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ORIGINAL

CULTURAL INFLUENCES ON EXERCISE AND FITNESS PRACTICES IN INDIGENOUS COMMUNITIES OF THE AMAZON

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ABSTRACT

Indigenous groups in the Amazon have long practiced physical activity and fitness, which is ingrained in their culture and reflects a harmonious coexistence with the natural world, traditional knowledge, and spiritual beliefs. The research study highlights the importance of cultural sensitivity in health treatments and examines the various factors that shape physical activity in these communities. Native American customs include a wide range of activities that promote physical health and social cohesiveness, such as traditional hunting and fishing techniques and group dances rooted in spiritual expression. These activities' communal aspect strengthens social relationships and highlight a holistic approach to health that considers mental and spiritual aspects in addition to physical fitness. When outside influences infiltrate local communities, a careful balance must be established between protecting traditional history and adjusting to modern problems. Given this, interventions should be cooperative, respectful of, and integrated with Indigenous viewpoints to maintain relevance and sustainability. The research highlights the importance of general health methods that consider all the interrelated facets of wellbeing and recognize the distinct cultural settings in which Indigenous populations in the Amazon engage in physical activity.

KEYWORDS: Cultural Influence (CI); Exercise and Fitness Practices (E&FP); Indigenous Communities (IC); Amazon (A)

1. INTRODUCTION

The term "Indigenous" means the true inhabitants of any specific region or area. We cannot deny the importance of culture in the lifestyle and habits of those people living in that area. These cultural lifestyles play an important role in physical activities and fitness practices in that particular area. If we talk about Amazon, a culture is closely related to their land and surrounding environment. Those people have a close relationship with nature. Their physical activities are planned to be necessary for survival in that area and thus also contribute to the physical fitness of those people. These people have lifestyles such that they have a habit of hunting, swimming, climbing, and other such activities (Becker & León, 2000). They also have lifestyles related to fishing and farming. All these activities are related to physical exercises and fitness and their survival in the Amazon. They do not have access to already cooked and canned food, they do not have modern technology to navigate their prey for hunting, and they do not have swimming as fun but the way to survival so these activities are deeply rooted in their culture so that these activities have become their lifestyle as well. In this study, we will overview how these physical activities contribute to the body's physical fitness in the people of Amazon. These people are physically to such an extent that they can survive in such a drastic and harsh environment (Sherman et al., 2012). These people have well-developed and maintained physical health, which enables them to participate in such activities. For example, these people have such physical and Systematic abilities that they can bear extreme temperature changes just because of being habitual in that particular environment. Different physical activities contribute to fitness in various ways. For example, in the case of swimming, there is an exercise of the whole body muscles that increases strength and endurance of body muscles, especially skeletal muscles (Adham et al., 2022; Alkorta & Mujika, 2022). During swimming, the body's respiratory system also works so that the oxygenation level in the body is well maintained, which increases the efficiency of the respiratory system (Johnson et al., 1982). During swimming, the pressure on the body increases because of water pressure that causes the heart to do some extra work to pump blood to all body parts; thus, the strength and power of cardiac muscles increase. The other aspect that is related to swimming is the hormonal level in the body. Such hormones are produced during swimming, enabling the body to cope with the fight-or-flight responses. All of these aspects are related to swimming, which increases physical fitness in the body. The other important physical activity for the people of the Amazon is hunting, which is necessary for their survival because they depend on hunting for food. During hunting, a combination of such activities results in physical fitness of the body (Hames, 2014). For example, there is the utmost need for proper attention and focus during hunting, to attain such a level of attention and focus, there is a need for proper mental and physical health. The vision of a hunter must be quite sharp and clear to hunt on prey (Puerta-Mateus, Cortes-Reyes, & Cardenas-

Sandoval, 2021). At the same time, there is a chance of the attack of prey on the hunter, which may result in the hunter's death, so the hunter must be physically and mentally strong to cope with such a situation. The other aspect of hunting is the maintained level of hormones in the body, which may prepare the body for a fight or flight response and mental calm at that time(Welch et al., 2009). All these qualities are present in the people of Amazon, resulting in more physical and mental fitness.

