

Promote the health of aerobic dance leaders for the health of southern communities.

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Promoting health through aerobic dancing is a popular physical activity for people of all genders and ages because of the fun that comes from exercising with music. Dancers can adjust the intensity according to their fitness. Combined with movements that use muscles throughout every part of the body continuously for no less than 30 minutes, increasing the heart rate to the desired level. Increase physical fitness it is an activity in which the body is exerted until it feels more tired than usual. and causes the burning of energy in daily life has a positive effect on health.

This project focuses on leaders doing aerobic dance exercises in the southern region. Have the knowledge and skills to be a leader in promoting health in aerobic dancing correctly and safely. Add partners to the network of health promotion leaders in aerobic dance in the southern region together with the Aerobic Dance Association of Thailand. People of all age groups have been promoting their health by engaging in physical activity through aerobic dancing to help prevent possible effects on the body and lifestyle due to deterioration of fitness. The body also helps prevent complications from disease, injury, and rehabilitation.

The target group in this project is 72 aerobic dance leaders in the southern region who teach aerobic dance to people in the area to promote public health through teaching skills. Proper and safe dancing as a result, the people who come to participate in aerobic dance exercises in the area of responsibility have increased good health.

Implementation of this project has a 4-step process: Step 1: Create cooperation with aerobic dance leaders in the southern region to understand the project and be willing to participate in the project. Step 2 Organize training to increase knowledge and skills in teaching aerobics in collaboration with the Aerobic Dance Association of Thailand. Step 3 Southern Branch Working Group Aerobic Dance Association of Thailand Visited the area to follow up on the performance of aerobic dance leaders in 7 provinces including Nakhon Si Thammarat, Surat Thani, Krabi, Phang Nga, Phuket, Ranong and Chumphon. Step 4:

Summarize the results and integrate them with the research and teaching of Walailak University.

The results found that 72 aerobic dance exercise leaders in the southern region promoted public health by teaching safe and correct dance skills, resulting in the people who came to participate in aerobic dance exercise. Big Dance in the area of responsibility has increased in good health, 14 places, 30 people each, totaling 420 people.

There has been an increase in foreign workers and foreigners joining in aerobic exercise in provinces that are tourist attractions. and has a total of 19 networks and 15 agencies. In addition, Walailak University professors have integrated this project with community nursing course teaching and research on the development of innovations to promote physical activity to reduce risk and manage non-communicable diseases among working age groups in the southern region.