

UNIVERSIDADE
BEIRA INTERIOR



“Blues Space”, Atividade Física & Jovens

Kelly O’Hara

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Departamento de Ciências do Desporto

Saúde & Bem Estar

**Desenvolvimento Social
& Pessoal**

“Blues Space” & Jovens

Educação

> [Health Place](#). 2015 Jul;34:97-106. doi: 10.1016/j.healthplace.2015.05.001. Epub 2015 May 18.

Therapeutic landscapes and wellbeing in later life: Impacts of blue and green spaces for older adults

Jessica Finlay¹, Thea Franke², Heather McKay³, Joanie Sims-Gould⁴

Affiliations + expand

PMID: 25982704 DOI: [10.1016/j.healthplace.2015.05.001](#)



Health & Place
Volume 35, September 2015, Pages 196-205



Developing the urban blue: Comparative health responses to blue and green urban open spaces in Germany

Sebastian Völker , Thomas Kistemann

“Blues Space” & Jovens

Article | [Open Access](#) | Published: 13 June 2019

Spending at least 120 minutes a week in nature is associated with good health and wellbeing

Mathew P. White , Ian Alcock, James Grellier, Benedict W. Wheeler, Terry Hartig, Sara L. Warber, Angie Bone, Michael H. Depledge & Lora E. Fleming

Scientific Reports **9**, Article number: 7730 (2019) | [Cite this article](#)

International Journal of Hygiene and Environmental Health 220 (2017) 1207–1221



Contents lists available at [ScienceDirect](#)

International Journal of Hygiene and Environmental Health

journal homepage: www.elsevier.com/locate/ijheh

Review

Outdoor blue spaces, human health and well-being: A systematic review of quantitative studies

Mireia Gascon^{a,b,c,*}, Wilma Zijlema^{a,b,c}, Cristina Vert^{a,b,c}, Mathew P. White^d, Mark J. Nieuwenhuijsen^{a,b,c}

Therapeutic landscapes and wellbeing in later life: Impacts of blue and green spaces for older adults

Jessica Finlay ¹, Thea Franke ², Heather McKay ³, Joanie Sims-Gould ⁴

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Health & Place
Volume 35, September 2015, Pages 196-205



Developing the urban blue: Comparative health responses to blue and green urban open spaces in Germany



Science of The Total Environment

Volume 756, 20 February 2021, 143984



Contact with blue-green spaces during the COVID-19 pandemic lockdown beneficial for mental health

Sarai Pouso ^a ✉, Ángel Borja ^{a, b}, Lora E. Fleming ^c, Erik Gómez-Baggethun ^{d, e}, Mathew P. White ^{c, f}, María C. Uyarra ^a

Article | [Open Access](#) | Published: 13 June 2021

Spending at least 120 min associated with good health

Mathew P. White [✉], Ian Alcock, James Grellier, Angie Bone, Michael H. Depledge & Lora E. Fleming

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Health and well-being: A systematic review of

quantitative studies

Mireia Gascon ^{a, b, c, *}, Wilma Zijlema ^{a, b, c}, Cristina Vert ^{a, b, c}, Mathew P. White ^d, Mark J. Nieuwenhuijsen ^{a, b, c}