The other important physical activity of the people of the Amazon is climbing at high altitudes. This physical activity of climbing can also contribute to physical fitness in different ways. For example, during climbing, there is a need to maintain a level of saturation in the body because, at high altitudes, the pressure of air decreases, which may result in difficulty in respiration because of the low pressure of oxygen to be inhaled (Reyes-García et al., 2016). However, the people of Amazon are habitually climbing, so their bodies are acclimated to such activities. Their respiratory systems are developed so that the hemoglobin level rises to transport even a low oxygen level in the body properly. The other aspect is that while climbing, they have to overcome the fear of heights to climb well without damage. While fighting this fear of heights, there is the release of such hormones in their bodies which make their bodies resistant to such fears, and with time they learn to cope with other fears that also contribute to the physical and mental fitness of these people (Hofmeijer et al., 2013). Another important physical activity for the people of the Amazon is farming. They have to grow their vegetables and crops for survival in these areas. Because of farming, they are too close to nature and land, which positively contributes to these people's physical and mental health (Izquierdo, 2005). While farming, they have to work with the land, and such interaction increases the body's immunity because these interactions transfer weak pathogens in the body, which stimulate the body's immunity system of the body thus resulting in better immunity of these people of Amazon (Morenas, Luis, & Ramos, 2021). While farming, they may get better nutrition because of natural food-growing methods, the absence of artificial fertilizers, a better climate, and others. This food, which is full of nutrition, also contributes to the physical fitness of the people of Amazon (Sponsel, 1986). It has also been seen that these activities not only contribute to the physical fitness of the body but also to mental health fitness in these people. As we know, when there is better physical health, it also leads to improved mental health. Undoubtedly, these people are away from technology but near nature, which can enhance their mental health. Because of these factors, these people are more physically and mentally fit (Gray, Bilsborrow, Bremner, & Lu, 2008).

2. Research Objective

The main objective of this study is to understand the relationship between cultural exercise and fitness in Indigenous Communities of the

Amazon. This study has effectively discussed how the physical exercises of these people contribute to the physical and mental fitness of these people of Amazon. The research study determines the Cultural Influences on Exercise and Fitness Practices in Indigenous Communities of the Amazon. The research is divided into five research chapters. The first portion represents the introduction and includes the objective of the research. The second chapter represents the literature review. The third section describes methods of research and explain tools and techniques. The fourth portion represents the results and their descriptions. The last portion summarized the overall research study and presents some recommendations about Cultural Influences on Exercise and Fitness Practices in Indigenous Communities of the Amazon.

3. Literature Review

Researchers explain that changes in environmental and climatic conditions greatly impact people's health. By improving the global climatic conditions, the world's climatic problems can be easily overcome. The main feature that drives the climatic changes is the structural discrimination process. Structural discrimination is repaired by developing health community programs, minimizing the unequal climatic impacts (Abi Deivanayagam et al., 2023). Studies reveal that indigenous communities lack health care services. The mortality rate is higher in indigenous communities due to low health services available for them. The indigenous communities living in the Peruvian Amazon face a lot of health problems. The people of the Peruvian Amazon are indulged in community-based health programs to provide timely health services (Badanta et al., 2020). Studies reveal that almost five percent of the world's population consists of indigenous communities. The Indigenous people have faced a lot of inequality in the past due to which they have received fewer health services than people of other communities. Various advanced health intervention approaches are implemented in health sectors (Bodeker & Kariippanon, 2020). Studies predict that GMH services are widely provided to people all over the globe to improve the mental health of people suffering from psychiatric problems. To treat psychiatric problems, traditional healing services are provided to the people of Amazon. The psychoactive plants are used to develop medicines that treat the mental health problems of the people of Amazon. The main agenda of GMH services is to provide healing practices to people by using psychoactive plants (Bouso & Sánchez-Avilés, 2020). Studies reveal that a lack of information is available regarding the health care services provided to indigenous people. This lack of information makes behavior identification related to indigenous communities difficult. Developing evidence-based health programs enhances the chances of Indigenous people getting traditional health services (Bussalleu et al., 2021). Studies claim that different health programs are developed in different countries to provide equal health practices to people. These health practices include providing equal physical activity-related services to indigenous communities in different countries

globally(C. Jardim et al., 2023).studies claim that developing a healthy environment plays a critical role in improving people's health. for assessing the health condition and health-related environment, the QoL program is used by different community assessment teams. This program works by providing effective guidelines for conserving the quality of life of different communities(Campbell et al., 2023).studies suggest that for carrying out psychedelic research, ethical principles regarding the development of indigenous medicine are kept in mind. For developing traditional medicines, certain rules and regulations are followed that Are regarded as ethical principles (Celidwen et al., 2023).studies claim that certain contextual factors life active lifestyle play a significant role in determining the motor functioning of people.by determining these contextual factors in children of indigenous lands, their motor performance is predicted. Also, the indigenous children who are obese show lower motor movement.

