Exercise (even at home!) Physical exercise is essential in the life of all human beings and it helps to maintain a good immunity, causing our hormone production to increase. So focus on physical activities at home. Take some comfortable clothes to train at home, choose exercises that give you pleasure such as Yoga or even CrossFit exercises that can be done without equipment and take care of your health in the pandemic.

Here on the KVRA blog you will find several articles about exercise practices in home that will provide you with information so you know how to take care of your health at home. ABSTRACT The study sought to understand how men in a Health Center behave when it comes to health care.

Qualitative research, carried out in a Health Center that selected and interviewed, for convenience, 15 adult men and organized the data according to the Discourse of the Collective Subject. Four central ideas emerged that portray the reasons for the presence of men in the service: health problems, attitudes towards these issues; and participation in activities.

They are assiduous, they care about following the recommendations received and they use individual attention, preferentially, due to lack of time, but they show interest in participating in group activities. This can be used as an opportunity to improve their participation in the specific group for men, which offers a space to receive and listen to various problems, being a form of reintegration of these people with the health service.

Keywords: Men's Health; Health centers; Nursing; Provision of Health Care

INTRODUÇÃO

The launch of the National Policy for Comprehensive Health Care for Homem (PNAISH) in 2009, having as a general objective to meet the health conditions of the male population, envision reducing it to morbidity and mortality, focusing its attention on the risk factors for this population follow-up.

Bem how to offer conditions to increase or access the health services and integral health services. Isso see me calling attention to this theme, stimulating or developing this research, as well as other studies. According to recent accord of the Brazilian Institute of Geography and Statistics (IBGE), having as reference or July 1, 2014, it is estimated that, at present, Brazil has 202.7 thousand inhabitants; a life expectancy, not general, passou from 74.1 in 2011 to 74.6 years in 2012 e, in relation to sex, for homens passou from 70.6 (2011) to 71 years (2012) e for women It rose from 77.7 to 78.3 years, not the same period. In relation to mortality, at age between 20 and 59 years, the main causes of death in Brazil are: external causes, diseases of circulatory devices, neoplasms, diseases of digestive devices. Homens die in situations of accidents and violence, raising them to premature death, do not have time for or adoecimento, as it occurs as women, who die due to neoplasia, doenças do sangue, endocrine doenças, within others.

At an international level, a disparity between home health and women, also observed, as in Singapura, where the homens morrem most give and sofrem of doenças such as cancer, cardiac doença,
cerebrovascular doença, sexually transmitted diseases. As mental health questions are also significant, in that you receive higher rates of suicide than you are.

These conditions result in lost productive life years and, além disso, os homens, more than women, have little Saudi lifestyles that predispose to chronic doenças. For how many years of life habits are few in Saudi Arabia and the presence of chronic diseases, not

Brazil, there has been a significant increase in the prevalence of obesity, excess weight, insufficient physical activity not temporarily free, sedentary lifestyle, arterial hypertension and diabetes with an increase in diabetes. In this way, it can be said that the homens enter the health system by means of specialized care, and item as a consequence or aggravation of hair morbidity retardation in the main custody of the Unified Health System (SUS). It is necessary to strengthen and qualify primary care, thus guaranteeing the promotion of health and the prevention of aggravated injuries. There are several studies that sought to understand the reasons for these men to arrive at the services already with chronic diseases installed.

Health System (SUS)
It is necessary to strengthen and qualify primary care, thus guaranteeing the promotion of health and the prevention of aggravated injuries. There are several studies that sought to understand the reasons for these men to arrive at the services already with chronic diseases installed.

On the part of professionals, it is clear that women are valued at the expense of men, as they would be more prone to curative practices and less capable of prevention. There are several representations and stereotypes related to genders, such as: "men are stronger"; "the female body has particularities that demand more care"; "women are naturally caregivers". Therefore, the invisibility of the male gender is produced through an expectation of professionals that men do not take care of themselves or other people and, therefore, do not seek services or do so in less authentic ways.

When professionals do not recognize these individuals as potential subjects of care, they fail to encourage them to practice health promotion and prevention or do not recognize cases in which they demonstrate such behavior.

However, when men are asked about the reasons that lead them not to seek care in primary health care units, aspects that are not only associated with gender emerge, such as: inadequate hours of operation of services that occur during the working day, fear of having a serious illness, lack of specialists, delays in care.

Such factors can be minimized if the services offer new care strategies for this population segment. Thinking about the theme man versus health, the question that guided this study was: how have men behaved in relation to their health care?

The objective of the research was to understand how men at a Health Center behave in terms of health care. This research is inserted in the qualitative line, in which the data were organized in the form of the Discourse of the Collective Subject (DSC). It was carried out at a School Health Center, Auxiliary Unit of a University in the interior of the State of São Paulo, interconnected with the Municipal Health network as a Basic Health Unit (UBS). According to
data from the last census, this municipality has about 130 thousand inhabitants and the aforementioned UBS is responsible for approximately 25 thousand inhabitants who reside in its catchment area, mostly.