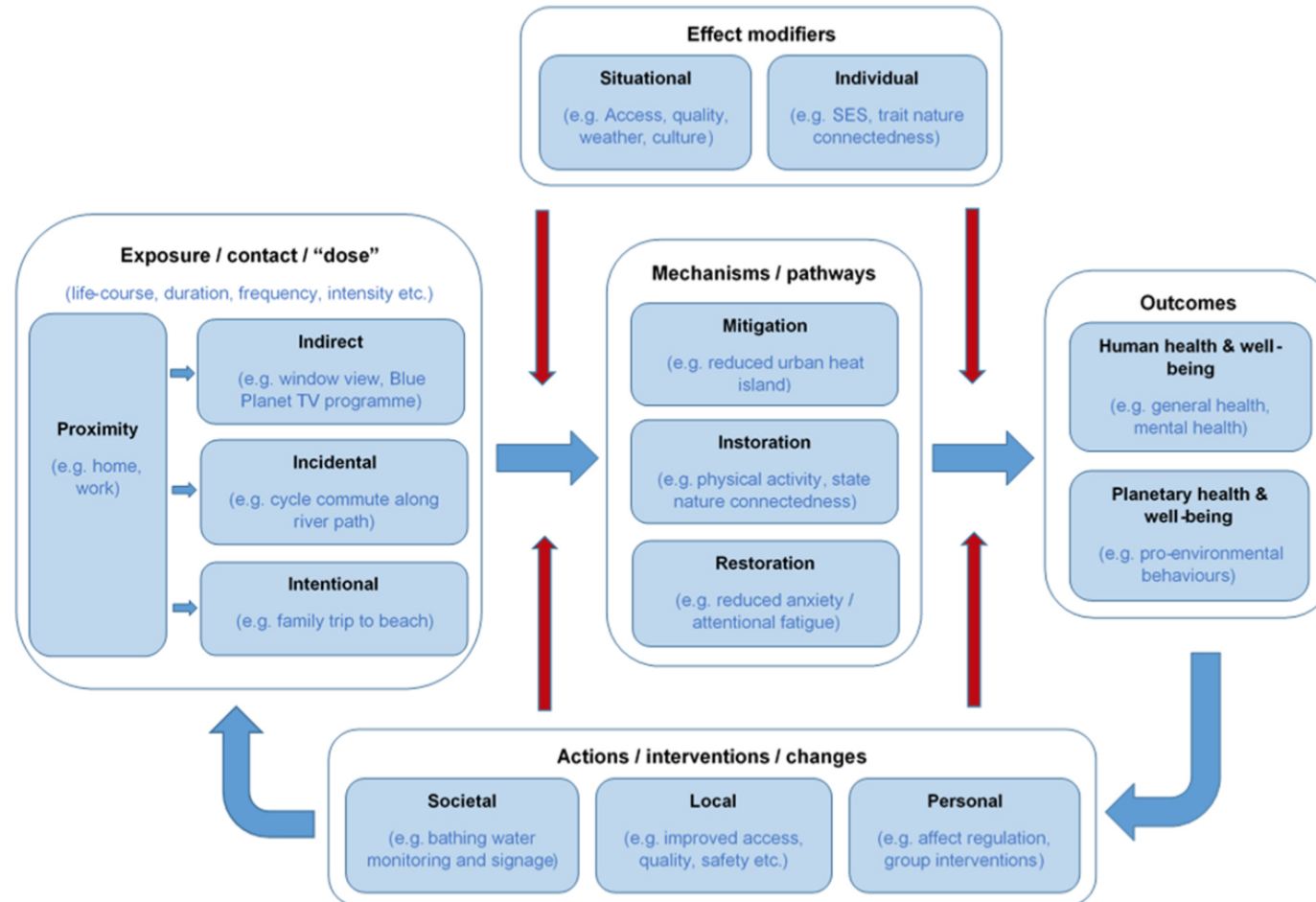
Modelo Conceptual – Blue Space & Well-being



Review article

Blue space, health and well-being: A narrative overview and synthesis of potential benefits

Mathew P. White ^{a, b, c, d, e}, Lewis R. Elliott ^a, Mireia Gascon ^{c, d}, Bethany Roberts ^a, Lara E. Fleming ^a



SAÚDE & BEM ESTAR

Open Access

Protocol

BMJ Open BlueHealth: a study programme protocol for mapping and quantifying the potential benefits to public health and well-being from Europe's blue spaces

James Grellier,^{1,2} Matthew P White,^{1,3} Maria Albin,^{4,5} Simon Bell,^{6,7} Lewis R Elliott,^{1,3} Mireia Gascón,^{8,9,10,11} Silvio Gualdi,¹² Laura Mancini,¹³ Mark J Nieuwenhuijsen,^{8,9,10,11} Denis A Sarigiannis,¹⁴ Matilda van den Bosch,^{15,16,17} Tanja Wolf,¹⁷ Susanne Wuijts,¹⁸ Lora E Fleming¹

BMJ Open: first published as 10.1136/bmjopen-2017-0

Guidelines



World Health Organization 2020 guidelines on physical activity and sedentary behaviour

Fiona C Bull,^{1,2} Salih S Al-Ansari,³ Stuart Biddle,⁴ Katja Borodulin,^{5,6} Matthew P Buman,⁷ Greet Cardon,⁸ Catherine Carty,^{9,10} Jean-Philippe Chaput,¹¹ Sebastien Chastin,¹² Roger Chou,¹³ Paddy C Dempsey,^{14,15} Loretta DiPietro,¹⁶ Ulf Ekelund,^{17,18} Joseph Firth,^{19,20} Christine M Friedenreich,²¹ Leandro Garcia,²² Muthoni Gichu,²³ Russell Jago,²⁴ Peter T Katzmarzyk,²⁵ Estelle Lambert,²⁶ Michael Leitzmann,²⁷ Karen Milton,²⁸ Francisco B Ortega,²⁹ Chathuranga Ranasinghe,³⁰ Emmanuel Stamatakis,³¹ Anne Tiedemann,³² Richard P Troiano,³³ Hidde P van der Ploeg,^{34,35} Vicky Waru,³⁶ Juana F Willumsen¹

Br J Sports Med: first published as 10.1136/bjports-2020

- **Benefícios musculares, cardiorrespiratório, metabólicos, cognitivos...**
- **Aumento do nível atividade Física...+ intensidade ...+ tempo ... com amigos**
- **Desenvolvimento Motor - Força, equilíbrio, coordenação , movimentos fundamentais**
- **Psicológicos : Auto-estima, auto-control... experiência de lidar com a incerteza**
- **Inclusivo**
- **Benefícios em crianças com deficit de Atenção e Hiperatividade (TDAH)**