The role of parents in developing PA-based behavior in children is very critical. Children who are more inclined toward PA-based exercises actively participate in sports-related programs(Duarte, Valentini, Nobre, & Benda, 2022).scholars studies highlight that the burden in healthcare sectors disturbs the health system regulation, and the mortality rate due to this dysregulation of health sectors increases. To manage this problem, PHC programs are developed. These programs manage the health sector-related crisis in indigenous countries. the SDoH-related problems are addressed through the PHC program(Fitzpatrick et al., 2023).studies elaborate that the life of people living in the Amazon is diverse. The indigenous communities of the Amazon face a lot of health problems as they face inequality problems.to provide equal health services to all the communities living in Brazil. the Brazilian government has set up FMU act various locations. The main purpose of FMU is to provide qual and adequate health services to people (Garnelo et al., 2020).studies proves that advanced agroforestry practices developed by indigenous population improves the overall efficiency of forestry governance. health and climatic problems are overcome by improving the agroforestry services (González & Kröger, 2020).studies determine that youth health is dependent on sleeping habits and PA.to assess the involvement of indigenous students in PA the seed of adjusted model is made for research purposes This model suggests that indigenous students of Amazon communities participate in PA-related programs actively on weekdays on weekends (Grant, Mekiana, & Philip, 2023).studies explain that social workers play a major role in mobilizing any community. social workers belonging to different communities use technology in their work that helps enhance the developmental process (LaMendola & Ballantyne, 2023).studies claim that in the twenty-first century, the process of global capitalism has been prevalent.in the Brazilian Amazon region, the indigenous communities work by using digital technology in their various traditional practices(Leal et al., 2021).studies reveal that youth health determines his social role.

A youth having good physical health actively participates in social workers. but in the last few decades the trend of participation of youth in PA-based programs is low.in Brazilian Amazon communities, the participation of youth in PA programs is declining asymmetrically. various secular trends have disturbed the process of participation of youth in Physical fitness programs (Nevill, Duncan, Gaya, & Mello, 2023).scholars predict that environmental stewardship programs are used for improving the wellbeing of indigenous people.by generating the positive ecological responses the use of environmental stewardship program has incased in people. the environmental stewardship program are mostly used as public health intervention program to improve public health (Nikolakis, Gay, & Nygaard, 2023).scholars suggest that establishment of large infrastructure in Brazilian Amazon is possible by developing programs that enhances the process of social and environmental sustainability. governance arrangements are made to improve the working of programs that aims to provide social sustainability of Brazilian state(Pereira, GOMIDE, Machado, & Ibiapino, 2023).studies reveal that to predict the health related challenges it is essential to determine the health related inequalities associated with health sectors.in Brazil Amazon regions the indigenous people faces health services associated problems due to certain political and social circumstances. the development of unified Brazilian health system is helpful in overcoming the health services problem faced by indigenous people(Pimentel et al., 2023).studies of research scholars predict that people living on higher altitudes in the Amazon region are more physically active in comparison to people living at seas level. the main reason behind the more physical fitness of people living at high altitudes of Amazon is because these people take more step. more step corresponds to more physical activity and better health condition of people of Amazon(Santos et al., 2023).

4. Methodology

The research describes that Cultural Influences on Exercise and Fitness Practices in Indigenous Communities of the Amazon. The research study based on primary data analysis for determine the research used SPSS software and generate result included descriptive statistic, correlation coefficient, the regression analysis, the model summary included chi square analysis.

4.1 Importance of Cultural Influence

Understanding cultural influences on exercise and fitness practices is crucial in indigenous communities of the Amazon. Different cultures have unique perspectives on health, exercise, and fitness. Understanding these cultural influences allows fitness professionals to modify exercise programs to better meet the needs and preferences of multiple populations. Recognizing cultural influence encourages dignity and respect for various traditions and values. It helps create an environment where individuals from various cultural

