ANALYSIS OF PHYSICAL ACTIVITY PRACTICES OF UNISER PROJECT PARTICIPANTS

Barros, A. L. B.[1], Garcia, A. L. F.[1], Galato, D.[1], Karnikovski, M.[1], Ferreira, E. A.[1], Gris, E. F.[1]*

[1]University of Brasilia, Campus Universitário - Centro Metropolitano, Ceilândia Sul, Brasília-DF, Brazil. *elianagris@gmail.com

The practice of physical activities among the elderly population is not always common. This situation can be explained due to the lack of encouragement since youth, because they feel that they are not able to practice physical activities because of physical limitations due to the age. The WHO recommends that adults practice 150 minutes of moderate intensity activity per week. UniSer is an extension project of University of Brasília which works with education in the health field with people from 45 years old, with prevalence of old people. **Objective**: To analyze the practice of physical activities of the participants of UniSer. **Methods**: This work has a cross-sectional quantitative approach, based on the questionnaire interview technique, the short International Physical Activity Questionnaire version was used. The interview was made after signing the Informed Consent Term. **Results**: 162 people were interviewed, 85.2% practiced walking for at least 10 minutes, 69.8% practiced moderate activity and 27.8% vigorous activity. Regarding the sitting time, 78.4% said they spend from 2 to 6 hours sitting on a weekend day and 83.9% on a weekday. **Conclusion**: It was concluded that the majority of respondents are not sedentary, 85.2% of them walk for at least 10 minutes a day. They do not spend many hours sitting on a weekday, the amount of hours that more people, 22.8%, said to be sitting all day was 4 hours, second 18.5% reported to stay 5 hours sitting. Participants are active elderly, non-sedentary, do not spend much time sitting.

Keywords: Elderly health; Elderly; Physical activity; Sitting time.

Biography of presenting author

Author holds a degree in Pharmacy and Food Technology from the Federal University of Santa Catarina (2001); Master of Science in Food Science from the Federal University of Santa Catarina (2005); PhD in Food Science from the Federal University of Santa Catarina (2010). Currently Adjunct Professor of Pharmacy Course at the University of Brasília (UnB), Campus Ceilândia (FCE). Coordinator of UniSER Project since 2017. Experience in the area

of Pharmacy, Food Science and Technology, healthy education and aging. She has published more than 20 papers in reputed journals.

Presenting author details

Full name: Eliana Fortes Gris

Contact number: +55 61 981777377

Linked In account: Lattes CV Link: http://lattes.cnpq.br/0826770623245361

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