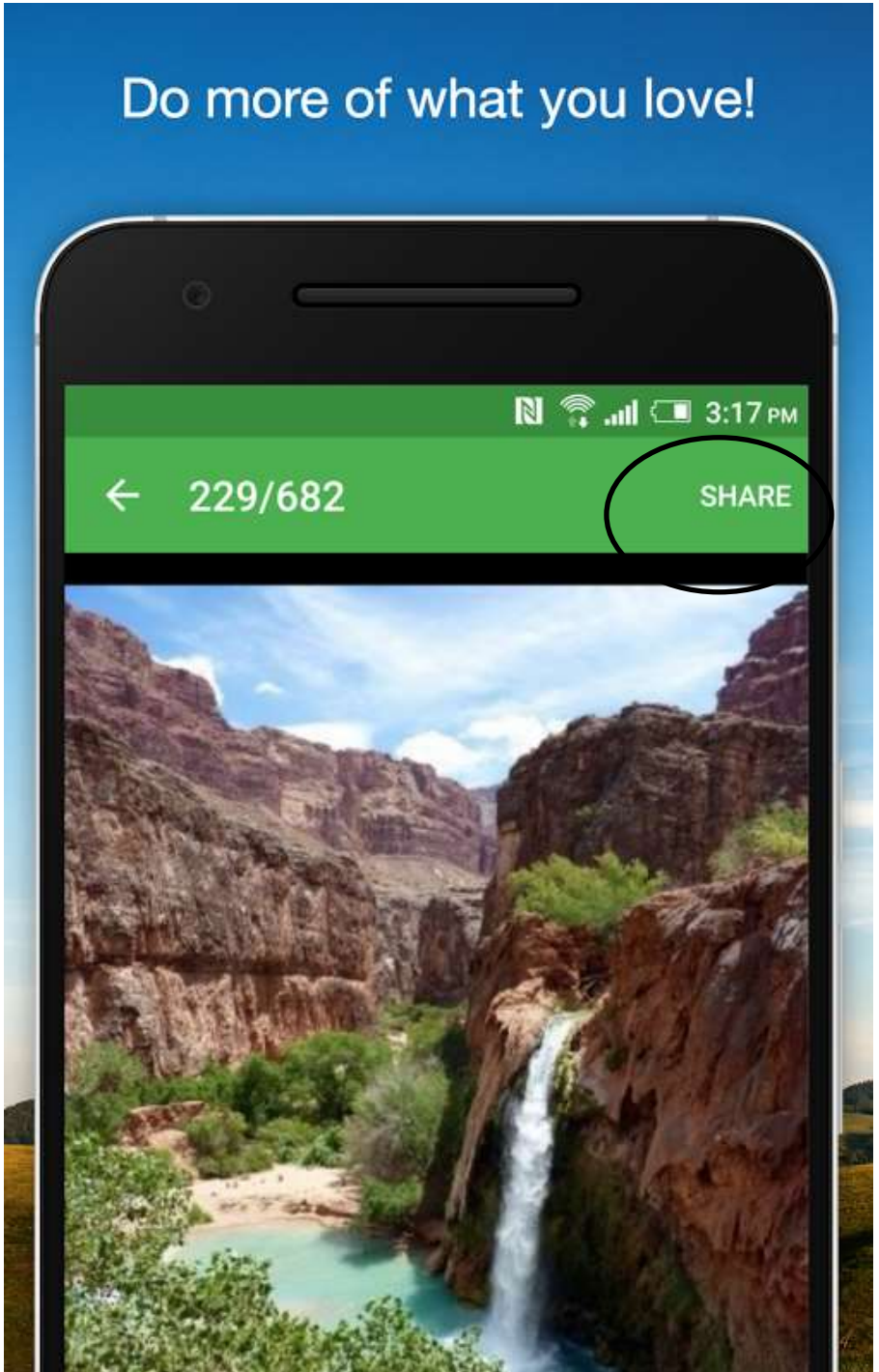

07.00
LIVE
HISTORY
SPEED
CURRENT
37,0 km/h
MAX
43,0 km/h
AVG
33,4 km/h
ALTITUDE
CURRENT
1.337 m
MAX
1.350 m
MIN
1.327 m
DISTANCE
DOWNHILL
0,8 km
UPHILL
0,8 km
TOTAL
1,6 km
TOTAL TIME
02:54


07.00
Map details
16:10
27,6 km/h
1340,4 m
ALTITUDE
SPEED
3,4 km


7:53
Choose Workout
Free
Distance
IM
Kick
Sprint
Fly


12:5
Repeating Ladder
Kick 4400
101 minutes
Warm Up
5 X 100 Freestyle 1:45
3 X 200 Kick 4:00
6 X 50 IM 1:00
Pre Set
6 X 100 Pull 1:40
8 X 75 Freestyle 1:20
Main Set - 3X
1 X 200 Kick 4:00
1 X 150 Kick 3:00
1 X 100 Kick 2:00
1 X 50 Kick 1:00
Cool Down
3 X 100 Freestyle 1:50
LOG WORKOUT


Follow along on the trail
59% 1:20 PM
Record
1.6
miles
0:18:53
8.0
mph
350 ft
-4 ft
0.2 mi
0.5 mi
0.7 mi
1.0 mi
1.2 mi
1.5 mi
Google
2000ft


Do more of what you love!
3:17 PM
229/682
SHARE

☺☺Better peaking late than never☺☺

Age 101

Age 97

HVALA ZA PAŽNJU

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