backgrounds feel valued and understood in their fitness journey. Cultural understanding allows fitness professionals to communicate effectively with clients from different cultural backgrounds. It helps in building trust and bonds, which are essential for successful fitness coaching and training. Cultural domination can impact health imbalance and access to fitness resources. Understanding these influences is essential for addressing variance and promoting equitable access to fitness and exercise opportunities. Recognizing cultural influences provides respect for diverse exercise and fitness practices. It realizes that there is no one-size-fits-all approach to physical activity and encourages completeness in the fitness space. Cultural understanding helps address the imbalance in access to fitness resources and opportunities. It allows for the development of placements that consider cultural norms, beliefs, and practices, promoting health equity across diverse communities. Culture-specific exercise and fitness programs can enhance motivation and engagement. When exercise practices align with cultural values and traditions, individuals are more likely to participate and stick to fitness routines. Understanding cultural influences facilitates the integration of exercise and fitness initiatives within the community, fostering partnerships and collaboration that support sustainable health promotion efforts. Cultural Insights can inform strategies for shutting out and managing health conditions common in specific cultural groups. By understanding cultural attitudes toward exercise and fitness, targeted involvement can be developed to address specific health concerns. Recognizing and understanding cultural influences on exercise and fitness practices is essential for promoting inclusivity, tailoring interventions, and addressing health disparities within diverse populations. Knowing these cultural influences on exercises and fitness practices, fitness professionals can create a more inclusive, effective, and respectful fitness environment for individuals from cultural backgrounds like the indigenous community of the Amazon.

4.2 Cultural Diversity

The Amazon region is home to different kinds of indigenous communities with rich cultural traditions. These communities show a wide range of languages, belief systems, artistic expressions, and traditional knowledge that have been passed down through generations. The cultural diversity of the indigenous community in the Amazon is reflected in their languages, spiritual and ritual practices, art and craft, traditional knowledge, and social structure and community practices. Amazon region is known for its verbal changes, with numerous indigenous languages spoken among different communities. These languages are integral to the cultural identity and heritage of indigenous groups. Communities in the Amazon often have mixed spiritual beliefs and ritual practices that are deeply connected to the natural environment. These practices are central to their cultural identity and worldwide, surrounded by a profound respect for their land and its resources. The crafts, textiles, poetry, and ordnance often reflect the cultural narrative, myths, and histories of the

community. Amazon indigenous communities possess vast traditional knowledge about medical plants, Strong resource management, and ecological conservation. This knowledge is vital for their livelihoods and plays an important role in maintaining the ecological balance of the region. They have distant social structures and community practices that govern their interaction, decision-making process, and communal activities. These practices are deeply rooted in their cultural heritage and values. Cultural diversity and rich traditions of indigenous communities in the Amazon region are integral to the region's cultural and ecological landscape. These communities play a vital role in preserving traditional knowledge and sustainable practices that contribute to the overall diversity and wellbeing of the Amazon.

4.3 Descriptive Statistics

Table 1

	N	MINIMUM	MAXIMUM	MEAN	STD. DEVIATION
CULTURAL INFLUENCES 1	50	1.00	3.00	1.5000	.61445
CULTURAL INFLUENCES 2	50	1.00	3.00	1.5600	.54060
CULTURAL INFLUENCES 3	50	1.00	2.00	1.2800	.45356
EXERCISE AND FITNESS PRACTICES 1	50	1.00	3.00	1.4200	.53795
EXERCISE AND FITNESS PRACTICES 2	50	1.00	3.00	1.6000	.60609
INDIGENOUS COMMUNITIES 1	50	1.00	3.00	1.5000	.58029
INDIGENOUS COMMUNITIES 2	50	1.00	3.00	1.5200	.54361
INDIGENOUS COMMUNITIES 3	50	1.00	3.00	1.5800	.57463
VALID N (LIST WISE)	50				

The above result represent that descriptive statistical analysis result describe minimum values, maximum values, mean values, also standard deviation rates of each variables included dependent and independent. The overall minimum value is 1.000 the maximum value is 3.000 the total observation is 50 of each variable. the cultural influences 1,2,3 these are all consider as independent variables according to the result. Its mean values are 1.5000, 1.56000 and 1.28000 these are all consider as positive average value of mean the standard deviation rates are 54%, 45\$ deviate from mean values. The exercise and fitness practices 1,2, present as mediator variable the result shows that 1.4200, 1.600 positive average rate its standard deviation rates are

53% and 60% deviate from mean values. The indigenous communities 1,2, and 3 these are all consider as dependent variables according to the result its mean values are 1.5000, 1.52000 and 1.58000 all of them are present positive average value of mean. The standard deviation rates are 58%, 54% and 57% deviate from mean values.

