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## THE MIDDLE-AGED WOMEN MOTIVATIONS TAKING UP FITNESS TYPE PHYSICAL ACTIVITY

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### **Abstract**

#### **Introduction**

The active and healthy lifestyle is for contemporary human important value and key element to his correct functioning at any age.

#### **Aim**

The aim of this work was examination themes of taking the movement activity by a women participating in a fitness trainings and influence of that action on exercising people. In addition there were elaborated barriers and obstacles hindering involving into this kind of physical activity in group of the anatomized women.

## Material and methods

Analyse was made in group of 40 women ( 42 years old). In a work there was applied a diagnostic survey in authors questionnaire consisted of a closed test.

### Results and conclusions:

Among the women 65% declared systematic fitness movement activity, in the other hand 35% absence. 77% of the group want to correct their figure, therein 35% would like to lose extra fat tissue, 27% persons thinks about firming and modeling own body and 15% of interviewed want to extend their muscle mass. Only 8% of women ponder about amending condition and 15% of them surveyed aim only on relax and detaching from reality.

The biggest part of women, it is 81%, feels very good after fitness.

In the further part of examination showed results about objections and barriers that impede taking systematical physical activity. Half of screened persons i.e. 7 among 14 women that do not fitness reckon this type of activity unnecessary whereof only 2 of them highlighted before that they feel and look good. Next 22% of surveyed marked that they have enough physical activity in their work, 14% sayed they are not suitable to sport through age, next 14% used to think that they do not have enough free time and too much duties.

**Key words: physical activity, women, motivation**

## Introduction

In many publications there is highlighted theme that active and healthy lifestyle is for contemporary human important value and key element to his correct functionation at any age. Forms of taken actions should be differentiated and optimally customized to exercising people age, need and stage of growth. According to recommendations of World Health Organisation and American College of Sport Medicine adults should take up moderate or intensive movement activity 3 to 5 times a week for at least 30 minutes [1,2]. In last years in our community is noticed interest growth in various forms of a physical activity. Among different forms of it taken by women especially popular is fitness. Literature specify fitness as a dynamic training that acts in global way on human body because of which it contributes to amelioration either physical and mental condition [3,4].

### Purpose of a work

The main goal of this work was examination themes of taking the movement activity by a women participating in a fitness trainings and influence of that action on exercising people. In addition there were elaborated barriers and obstacles hindering involving into this kind of physical activity in group of the anatomized women.

### Material and examination methods

Analyse was made in group of 40 women ( average 42 years old), inhabiting Obornik area in Greater Poland Voivodeship. In a work there was applied a diagnostic survey in authors questionnaire consisted of a closed test. The survey questionnaire was filled with a tradicional metod. Results of the survey were developed statistically and presented on figure 1-5.

### Results of the survey

Analysing socio-demographic profile of surveyed women there was noticed that half among examined i.e.50% had higher education, 42% vocational and 8% had secondary education. In group of the surveyed women 82% were active vocational whereof 42% were working mentally, 40% physicaly and only 18% were unemployed. Among the women 65% declared systematic fitness movement activity, in the other hand 35% absence. From 26 systematically training women 45% marked working out fitness 1 to 3 years, 8 surveyed i.e. 31% working out 0.5 to 1 years, 12% or 3 among inquired women trained fitness less than 6 months, same amount trained longer than 3 years. It's worth pointing out than among people training longer than 1 year all of them told their bad fettle before starting to train fitness (figure 1).