Qualitative Research in Sport, Exercise and Health

Routledge
Taylor & Francis Group

ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/rqs21>

'I'm just lost in the world': the impact of blue exercise on participant well-being

Nadine Thompson & Stephanie Wilkie

DESENVOLVIMENTO SOCIAL & PESSOAL

- Atitudes, valores, crenças e autopercepções
- Capacidade de comunicação,
- Liderança , Cooperação ... trabalho em equipa,
- Tomada de decisão, enquanto promove responsabilidade e imaginação ... Criatividade
- Cidadania Ativa
- Diminuição de comportamentos agressivos... bullying



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 - Cidadania Ativa
 - Diminuição de comportamentos agressivos... bullying
-
- **Para Pensar:**
 - **Atitude Parental**
 - **Crianças confinadas a pátios em cimento, quartos, parques “bonitos” MAS ...**

DESENVOLVIMENTO SOCIAL & PESSOAL

- Atitudes, valores, crenças e autopercepções
- Capacidade de comunicação,
- Liderança e trabalho em equipa,
- Cooperação,
- Tomada de decisão, enquanto promove
- Cidadania Ativa
- Diminuição de comportamentos agressivos

• Para Pensar:

- Fator Idade
- Atitude Parental
- Crianças confinadas

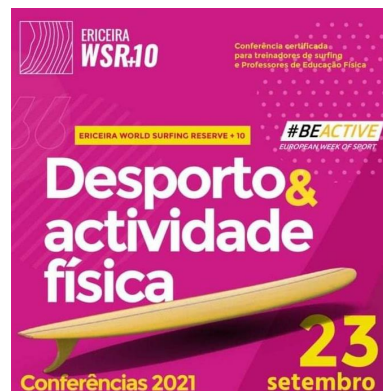


Aprendizagem → *GATEKEEPER ... Emoção & Motivação*

- Problemas reais ...com significado
- Experiências práticas
- Trabalho em equipa... cooperativo e desafiador
- Pensamento crítico, promoção da criatividade e resolução de problemas
- Conhecimento ecológico.... compreender a natureza e seu valor
- Cidadania ... participação cívica, proteção ambiental

EDUCAÇÃO

- Espaço verde nas escolas ... desempenho académico
- Efeito do contacto OU vista com a natureza .. aumento da atenção, diminuição do stress nas escolas, concentração
- O ensino ao ar livre ajuda na compreensão, interesse e retenção das aprendizagens



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OBRIGADA PELA VOSSA ATENÇÃO

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INVESTIR... Onde?

Journal of Physical Activity and Health, (Ahead of Print)
<https://doi.org/10.1123/jpah.2021-0112>
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Human Kinetics
PUBLIC HEALTH PRACTICE

Eight Investments That Work for Physical Activity

Karen Milton, Nick Cavill, Anna Chalkley, Charlie Foster, Sjaan Gomersall, Maria Hagstromer, Paul Kelly, Tracy Kolbe-Alexander, Jacqueline Mair, Matthew McLaughlin, James Nobles, Lindsey Reece, Trevor Shilton, Ben J. Smith, and Jasper Schipperijn

Plano Ação Global da OMS sobre AF 2018-2030 (GAPPA)

- 1) Sociedades ativas (normas sociais e atitudes)
- 2) Ambientes ativos (espaços e lugares)
- 3) Pessoas ativas (programas e oportunidades)
- 4) Sistemas ativos (governança e políticas)



- There are several potential explanations for the positive health and well-being effects of engaging with blue space.
-
- Blue spaces and coastal proximity are associated with physical activity (Finlay et al. 2015; Völker and Kistemann 2015; White et al. 2014)
-
- cognitive functioning (Ayán et al. 2017; Fedor, Garcia, and Gunstad 2015) or as a result of the natural context. Directed attention refers to our ability to focus on cognitive tasks and is considered a finite resource (Berman, Jonides, and Kaplan 2008; Berto et al. 2010). Urban settings deplete this resource, resulting in directed attention fatigue (DAF, Kaplan and Kaplan 1989); nature settings restore this depleted resource resulting in recovery from DAF (i.e. attention restoration). Attention Restoration Theory (ART; Kaplan and Kaplan 1989) suggests that this is because urban environments constantly require the use of directed attention to interact with them. Nature, on the other hand, is restorative because it four possesses characteristics that require less directed attention: fascination due to visual qualities that effortlessly draw attention, a sense of being away, extent or coherence (i.e. richness to create another world) and compatibility with DAF recovery goals (Kaplan 1995). Several studies reported improved directed attention task performance after outdoor (i.e. green) exercise (Bratman et al. 2015; Berman et al. 2012; Rogerson et al. 2016). Blue exercise, as a type of nature-based physical activity, should be expected to have a similar effect on directed attention, although we were unable to find any study directly testing its impact.