

PRACTICING ALTERNATIVE FORMS OF TOURISM FOR MAINTAINING HEALTH IN AREAS OF GORJ

Camelia Daniela Plăstoi

PhD Lecturer, „Constantin Brâncuși” University of Târgu-Jiu, Romania,
cami_plastoi@yahoo.com

Roxana Gabriela Popa

PhD Lecturer, „Constantin Brâncuși” University of Târgu-Jiu, Romania,
roxanna_popa@yahoo.com

Abstract

Climate of the mountain body improves health through ozone and negative ions, whose ratio is three times higher in the mountain air, than in plain air. Leisure activities practiced in Rinca and Sohodol ecotourism areas are: respiratory therapy, hiking, jogging, cycling and gymnastics exercises. Ecotourism areas are areas where you can practice a form of alternative tourism, which aims at protecting and maintaining a manageable size products impacts on the environment. Ecotourism areas Sohodolului Rinca and keys can perform controlled activities, directed, investment or development and leisure activities, while respecting the principle of sustainable use of natural resources and prevent any significant adverse effects on biodiversity. Spent in leisure activities with friends and family are recreational, pleasurable, leisure, entertainment and amusement.

Keywords: *ecotourism, mountain, benefits, leisure activities*

In areas of ecotourism, the practice of observation and appreciation of nature and local traditions about nature, sustainable tourism, asociat with "adventure tourism" or "nature tourism", but the diversity of landscapes and wonderful relief, can conduct a range of activities, as well as leisure with beneficial effects on the human body of all ages.

Ecotourism areas are areas where you can practice a form of alternative tourism, which aims at protecting and maintaining a manageable size products impacts on the environment where their work and leisure can be performed by any category.

In these areas is required:

- avoidance of negative environmental impacts of mass tourism characteristic;
- demonstrate that tourism development does not lead to degradation of the natural environment, if done under a professional management;
- compliance signs, markings and codes of conduct civilized social;
- maintaining a harmonious climate of respect for those who are in those areas so that the practice of leisure activities do not violate.

Ecotourism and recreation, as aspects of human life can not remain outside the scope of impact-induced change. The most important aspect is how it makes optimal use of eco-tourism and leisure. In a modern market economy country, participation in activities is a privilege recreative, but a right for everyone.

In these areas, it may perform controlled, directed, investment or development, and leisure activities, while respecting the principle of sustainable use of natural resources and prevent any significant adverse effects on biodiversity (recreational activities, pleasant leisure, fun, fun, leisure time spent).

Leisure activities are those activities that do not presuppose the existence of a specialized environment to perform physical activities. They are made for each individual/group basis and may be violation of the rules of evidence prevailing competitive, being made at a pace slightly so that morpho-funcțiobnale values are not very high. Individual/group wishing to make their sets, how intense and how much quantitative want to ask your own body.

The territory is ordered stepped Gorj down from north to south. Mountains are part of the Carpathians and are grouped in the north of the county, occupying 29% of the county. These areas belong to two massive mountain important: Parang Mountains, with altitudes of 1900-2200 m in height and its main Vâlcan Mountains, between Jiu, Cerna and Motru more josi, with lands gentle, easy to go. Karst topography dominates the southern and southwestern edge of the mountains, gorges and spectacular finnd Sohodolului a very picturesque.

Advantages of climate in the mountain protected areas Sohodol and Rinca are very important for health. Sohodolului keys are located in the Carpathians, in the southern mountains Vâlcan. Sohodol River Reserve is in the first 6 km after entering the valley from Runcu up in the tourist complex. In terms of administrative nature reserve is located in the north of Gorj, about 15 km from Tg-Jiu, the territory Runcu.

Rinca mountain area is situated 18 km from the city Novaci, on the road DN67C Transalpina. It is situated at 1600m altitude, at the foot of the top Doll, in the mountains of the Massif Novaciului Parang, in the city and village Novaci Baia de Fier. The central point is the peak area Doll, situated at an altitude of 2135 m.

Rânca is an excellent location for extreme mountain sports (skiing, paragliding, biking, ATV, offroad, skating, soccer field reduced, basketball, tennis), and the movement of pleasure, with friends and family. There mechanized equipment to climb slopes, and in 2004, one of the two partly owned and night. The tourism potential of the area offers multiple opportunities for sport, but also great forms of movement practiced throughout the year.

Climate of the mountain body improves health through therapeutic following factors:

- ozone-present, especially at high altitudes;
- negative ions - whose rate is three times higher in the mountain air, the air than plain.

Also, by practicing various forms of physical and leisure activities this mountain area facilitates better oxygenation in the brain and body cells, improves blood circulation to the heart and muscles, helping the overall health in the body.

In this mountainous area can perform a variety of activities and treatments to restore and recovery through various outdoor mountain courses that have the effect of:

- ✓ improving lung function;
- ✓ stimulate metabolism;
- ✓ increasing the number of red blood cells;
- ✓ nervous system immune activation;
- ✓ toning the entire body; cure of disease.

High altitude mountain cure (high concentration of ozone contributes to longevity; over 1.800m altitude induces a state of mind great body), *clean mountain altitude* 1200 m altitude between 1800 m) and indicated for: debility and physical fatigue, lymph nodes and skin tuberculosis, asthma, obesity, neurosis, rickets and convalescence. *Clean low altitude mountain* - between 600 and 1200m altitude are indicated in pulmonary TB in remission phase, wet or dry pleurisy, asthma, emphysema in its infancy, stabilized hypertension, gastroduodenal ulcer in accalmie phase, mild anemia, and impaired thyroid pertussis.