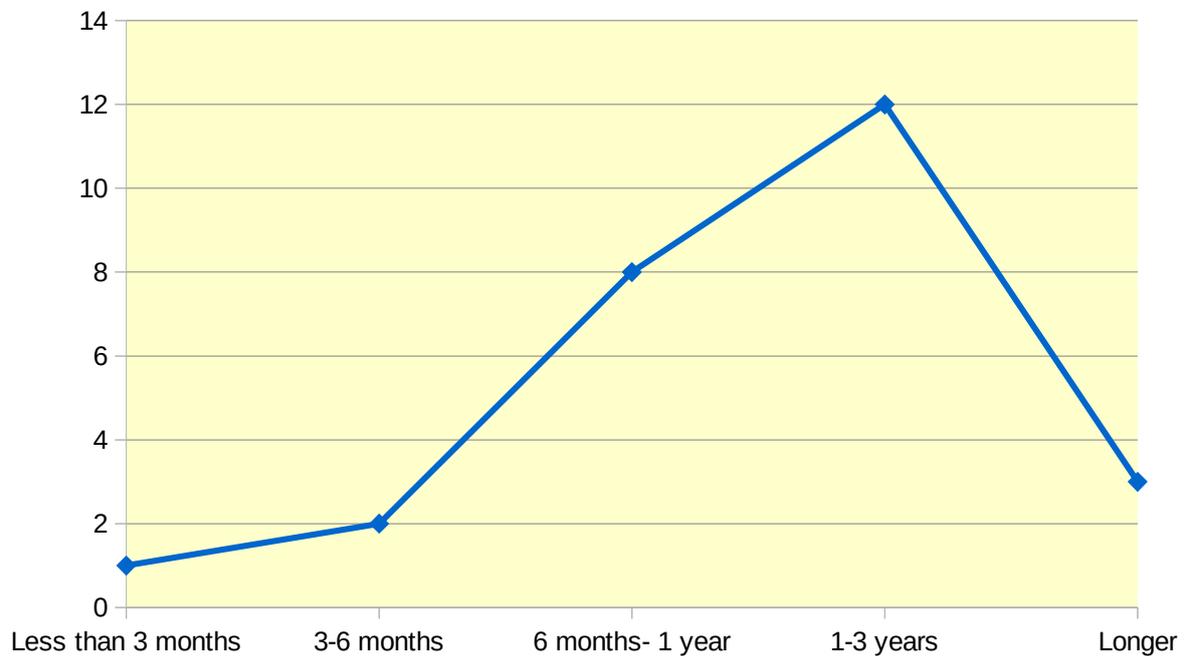


Figure 1. Participation on fitness trainings  
Source: own elaboration

Figure 2 show results that are defining motives of taking part in fitness activities by systematically training women. Definitely the biggest part of them i.e. 77% want to correct their figure, therein 35% or 9 women would like to lose extra fat tissue, 27% or 7 persons thinks about firming and modeling own body and 4 of interviewed or 15% want to extend their muscle mass. Only 8% or 2 women ponder about amending condition and 15% so 4 surveyed aim only on relax and detaching from reality.

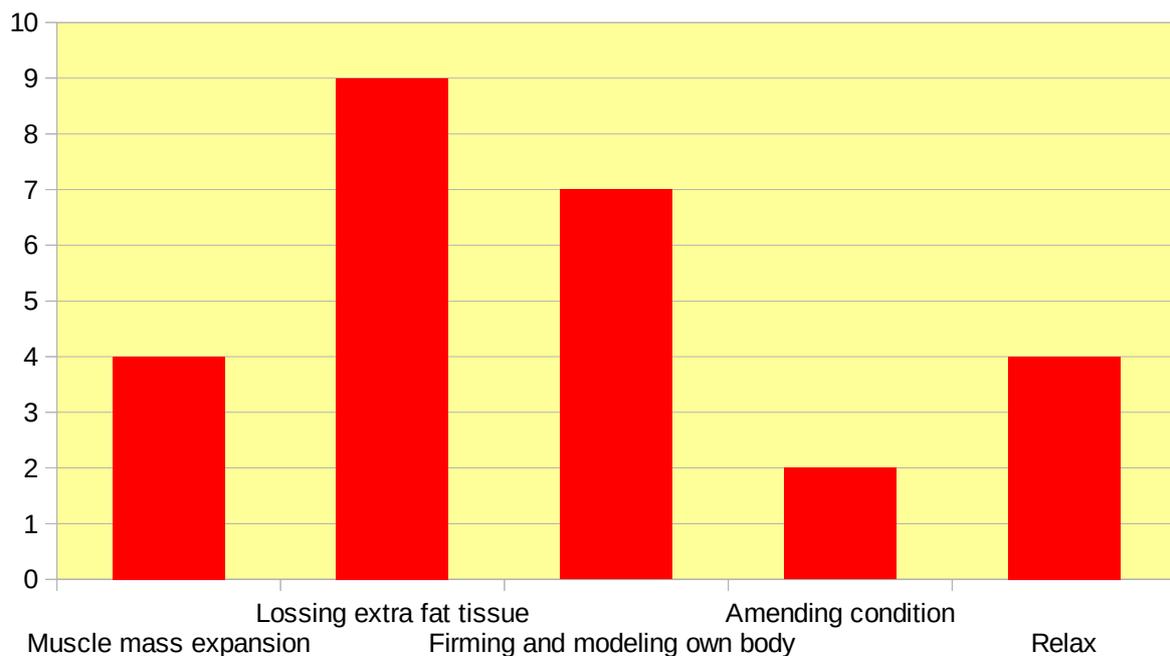


Figure 2 Motives of taking up fitness activities.  
Source: own elaboration

The biggest part of women, it is 81%, feels very good after fitness, whereof 46% or 12 persons find that they are full of energy and 35% so 9 women feel relaxed. Only 5 of respondents what is 19% among 26 examined women say that they feel tired after fitness

training (figure 3).

