

#### 4. PHYSICAL EXERCISE IN HIGHLIGHTING THE PROFESSIONAL ARTISTIC ACTIVITIES

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**Abstract:** *The importance and utility of physical exercise in the life style of the artists has inspired us to write this paper through which we address the people from this field who want to start their own business. We launch this idea in order to provide employees a space for sports activities inside the company. A program of varied physical activity introduced as a break in the work program is an important element in the improvement of the human and professional resources. In this paper we describe: types of spaces equipped for physical exercises, work programs and several reasons that sustain the idea that a recreation break is very useful in the utility artistic professions of the modern world.*

**Key words:** *recreation, sports, physical activity, professions*

##### 1. Introduction

The employees who give the best performance at work, who put heart and soul into what they do, are the employees who have a good psycho-physical balance. A good manager will conduct a market research regarding the development of the efficiency of the artistic creations in the institution he leads. We advise them to take a look at the companies that provide space for employees for physical activities (a gym). The physical exercises are designed to stimulate creativity, at any age! And besides this great benefit, the physical exercises are recommended to all professional categories, in order to prevent and combat column deficiencies. The emergence of numerous fitness dedicated spaces and the diversification of physical exercise in different sport activities are closely related to the amazing boost of computer technology and the types of professions that imply deficient postures for a long time (sitting at the desk, upright and leaned positions etc.) depending on the particularity of the job.

Sport activities that involve physical exercises became a necessity of the human body in order to relax the nervous system, highly solicited due to the high standards in any field and a prerequisite to relax the muscular system often found in muscle contractions in deficient body positions attracting serious deviations of the spine and hence, many dysfunctions of the internal organs. These are the main reasons for the desire of the people to carry out physical exercise that has become, at the same time, a necessity. Through these issues we mentioned above, we actually want to come to support the artistic institutions (philharmonics, operas, theatres, creative workshops etc.) in order to highlight the importance of the physical exercise at the workplace for the employees.

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## 2. Discussions

### A. Body positions during work

In general, the body positions adopted by the artists during the work depend on the characteristics of the profession, on the existing furniture, the equipment with which they work (study) and the individual availability (health status, options).

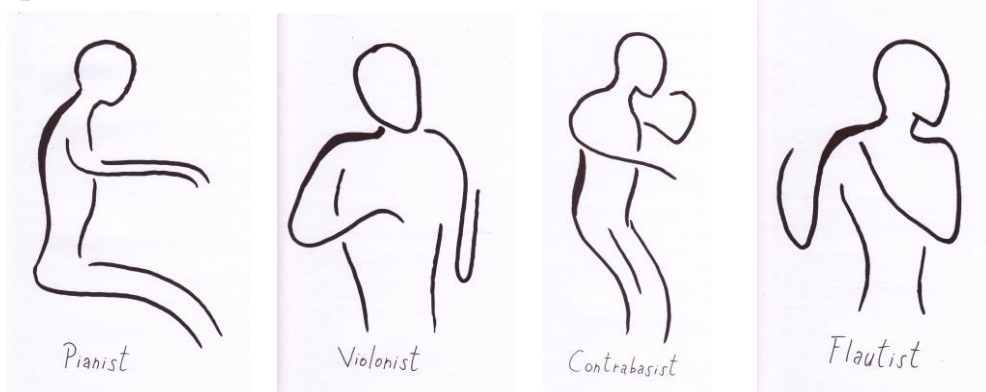


Fig. 1. (Grafică – stud. Atudorei Liviu Ionuț, Grafic Design an I, Iași)

Fig. 1. Body positions while sitting (chair, desk, piano etc) in various stages of physical fatigue. For this category of professions are solicited the muscle groups of the hands, with emphasis on the flexor muscles of the fingers.

- In these situations are carried out exercises for the remaining major muscular groups and relaxation exercises for the solicited muscle groups.
- It is recommended to stand up from the chair after each hour of work, or more frequently for people with disorders of the spine.
- During the short breaks (one hour of work), one can carry out easy exercises for recreation at the shoulders level and stretching for the lower limbs.

