

## 156 - THE LIFESTYLE AND THE PRACTICE OF PHYSICAL ACTIVITY OF REGENTS OF EMPLOYEES PARTICIPANTS UFAL LABOR GYMNASTICS PROGRAM

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### INTRODUCTION

With the resources of modern technology that provide some comfort and convenience, people are becoming increasingly sedentary, decreasing or absenting themselves from activities that require greater physical effort of the individual, replacing them with low mobility or activities, then efforts repetitive movements that are often performed incorrectly. This lifestyle has consequences on health and body structure causing tensions, pains and muscle stiffness. According to Amaral (1992 p.35) "style of life can be seen how a person or a group of people experience the world and, consequently, behave and make choices." The lifestyle adopted by a person has direct consequence on their quality of life.

The work is of vital importance on the quality of life, or quality of life also depends on the individual's quality of life at work, because work plays a central role in people's lives.

But today, while the market exposes the individual to tension and stress, some companies have focused on implementing programs of quality of life and disease prevention for employees.

The Gymnastics is a means of preventing diseases, stress, increase self-esteem of individuals, promotes socialization beyond encouraging a healthy lifestyle. For the company benefits can be observed with decreasing the number of absences from work because of illness, decreased number of accidents at work, and productivity growth (Martins, 1997).

To promote quality of life of workers, the course of Physical Education, Federal University of Alagoas implanted at the same University, a program of Gymnastics in order to improve the lives of employees, while making them aware about the importance of an environment nice job, safe and healthy. Thus, the proposed program contribute to viable solutions for improving the quality of life of workers. The first sector chosen by the program was the Rectory.

The Gymnastics Program was implemented at the Rectory / UFAL offered until 2006, which was mainly aimed at promoting health and improving quality of life of workers, besides the incentive to acquire healthy habits, prevention of muscle fatigue; correction postural alignment, and reduction of the causes of Repetitive Strain Injury (RSI) and Work-Related Musculoskeletal disorders (MSDs).

Two years after the beginning of the implementation of the Programme of Gymnastics at the Rectory / UFAL, and through informal conversations with staff, it was observed that some of these began the systematic practice of exercise, so this study aims to investigate: What is the style of life and physical activity of employees of the Rectory / UFAL participating in the Program of Gymnastics?

### MATERIAL AND METHODS

This is a descriptive study, in the form of case study. Employees were selected from some sectors of the Rectory, that participate in the Gymnastics Program at the Rectory / UFAL. The criterion for the choice of sectors was the high attendance at sessions of gymnastics participants. In this program involved a total of 60 employees, 39 were selected where both sexes to participate in this research.

The instruments used to collect data were questionnaires adapted from Alvarez (2002), composed of 18 multiple choice questions and four open questions.

Samples were collected at the workplace of the subjects interviewed in the days and hours that were previously combined with the researcher, who remained on site at all times in case of doubt about the questionnaire.

The collected data are presented descriptively, graphics, tabulated in the Excel spreadsheet, from the selection of the following categories established for the study: the sectors with the largest number of employees entered the program, and officials who had the largest attendance in gymnastics sessions.

The presentation of data from a questionnaire adapted from Alvarez (2002) (Appendix 1), comprises the following script: lifestyle, quality of life factors that affect health, health fitness / exercise, physical activity and program gymnastics.

### RESULTS AND DISCUSSION

Physical exercises to relax, according to Figure 1, we can observe:

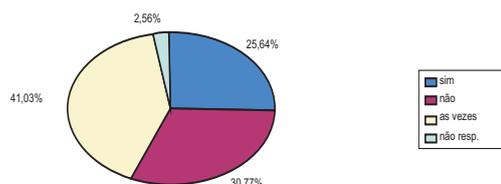
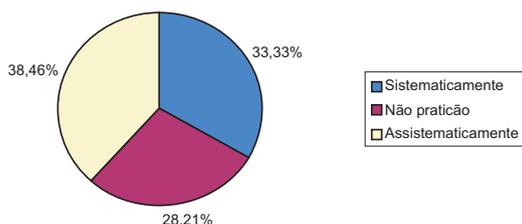


Figure 1. Physical exercises to relax

Regarding the habit of doing physical exercises to relax, 25.64% said that people exercise consistently, 30.77% answered that they did not exercise and 41.03% had the habit of doing exercises unsystematic. Only 2.56% did not answer the alternatives. With most saying that some exercise is to relax systematically, it was found that there is a need to search for an

active lifestyle. Because these employees participated in the exercises, the exercises for relaxation sessions are those learned in the gym or elsewhere, such as stretching. (Figure 1).



**Figure 2. Participation in sessions of stretching**

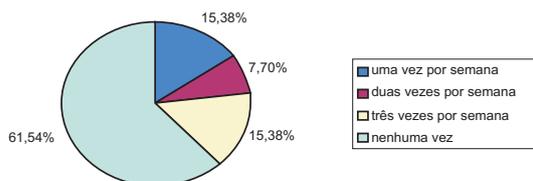
As for participation in sessions of stretching, it was found that 33.33% were systematically stretching, 28.21% and 38.46% were not made assitematicamente (Figure 2).

