

The Synthesis of Physical Activity by Applying Thai Tradition Exercise in Thailand

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Abstract

Introduction: Physical activity is recommended for good health. Many researches were apply for increasing benefit.

Objective: To synthesis on physical activities which applying Thai tradition exercise focus on type and benefit.

Methods: The synthesis researches 5 steps : scope of research, engine searching from databases by using key word physical activity, exercise, local dance, grouping, data extraction and summary.

Results: There were 30 researches, 12 types were palsolp dancing, Northeastern folk dance, nine square Thai dancing. Esan local dancing or Zeng, Thai qiqong meditation exercise, Tai chi exercise with elastic chest wall restriction, rum mi plong and rum krabong [long tube exercise], muay Thai boxing, arm and leg swing, Hulahoop, and Ruesri dad ton. There were 23 benefits: weight loss, muscle strengthen, reduce blood pressure and cholesterol, Vo2 max consumption, mental health, satisfaction, balance leg, vital capacity, knee osteoarthritis, pulmonary function, metabolic syndrome, physical fitness, glycosylated hemoglobin level, breast cancer, multisite pain, reducing the sense of hunger, anti depressive, mild cognitive impairment, physical performance, cardiopulmonary effect, strengthen maintenance for long life.

Conclusions: The synthesis research by applying Thai Tradition Exercise in Thailand. Type grouping of exercise and benefit. They were 12 types and 23 benefits.

Keywords: Synthesis, Physical Activity, Exercise, benefit, Thailand