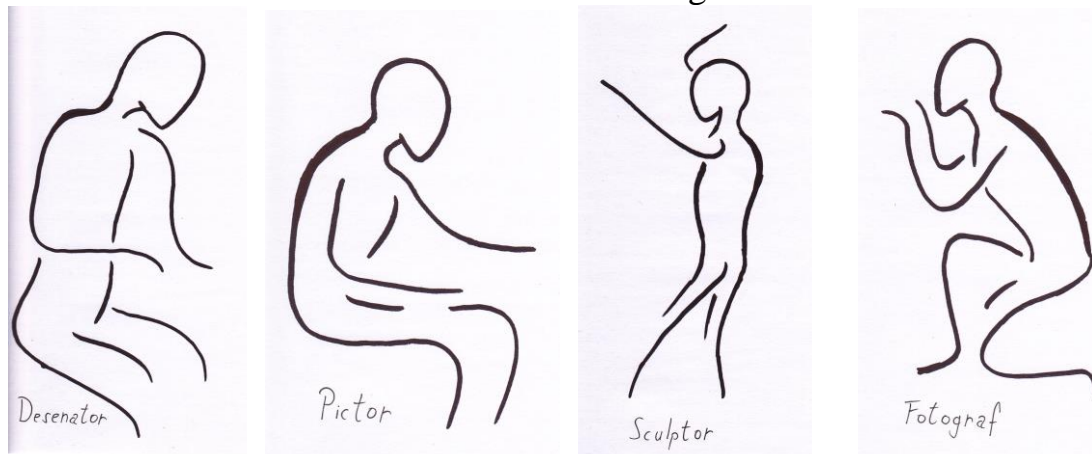


Fig. 2. (Grafică – stud. Atudorei Liviu Ionuț, Grafic Design an I, Iași)

Fig. 2. Body positions adopted by persons working on a wall or large drawings. These body postures are generally encountered at visual artists, but there are numerous situations in various professions when the person who performs a task finds a suitable position, for the effect of “safe hand”.

- In these situations, the breaks for stretching have to be far more frequent and there should be performed exercises for all muscle groups. These drawings are only a preview of the possible body attitudes that are requested in certain

occupations, about which the employer should be informed in order to take safety measures for the health of the employee.

### **B. The effects of the physical exercise in the psycho-physical equilibrium**

- The physical exercise can lead to the growth of new neurons that have a role in the generation and transmission of nerve impulses.
- It develops joint mobility, beneficially influencing the spinal degeneration or disc disease through the amplitude of the movement.
- Tones the muscles. In different body positions during work are used only certain muscle groups, so it is necessary to work those muscles less involved in the contraction activity.
- The most important benefit of physical exercises for an individual who works 8 hours a day or more in static positions or deficient positions, is the correction of column disorders (kyphosis, lordosis and scoliosis).
- Increases in cardiac output.
- The increase of blood flow to the muscle, which leads to an increase in the resistance to physical activity.
- Reduces stress.
- Maintains a healthy body weight appropriate to the age.
- Stimulates the volitional capacities.
- The physical exercise carried out on one's personal musical preferences, enhances all these effects presented above! Therefore, the first two useful information that we give to employers in the artistic field are:

I. By performing physical exercises, the brain produces some chemical substances called endorphins that considerably reduce the stress and create a positive condition for further activities. These substances are also called “**happiness hormones**”.

II. Through music are stimulated the brain effects, generating a serenity state of the body and imposing it a certain rhythm that is transmitted in the body movements.

**Proposals for the arrangement of spaces for sports activities** at the headquarters of a company. **Recommended types of activities:** the activities of physical exercises at the headquarters of some companies are intended to combat the deficiencies of the column, to reduce the stress and obtain the psycho-physical balance weakened by the professional activity. It is not recommended that the destination of the physical exercises from these places to be used in order to obtain performance through work out. Options for space arrangements for sports - physical activities:

#### **Option 1:**

- A fixed ladder (custom made or bought with a cheap price from specialty stores);
- A drawbar that can be fastened to a solid wall or can be applied on an slat of the trellis;
- A basketball hoop (normal sized or custom made on the available sizes);
- Gymnastics Mattress;

- 2 pairs of dumbbells of 1 kg or 0.5 kg - can be used 500 ml bottles filled with water or sand (for girls) and 2 pairs of dumbbells with weights between 4-6 kg.
- 4-5 wooden rods 1.5 - 2 m (shovel tails or mops).