4.4 Applications of cultural influences on Exercise and Fitness Practices

Indigenous communities in the Amazon have significant cultural effects on fitness and exercise routines that are intricately linked to their distinctive lifestyles, ancestral traditions, and spiritual beliefs. Many Indigenous communities, each with its own unique cultural identity, languages, and practices, live in the Amazon jungle. It is essential to comprehend how these elements influence their fitness and exercise habits if we are to improve the health and wellbeing of these populations.

1. Connection to Nature: The Amazon's indigenous populations have a close relationship with nature, seeing the rainforest as both their home and a vital source of spirituality and food. Hunting, fishing, and other outdoor pursuits are among the activities that are frequently the focus of health and exercise regimens.
2. Customs: Several Indigenous tribes in the Amazon participate in age-old physical activities that have been handed down through the centuries. These customs, which include abilities like tree climbing, river navigation, and the use of ancient equipment, are frequently derived from the need to survive in the jungle.
3. Ceremonial and Ritualistic Movement: Indigenous societies place a high value on rituals and ceremonies, and these occasions frequently incorporate physical movement. Particularly, dance is a popular kind of exercise that benefits both cultural and physical wellbeing. These dances might represent spiritual ties to the environment or narrate stories with particular significance.
4. Community and Social Structure: In Indigenous societies, fitness and exercise routines are frequently shared, strengthening social relationships among the community. In addition to being physical activities, traditional games and sports substitute collaboration and a sense of community.
5. Cultural Health Beliefs: Indigenous people in the Amazon frequently have holistic ideas about health, encompassing mental, physical, and spiritual wellbeing. Exercise is regarded as a way to preserve harmony and balance with the community and the environment in addition to being a means of being physically healthy.
6. Adaptation to Modern Influences: Conventional workout regimens have difficulties due to the invasion of modern lifestyles and influences. It could be necessary for indigenous tribes to modify their customs to account for environmental shifts like deforestation or the arrival of new technology.
7. Difficulties and Opportunities: Developing successful health and fitness programs in these communities requires an understanding of the cultural environment. Collaboration with community leaders and observance of cultural customs can aid in the creation of culturally appropriate and sensitive solutions.

4.5 Correlations

Table 2

		CULTURAL INFLUENCES S 1	CULTURAL INFLUENCES S 2	CULTURAL INFLUENCES S 3	EXERCISE AND FITNESS PRACTICES 1	EXERCISE AND FITNESS PRACTICES 2	INDIGEN OUS COMMUN ITIES 1	INDIGENOU S COMMUNITI ES 2	INDIGENOU S COMMUNITI ES 3
CULTURAL INFLUENCES 1	Pearson	1	.000	-.220	-.278	.274	-.086	-.122	.029
	Correlation								
	Sig. (2-tailed)		1.000	.125	.051	.054	.553	.398	.842
	N	50	50	50	50	50	50	50	50
CULTURAL INFLUENCES 2	Pearson	.000	1	-.320*	-.264	-.112	.000	-.108	.313*
	Correlation								
	Sig. (2-tailed)	1.000		.024	.064	.438	1.000	.454	.027
	N	50	50	50	50	50	50	50	50
CULTURAL INFLUENCES 3	Pearson	-.220	-.320*	1	.345*	-.104	-.155	-.271	-.088
	Correlation								
	Sig. (2-tailed)	.125	.024		.014	.473	.282	.056	.545
	N	50	50	50	50	50	50	50	50
EXERCISE AND FITNESS PRACTICES 1	Pearson	-.278	-.264	.345*	1	-.413**	-.033	-.274	-.144
	Correlation								
	Sig. (2-tailed)	.051	.064	.014		.003	.822	.055	.319
	N	50	50	50	50	50	50	50	50
EXERCISE AND FITNESS PRACTICES 2	Pearson	.274	-.112	-.104	-.413**	1	.174	.273	.094
	Correlation								
	Sig. (2-tailed)	.054	.438	.473	.003		.227	.056	.517
	N	50	50	50	50	50	50	50	50