Benefits leisure activities undertaken in ecotourism areas in the county of Gorj are important for hikings, terapia breath, jogging, exercises of gymnastics and mountain biking.

Hikings can be combined with the exchange of ideas, jokes, socializing, not to see the number of miles traveled and sublime landscapes to admire in silence, „walking and talking” = very entertaining form of body recovery. Hiking beautiful intact nature, clean air free of pollen, water clean mountain streams and mountain climbing in a fun run and strengthen the circulatory system, the control obesity and prevent heart disease and lung exercises are considered to require maintenance lead to mental health and emotional slowing the aging process, prevent osteoporosis, prevent and control diabetes, back pain relief.

Walking for 30 to 60 minutes, 3-4 times a week leads to weight loss, better than diets, compared with a simple walk for 20 minutes, which increases heart rate, leading burn some calories, approaching a sloping trail hiking and maintain a specific pace for four hours, requires a caloric intake of 2000 kcal.

Hiking is a complex exercise, which has measurable health outcomes for people of any age, for young children, helping to improve physical strength and team building skills; mountain climb, and descent movements involving flexion, extension, and not only more efficient reducing triglyceride levels and reduce blood sugar levels, and improve glucose tolerance, both forms having a significant contribution in reducing sugar concentration, or burning fat in the blood.

Terapia breath:

□ active efforts made at moderate altitude, combined with revitalizing wellness offerings, forming a bundle of energy, which gives the human body, health for a longer period of time: "welltain" = "wellness" + "mountain";

□ mountain air is cold and rich in substances that act directly on the respiratory system (contains microparticles of pollen and volatile oils from coniferous forests);

□ summer mountain is suitable courses of aerosols since the summer, the heat emitted by solar radiation makes the fir, pine, larch and spruce to emanate a larger quantity of vapor emitted by pine volatile oils, have a potent anti-infective, mountain belts is indicated for those suffering from ENT infections (tonsillitis, ear infections, nasopharyngitis) and tuberculosis (Sanitarium Dobrita coniferous forest is located in the southern Carpathians in the north of the county Gorj);

□ mountain aerosols are recommended for people with psychiatric disorders, increased stress, chronic fatigue syndrome and depression associated with insomnia.

Exercises of gymnastics whit jogging lead to a more active breathing, absoarbtia body of greater amounts of oxygen, strengthening the respiratory system; increase metabolism, oxidative processes in cells intensifies, there is

contraction and relaxation alternative, rhythmic leg muscle, favorably influencing circulatory processes. They develop and maintain proper physical condition; decrease the risk of serious diseases, like coronary artery disease (ischemic cardiomyopathy), by lowering cholesterol levels (which promotes coronary atherosclerosis); increase muscle strength and strengthen the bones (osteoporosis and reduce the risk of secondary fractures, relieve symptoms of rheumatic disease - arthritis).

Exercises of gymnastics increase mood by releasing chemicals in the blood synthesized in the brain, called endorphins; improve peripheral circulation (among people who have chronic renal circulatory); keep proper weight and prevent diabetes; decrease the risk of hypertension and combat and daily emotional stress and help treat depression.

Mountain biking is the healthiest way to increase recreation and fitness, to varying degrees of effort; stunning lack of pollution and contribute to achieving the benefits of cycling in ecotourism areas, both inland arranged (streets) and in the natural environment on a forest path and a separate road, forest road or even among trees of the forest.

Tone muscles and joints and help to burn 350-700 calories/h; improve endurance capacity of the body by increasing the ventilation of the lungs; reduce the risk of colon cancer, lower cholesterol and blood pressure.

Conclusions

❖ Ecotourism areas Sohodolului Rinca and keys can perform controlled activities, directed, investment or development and leisure activities, while respecting the principle of sustainable use of natural resources and prevent any significant adverse effects on biodiversity.

❖ Ecotourism areas are areas where you can practice a form of alternative tourism, which aims at protecting and maintaining a manageable size products impacts on the environment.

❖ In areas of ecotourism, the practice of observation and appreciation of nature and local traditions about nature, sustainable tourism, associated with "adventure tourism" or "nature tourism", but the diversity of landscapes and wonderful relief, can conduct a range of activities, as well as leisure with beneficial effects on the human body of all ages.

❖ Climate of the mountain body improves health through ozone and negative ions, whose ratio is three times higher in the mountain air, than in plain air. Spent in leisure activities with friends and family are recreational, pleasurable, leisure, entertainment and amusement.

❖ Leisure activities practiced in Rinca and Sohodol ecotourism areas are: respiratory therapy, hiking, jogging, cycling and gymnastics exercises. Are shown the benefits of practicing these products in mountain leisure activities.

Bibliography

1. Albert F., *Dialogue with free time*, Publisher Politica, Bucharest, 1970;
2. Barbu G., *Tourism and quality of life*, Publisher Politica, Bucharest, 1980;
3. Balint G., *Sports, recreation and leisure*, Publisher PIM, Iasi, 2007;
4. Erdeli G., Istrate I., *Romania's tourism potential*, Publisher University of Bucharest, 1996;
5. Mac I., *General tourist Geography*, University Press "Dimitrie Cantemir", Sibiu, 1994;
6. www.mountainguide .