### Work out exercises:

Exercises that can work:

1. Exercises at fixed bar - these exercises are hard to explain, thus we present some images (Birtolon, 1978):

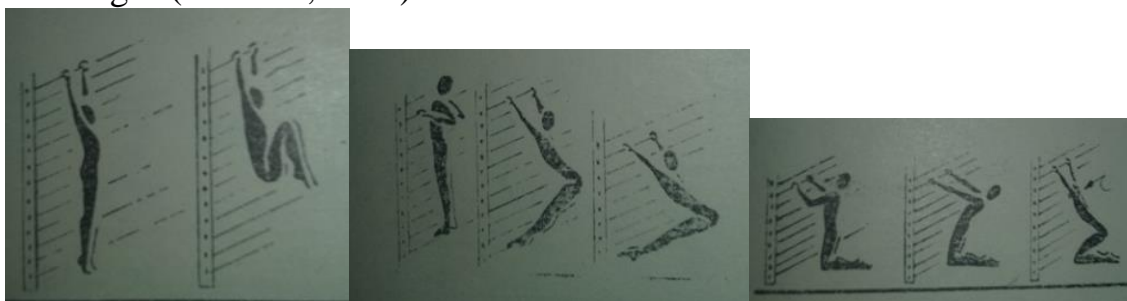


fig. a

fig. b

fig. c

- Hanging from the top slat (with the choice of lifting legs) - fig. a – it is to be maintained hung for 10 sec. 5-10 lifting of the legs (when possible).

- Figure b indicates the exercises for the stretching of the spinal column and for the strengthening of the intervertebral muscles. The exercises with similar effect are shown in fig. c.

2. Tractions at fixed bar - if possible.

3. Throwing the ball at the basketball hoop or playing one on one or 2-2 at one panel.

4. Exercises at the gymnastics mattress - lifting of the torso, extension of the torso, stretching exercises.

5. Exercises with mini dumbbells, sat in a chair or standing. The back should be straight. The dumbbells have to be lifted up at 90 degrees or 180 degrees.

6. Exercises with the wooden bar are designed to prevent and combat spine diseases.

### Option 2:

- A basketball backboard;
- A fixed ladder;
- A gymnastics mattress;
- A ping-pong table;
- 1 or 2 mini-stepper;
- An ergonomic exercise bike;

### Work out exercises:

- Throwing of the ball to the basketball hoop, playing basketball;

- Fixed ladder exercises (described above);

- Exercises at the gymnastics mattress;

- Ping-pong game;

- Exercises for strengthening the leg muscles at the mini-stepper. The back should be straight. It is more efficient when working with a book on the head, forcing the back to sit straight.

- Exercises at the ergonomic bike, with duration and speed if possible.

### **Options 3:**

- Basketball court reduced in size, with 2 panels;
- Table for ping pong;
- Balls (football, gymnastics etc);
- Mini-dumbbells;
- Strings;
- Mini-stepper;

### **Work out exercises:**

- Basketball game with a determined number of players;
- Races at ping-pong game;
- Tennis with the foot on reduced ground, mini football, passing the ball with the foot etc;
- Exercises with dumbbells (see above);
- Jumping rope in various ways. Avoid jumping too high. Avoid returning to the floor too abruptly.
- Exercises for the strengthening of the leg muscles.

### **Option 4**

For companies that have large funds:

- Sports halls with the size of a basketball court;
- A sports ground for field tennis;
- Fitness gym;
- Different materials for carrying out individual exercises (ropes, bikes, treadmill, dumbbells, mattress, etc.).

## **3. Conclusions**

### **A. Recommendations for sport-physical activities:**

- The basketball game is very loved by many people and easy to apply, even for the uninitiated. This sporting activity comprises various exercises: jumping, lunges, throws, extensions of the arms, of the trunk, light running - all these engage the body in moderate physical activity beneficial to achieve the psycho-physical balance necessary for the optimal development of any professional activity.
- Small sports contests between employees increase the availability of the mental and physical availability.
- The participation of the leader of the company in sports along with the employees also offers a psychological support preparing the deep involvement and a better quality in the professional work.
- It is good if a business owner has the minimum knowledge about the most basic exercises to prevent and combat the deficiencies of the spine and to make them available to the employees. Otherwise, a specialist should be invited for some clear demonstrations.
- The time allocated for the physical activity during the professional work program may be between 30-60 minutes. This break will be more efficient than the frequent interruptions for various personal reasons. On the contrary, such a sport physical activity will attract other useless breaks.

- The music is the element that doubles the effect of the exercise. Some people may be creatively stimulated at the workplace where there is beneficial background music.

**B. Actions to promote the concept of “physical exercise” in the development of the business activities:**

- Held workshops on “physical exercise” for the development of the business activities, involving students and artists from different specializations;
- Promote the idea of physical exercise at the workplace through posters, advertisements, videos;
- Visiting (viewing) of specially designed rooms for sports activities at companies headquarters (with direct implication or using video recordings);
- Sports competitions between artists and students in order to acquire powerful motivation regarding the practicing of physical exercises in the life style of the modern man.

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