INDIGENOUS COMMUNITIE S 1	Pearson Correlation	-.086	.000	-.155	-.033	.174	1	.065	-.092
	Sig. (2-tailed)	.553	1.000	.282	.822	.227		.655	.526
	N	50	50	50	50	50	50	50	50
INDIGENOUS COMMUNITIE S 2	Pearson Correlation	-.122	-.108	-.271	-.274	.273	.065	1	-.071
	Sig. (2-tailed)	.398	.454	.056	.055	.056	.655		.626
	N	50	50	50	50	50	50	50	50
INDIGENOUS COMMUNITIE S 3	Pearson Correlation	.029	.313*	-.088	-.144	.094	-.092	-.071	1
	Sig. (2-tailed)	.842	.027	.545	.319	.517	.526	.626	
	N	50	50	50	50	50	50	50	50

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

The above result describe that correlation coefficient analysis result represent that Pearson correlation, significant values also that number of observation related to the cultural influence exercise and fitness practices in the indigenous communities. The indigenous communities are dependent variable result shows that correlation rates are -0.122, 0.398, 0.029, 0.842, 0.027, 0.545 respectively shows some negative and some positive interrelation between them. Amazon region is home to approximately 1.5 million indigenous people, distributed across 385 ethnic groups. These groups have improved lifestyles and their unification with the benefits and limitations of the rainforest.

Indigenous people in the Amazon have been living in the region for thousands of years and have developed a deep understanding of the ecology, medicinal plants, food, and other products of the rainforest. Their way of life is threatened by deforestation, making the use of the land, and violence. To preserve the incredible cultural and biological variation of the Amazon, it is critical to protect indigenous rights and work to ensure that all Amazon people enjoy a full life free of exploitation and poverty. indigenous communities in the Amazon region, such as the Ashaninka in the Peruvian Amazon, often face significant challenges related to healthcare access, Social inequalities, and cultural preservation.

Communities have unique cultural traditions, languages, and belief systems that are integral to their identity. They also experience higher levels of morality, polar access to health care services, and greater health inequalities compared to the non-indigenous population.

The geographical modern of many indigenous communities in the Amazon region, coupled with limited infrastructure and resources, contributes to barriers to accessing enough healthcare services, as a result, the indigenous population often relies on traditional medicine, as a primary form of healthcare.

4.6 Coefficients^a

Table 3

MODEL		UNSTANDARDIZED		STANDARDIZED	T	SIG.
		COEFFICIENTS		COEFFICIENTS		
		B	Std. Error	Beta		
1	(Constant)	1.625	.701		2.320	.025
	Cultural influences 1	-.162	.146	-.171	-1.106	.275
	Cultural influences 2	-.019	.172	-.017	-.109	.914
	Cultural influences 3	-.258	.206	-.202	-1.254	.217
	Exercise and fitness practices 1	.087	.190	.080	.456	.651
	Exercise and fitness practices 2	.221	.159	.231	1.392	.171

a. Dependent Variable: Indigenous Communities 1

The above result describe that regression analysis result represent unstandardized coefficient values related to the beta and standard error. The result also presents that t statistic and significant values of each independent variables. the cultural influences 1,2,3 main independent variables according to the result its beta values are -0.162, -0.019, -0.258 the t statistic rates are -1.106, -0.109, -1.254 its negative rates its significant values are 0.275, 0.914, 0.217 these are all shows that 27%, 91% and 21% significantly level between them.

Similarly, the exercise and fitness practices 1,2 both are considering as mediator variables according to the result its beta values are 0.087, 0.221 the t statistic values are 0.456 and 1.392 shows that positive rates its significant values are 0.651 and 0.171 these are shows that 65% and 17% significantly level between them.