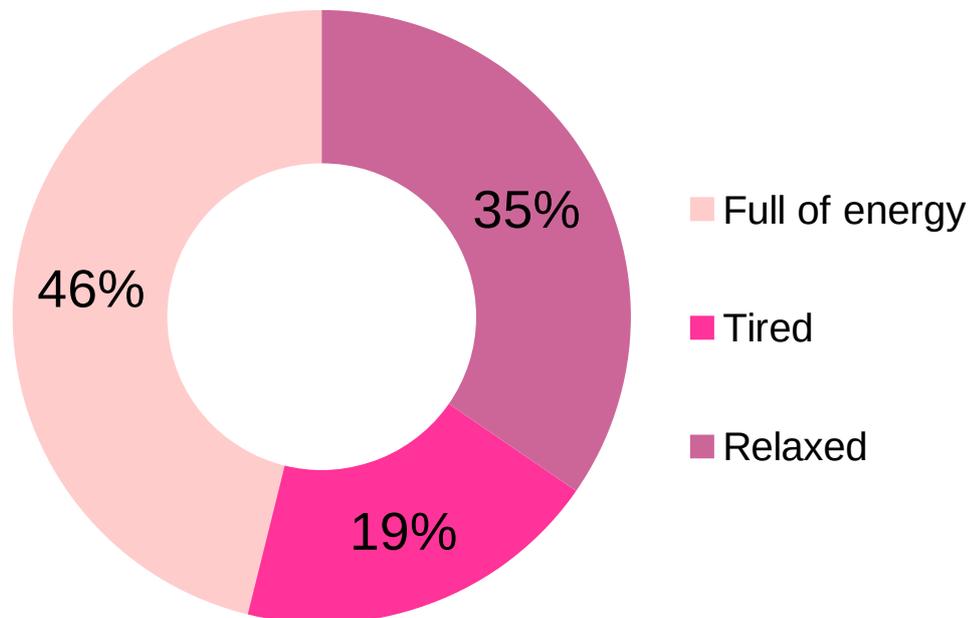


Figure 3 Feelings after fitness activities.

Source: own elaboration

Another essential aspect was attempt to define by surveyed women influence of fitness on their organism. Only 1 respondee (4%) said that this movement activity does not have influence on her body. Remaining part of persons that is 96% agreed positive leverage of fitness on their organism. Therein 34% so 9 women consequently training fitness deem feeling light and having a lot of energy. 8 respondents or 31% said that their body is well formed, next 5 persons, that is 19%, consider being more efficient and 3 other (12%) confirmed that they are leading healthier lifestyle owing to be participant of this type of sport and their consciousness increased in health education context (figure 4).

