

## عنوان مقاله:

Effect of a Supervised Exercise-Training Programme on Morbidity and Wellness of South African Hajj Pilgrims in ۲۰۱۸:  
A Pilot Study

## محل انتشار:

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## نویسندگان:

Salim Parker - *Division of Infectious Diseases and HIV Medicine, Department of Medicine, University of Cape Town, Cape Town, South Africa*

Mohammed Jaffer - *Sports Physician, ۶۸ Florida Street Ravensmead, ۷۴۸۰, Cape Town, South Africa*

Ozayr Mahomed - *Discipline of Public Health Medicine, University of KwaZulu-Natal Nelson Mandela School of Medicine, Durban, South Africa*

## خلاصه مقاله:

**Introduction:** Ill health and poor physical and mental conditioning adversely affects pilgrims' ability to optimally perform the arduous physical rituals of Hajj. We postulate that a supervised, pre-departure exercise programme improves their health status and may reduce morbidity. **Methods:** Ninety-three accredited pilgrims completed a ۶-۱۲ weeks graduated, supervised walking programme designed to get the participants fit to do a ۱۰ km walk. Assessments including a morbidity survey, a six-minute walk test, and a POMS (Profile of Mood States) were conducted before and immediately after the exercise programme. A morbidity questionnaire, the six-minute walk test, and POMS were completed post-Hajj (n = ۸۸). A group of ۲۰۰ non-matched pilgrims who were not part of the exercise programme, were approached post-Hajj to fill in the morbidity questionnaire, with eight-two responding. **Results:** Results for ۸۸ participants were available with ۱۳.۷% reporting medical events during the Hajj period, significantly less than the non-participants (۶۲.۲% of ۸۲ respondents), and less when compared to other studies (up to ۹۱%). The mean distance recorded in the six-minute walk test increased by ۵% after the exercise programme (۴۸۱.۳ meters before to ۵۰۶.۳ m after) and ۳% after Hajj (۵۲۰.۷ m). Similar positive changes in the POMS were noted across the three time periods. The resting heart rate did not show significant changes. **Conclusion:** This study shows that a supervised exercise programme for Hajj pilgrims has a positive effect on their physical and mental conditioning, which may reduce morbidity. Larger controlled trials are warranted to determine the optimum dose of exercise.

## کلمات کلیدی:

Pilgrimage, physical fitness, Profile of Mood States, Walk Test, Respiratory infections

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