

THE SITUATION OF PHYSICAL ACTIVITY IN POPULATION OF SHKODRA CITY

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Abstract

The transition from a totalitarian system to a democratic system have made many positive changes creating new social relations, it expressed in the field of motor activity and sport areas. This situation is deeply shocked and activity reports of people socially faced with new social phenomena such as unemployment at a relatively young age. We change the ratio of working hours to leisure. The current way of life requires activity to less physical, as a result of increased car use and sedentary lifestyle, because the modernization of the electrical equipment and habits such as smoking, weight gain, which contribute to increased risk of chronic diseases. It is extremely important to a healthy diet combined with daily physical activity necessary to minimize sedentary life, which is a common risk factor for many chronic diseases. The presence of these diseases and stress appear continuously at various levels. All these identify the negative phenomena and physical health consequences that are reflected in sedentary life, in addition to stress the positive phenomena as the rise of the welfare development, creating opportunities for more fun, the creation of green spaces by the local government sports, social and individuals sympathetic to the sport, with the idea to serve the community for the protection of health. By performing physical movements individually or in a group, people understand more and more that exercise sports helps preserve and strengthen health, give vitality life, fun, vitality and optimism for life avoiding negative habits.

Keywords: *motor activity, green spaces, benefits, stress, fun*