The greater interest in participating in sessions of stretching was also due to the knowledge of physical activity from the sessions of gymnastics where they perform stretching exercises, relaxation and massage. With this, the officials, encouraged by the program, began to practice stretching sessions contributing to an active lifestyle, as opposed to strength training sessions that were obtained in the sample limited participation and interest by employees, as shown in Table 1.

Sessões de musculação	Porcentagem
Sim	10,26%
Não	87,18%
às vezes	2,56%

**Table 1. Participation in strength training sessions**

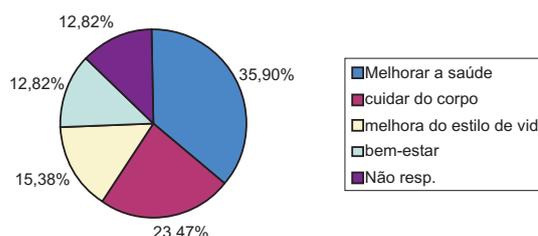
Regarding participation in strength training sessions, 10.26% participated in strength training sessions systematically, 87.18% did not and only 2.56% were not systematic (Table 1). The lower participation in strength training sessions is due, according to officials, the stretching sessions to be more relaxed as opposed to strength training sessions.



**Figure 3. Participation in vigorous aerobic activity for 20 minutes or more per week**

With respect to participation in vigorous aerobic activity for 20 minutes or more per week, there was 15.38% participated once a week, 7.70% have participated twice, 15.38% involved three or more times per week and 61.54% any time (Figure 18).

Because most of the staff study to be a woman, which according to Figure 5 are married, many did come home from work to domestic activities, where there was not much willingness to practice an aerobic exercise routine.



**Figure 4. Significance for physical activity**

As for the meaning to the practice of physical activity, for those who do, it was found that 35.90% improvement of health, body care with 23.47%, 15.38% improvement in lifestyle and 12.82% welfare (Figure 20). Only 12.82% did not answer this question. Thus, it is possible to say that most employees who responded do some physical exercise, physical activity serves as a grant to improve health, an important factor in quality of life.

**CONCLUSION**

With the results obtained in this study we can say that some (33.33%) of staff tries to get an active lifestyle, because at various points in the survey, some of them have attitudes and habits, such as attending sessions of stretching, which reduce physical inactivity, muscle tension, the importance of the prevention of diseases and the importance of practicing a physical activity. This is justified, especially with the participation of officials, in general, in sessions of stretching, where the greatest interest in this physical activity was also due to the knowledge of physical activity from the sessions where they perform gymnastic exercises stretching, relaxation and massage. And with that, officials, encouraged by the program, began to practice stretching sessions contributing to an active lifestyle, as opposed to strength training sessions in the sample who had little interest and participation by employees.

It is important new studies relating to the lifestyle and physical activity level of individual workers as well as the benefits and effects of the activities developed by the exercises in the workplace. So this issue deserves more attention so that we can

truly understand the importance of actions that promote health and improved quality of life of workers.

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### THE LIFESTYLE AND THE PRACTICE OF PHYSICAL ACTIVITY OF REGENTS OF EMPLOYEES PARTICIPANTS UFAL LABOR GYMNASTICS PROGRAM

#### ABSTRACT

This study aimed to determine the lifestyle and physical activity of employees participating in the Program of Gymnastics at the Rectory / UFAL. This study was regarded as descriptive of the type of case study. Sample were selected for 39 employees of both sexes, in various sectors of the Rector. Was used as a tool for data collection, a questionnaire adapted from Alvarez (2002), with open and closed questions related to lifestyle, quality of work life, health / fitness / exercise, physical activity and the gymnastics program. To create the database was using the Excel program, a public system, and the data analysis used descriptive statistics. According to the results the average age of employees was 34 years + and the majority, 48.73% worked 6-8 hours a day. In relation to physical activities were 25.64% exercise consistently, and 41.03% were physical exercises unsystematic way. As for participation in the activities proposed by the program of Gymnastics, 33.33% participated in stretching frequency of sessions, and 38.46% participated in an unsystematic manner. Regarding the importance of physical activity and its meaning, a part of the sample felt it was important to maintaining and improving health. Through this work showed that the Gymnastics becomes a major sponsor and supporter of quality of life for employees and therefore have a greater motivation and interaction related to physical activity, providing an active lifestyle.