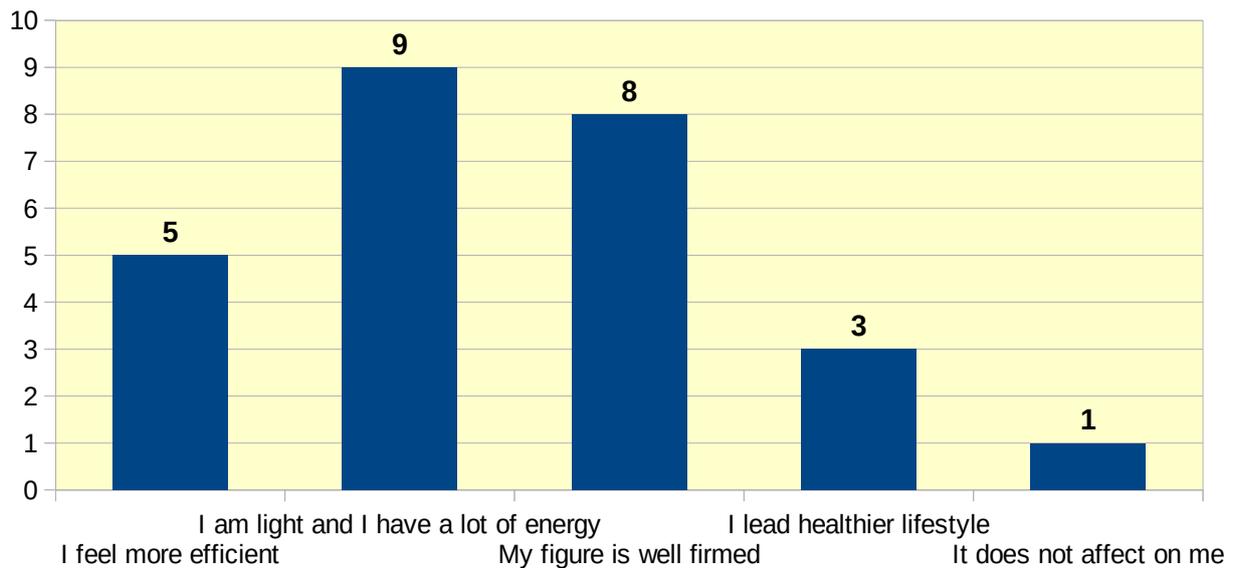


Figure 4 Fitness influence on organism.  
Source: own elaboration

In the further part of examination showed results about objections and barriers that impede taking systematical physical activity. Half of screened persons i.e. 7 among 14 women that do not fitness reckon this type of activity unnecessary whereof only 2 of them highlighted before that they feel and look good. Next 22% of surveyed (3 persons) marked that they have enough physical activity in their work, 14% (2 of analysed) said they are not suitable to sport through age, next 14% (2 women) used to think that they do not have enough free time and too much duties (figure 5).

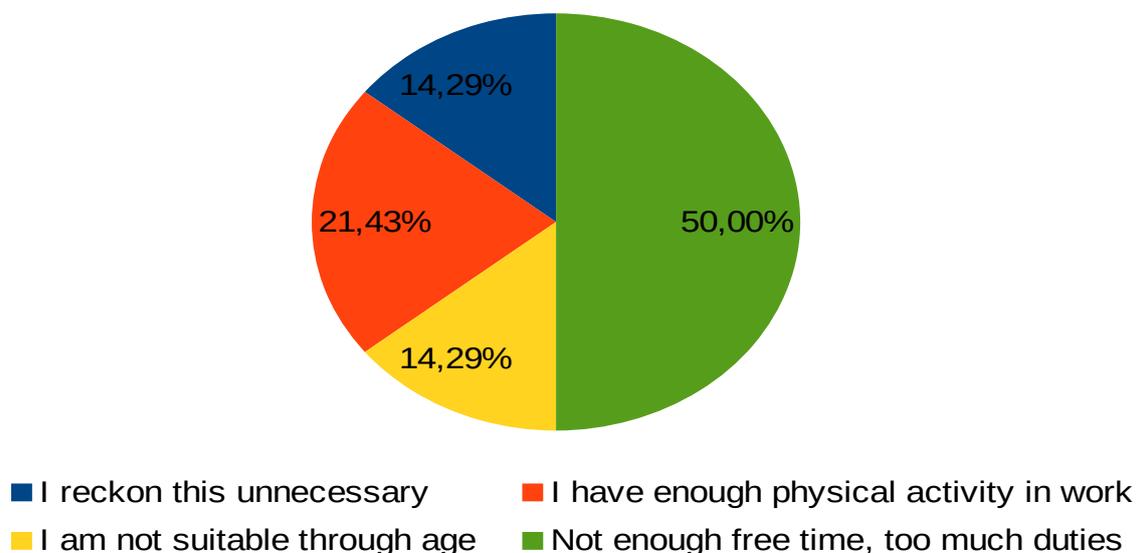


Figure 5 Objections impeding taking up systematical physical activity.  
Source: own elaboration

## Summary and conclusions

Human physical activity is one of the most important well aging organism element whose pace is settled not only because of genetic and environment factor but mostly life style. Unfortunately in contemporaneous society we can see prominent people percentage that reduce to minimum their movement activity, what carries dangerous consequences and often contributes to civilizational diseases morbidity growth. In many publications examonators centers importance of physical activity in whole spectrum somatic illnesses, especially cardiovascular system, prevention and it's positive influence on mental area in human body. A lot of literature reports are pointing on dependency between too low physical activity and obese occurency what in time becomes bigger social problem. For this reason systematic physical activity is used not only as prevention element, but as important therapeutic factor in mentioned diseases too [5,6,7,8,9,10].

Although the percentage of movement inactive people is considerable so in the other hand there is optimistically observed values of movement activity conscious persons growth. Regular physical effort ties precisely with training people motivations what is highlighted in many science publications and what was the main theme of this labor [11,12,13,14,15].

The results of our own elaborated research confirms that systematical fitness training affect positively on fettle and functionation of practising this kind of activity women. They enjoy better health and self-esteem. Among surveyed women majority train regular more than half year and longer. Examined women, as objections impeding taking up physical activity, are giving lack of free time and mostly the reason of choosing fitness by movement active women is desire of figure modeling.

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