

Changing perspectives in physical activity in the 21st century

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Conflictos de interés: Los autores declaran no tener conflictos de interés alguno.

Editorial

Costa Rica is located in Central America country, which is world renowned for its health system. The national census in 2011, reported that Costa Rica has a population of 4,301,712 inhabitants.

According to Ministry of Health, Health Situation Analysis of Costa Rica (2014), the latest estimate of life expectancy at birth is the year 2012, which it reached 79.0 years overall, in the women was 81.45 years and for men 76.5 years.

Also, the survey of cardiovascular risk factors in 2010 (CCSS, 2010) aimed at age 20 shows:

- 3 or 4 in 10 residents is hypertensive
- 4 in 10 Costa Rican has high cholesterol values
- The prevalence of overweight was 36.1% while that of obesity was 26%.
- 50.9% of the surveyed population has little or no physical activity.

The Costa Rican Institute of Sport and Recreation (ICODER). It has numbers objects that benefit the health of the population through physical activity, such as support Network physical activity and health, development of the National Physical Activity Plan (2011-2021), National Games Program, Student Games, High Performance Sports Scholarships, Recreational Parks, among others.

It has sought a paradigm shift in the population to opt for innovative activities that seek further happiness of one of the happiest countries in the world.

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