**KEYWORDS:** lifestyle, physical activity and gymnastics.

### LA VIE ET LA PRATIQUE DE L'ACTIVITÉ PHYSIQUE DES EMPLOYÉS DES PARTICIPANTS REGENTS UFAL TRAVAIL PROGRAMME DE GYMNASTIQUE

#### RÉSUMÉ

Cette étude visait à déterminer l'activité vie et physique des employés participant au programme de la gymnastique au presbytère / UFAL. Cette étude a été considéré comme descriptif du type d'étude de cas. Exemples ont été sélectionnés pour 39 employés des deux sexes, dans divers secteurs du Recteur. A été utilisé comme un outil de collecte de données, un questionnaire adapté de Alvarez (2002), avec questions ouvertes et fermées liés au mode de vie, la qualité de vie au travail, la santé / fitness et l'exercice, l'activité physique et le programme de gymnastique. Pour créer la base de données a été l'aide du programme Excel, un système public, et l'analyse des données utilisé des statistiques descriptives. Selon les résultats de l'âge moyen des employés était de 34 ans + et de la majorité, 48,73% ont travaillé 6-8 heures par jour. En ce qui concerne les activités physiques ont été 25,64% l'exercice régulièrement, et 41,03% étaient des exercices physiques de façon non systématique. Quant à la participation dans les activités proposées par le programme de gymnastique, 33,33% ont participé à la fréquence des séances d'étirement, et 38,46% ont participé d'une manière non systématique. En ce qui concerne l'importance de l'activité physique et son sens, une partie de l'échantillon a estimé qu'il était important de maintenir et d'améliorer la santé. Grâce à ce travail ont montré que la gymnastique devient un commanditaire majeur et un partisan de la qualité de vie des employés et donc une plus grande motivation et d'interaction de l'activité physique, offrant un style de vie actif.

**MOTS-CLÉS:** mode de vie, l'activité physique et la gymnastique

### EL ESTILO DE VIDA Y LA PRÁCTICA DE LA ACTIVIDAD FÍSICA DEL CONSEJO RECTOR DE PARTICIPANTES EMPLEADOS DEL TRABAJO UFAL PROGRAMA DE GIMNASIA

#### RESUMEN

Este estudio tuvo como objetivo determinar el estilo de vida y la actividad física de los empleados que participan en el Programa de Gimnasia en la Rectoría / UFAL. Este estudio fue considerado como un término descriptivo del tipo de estudio de caso. Muestra fueron seleccionados para 39 empleados de ambos sexos, en diversos sectores del Rector. Fue utilizado como una herramienta para la recopilación de datos, un cuestionario adaptado de Álvarez (2002), con preguntas abiertas y cerradas relacionadas con el estilo de vida, calidad de vida laboral, la salud de fitness // ejercicio, la actividad física y el programa de gimnasia. Para crear la base de datos fue mediante el programa Excel, un sistema público, y el análisis de los datos estadísticos descriptivos. De acuerdo con los resultados de la edad media de los empleados fue de 34 años o más y la mayoría, 48,73% trabajaba 06.08 horas del día. En relación a la actividad física fueron 25,64% de forma consistente el ejercicio, y 41,03% eran ejercicios físicos manera no sistemática. En cuanto a la participación en las actividades propuestas por el programa de la gimnasia, el 33,33% de ellos participaron en la frecuencia de las sesiones de estiramiento, y el 38,46% de ellos participaron de una manera no sistemática. En cuanto a la importancia de la actividad física y su significado, una parte de la muestra consideró que era importante para mantener y mejorar la salud. A través de este trabajo mostraron que la gimnasia se convierte en un importante patrocinador y partidario de la calidad de vida para los empleados y por lo tanto tienen una mayor motivación y la interacción con la actividad física, proporcionando un estilo de vida activo.

**PALABRAS CLAVE:** estilo de vida, actividad física y la gimnasia.

**O ESTILO DE VIDA E A PRÁTICA DE ATIVIDADE FÍSICA DOS FUNCIONÁRIOS DA REITORIA / UFAL PARTICIPANTES DO PROGRAMA DE GINÁSTICA LABORAL****RESUMO**

O presente estudo teve como objetivo verificar o estilo de vida e a prática de atividade física dos funcionários participantes do Programa de Ginástica Laboral na Reitoria/UFAL. Esta pesquisa se caracterizou como descritiva, do tipo estudo de caso. Foram selecionados para amostra 39 funcionários de ambos os sexos, de diversos setores da Reitoria. Foi utilizado como instrumento de coleta de dados, um questionário adaptado de Alvarez (2002), com perguntas abertas e fechadas, relacionadas ao estilo de vida, à qualidade de vida no trabalho, à saúde/ aptidão física /exercício físico, à atividade física e ao programa de ginástica laboral. Para criação do banco de dados foi utilizado o programa Excel, um sistema público, e para a análise dos dados foi utilizada a estatística descritiva. Segundo os resultados a média de faixa etária dos funcionários era de + 34 anos e a maior parte, 48,73% trabalhavam de 6 a 8 horas por dia. Em relação às atividades físicas 25,64% faziam exercícios físicos de forma sistemática, e 41,03% faziam exercícios físicos de maneira assistemática. Quanto à participação nas atividades propostas pelo programa de Ginástica Laboral, 33,33% participavam com freqüência das sessões de alongamento, e 38,46% participavam de forma assistemática. Em relação à importância da atividade física e seu significado, uma parte da amostra considerava importante à manutenção e melhoria da saúde. Através deste trabalho evidenciou-se que a Ginástica Laboral torna-se um importante promotor e incentivador da qualidade de vida dos funcionários, tendo assim uma maior motivação e interação relacionada à atividade física, proporcionando um estilo de vida ativo.

**PALAVRAS CHAVES:** estilo de vida, atividade física e ginástica laboral.