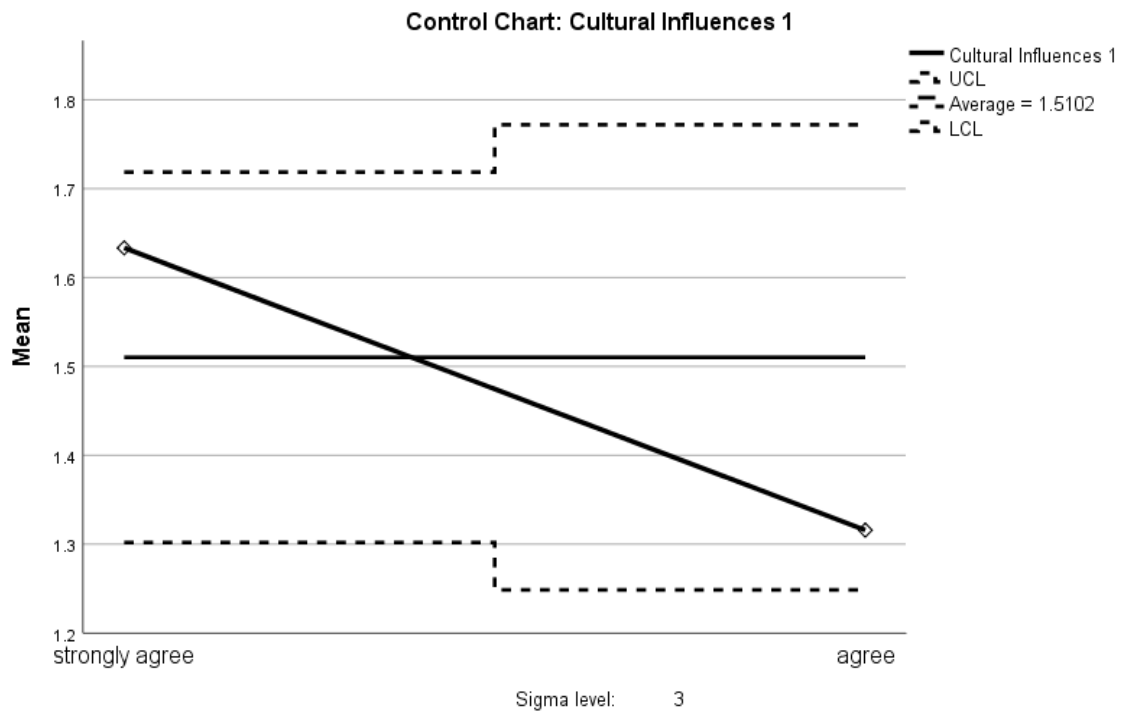


Figure 1

The above graph represents the control chart in between cultural influences on exercise and fitness practices in indigenous communities related to the amazon. The vertical side shows mean values its start from 1.2 and end 1.8 the horizontal side shows strongly agree, and agree sigma levels between them. according to the result its average value is 1.5102 the above line present control analysis between them.

5. Conclusion

Cultural influence on exercise and fitness practices in indigenous communities in the Amazon region is shaped by a complex relationship of cultural tradition, environmental factors, and socio-economic conditions. Physical activity in indigenous communities in the Amazon is often shared and involves group participation. These activities are integral to cultural tradition and serve as a means of community bonding and social cohesion. Examples include traditional dances, games, and sports. The indigenous community in the Amazon has a deep connection to the natural environment, and physical activities are often closely linked to the land and its resources. Activities such as hunting, fishing, and foraging are not only essential for maintenance but also involve physical training and foster a sense of connection to the natural world. Cultural influences on exercise and fitness practices in indigenous communities in the Amazon region are shaped by communal physical activities, a connection to the natural environment, traditional knowledge, cultural identity, and limited access to modern fitness resources. These cultural influences reflect the unique preservation and values of the indigenous communities and highlight the importance of cultural understanding in promoting physical health. In

conclusion, Indigenous communities in the Amazon have strong links to their spirituality, cultural legacy, and intimate contact with the natural world, all of which influence their health and exercise regimens. For any health and wellbeing initiatives in these communities to be successful and long-lasting, they must acknowledge and honor these cultural influences. In summary, fitness and exercise regimens are more than just physical pursuits for Indigenous tribes in the Amazon; they are essential to their sense of self as a people and their relationship to the natural world. Spiritual beliefs, ancient wisdom, and a profound grasp of nature all influence these rituals.

Designing health and fitness interventions that are relevant and long-lasting in these communities requires an understanding of and respect for the cultural impacts of exercise. Instead than imposing foreign ideology, health promotion efforts should collaborate with Indigenous leaders and communities, including their cultural viewpoints into health programs. By doing this, we may promote holistic methods that take into account the connections between mental, spiritual, and communal health in addition to physical wellbeing. Maintaining cultural legacy while adjusting to contemporary influences must be balanced. Acknowledging the obstacles presented by external forces such as globalization and desertification, interventions must to focus on enabling Indigenous people to adjust according to their own conditions, guaranteeing that cultural customs continue to be an essential component of their general welfare. To promote health equality and long-term wellbeing, it is crucial to recognize and respect the cultural effects on fitness and exercise routines in the Indigenous communities of the Amazon. We can help preserve distinctive cultural identities while promoting the health and vitality of these communities in the face of changing challenges by adopting a comprehensive and culturally sensitive strategy.

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