Abstract

Active and healthy lifestyles have been associated with better quality of life in working women. Objective: To establish the effectiveness of a physical activity program to improve fitness components in working women from two Colombian companies. Materials and methods: A longitudinal, exploratory, descriptive study was conducted, previous and later measurements about the quantitative aspects of fitness were taken. Women in the study were between 24-49 years old, without associated risk factors or physical activity practice restrictions according to PARQ & YOU questionnaire. 15 women (37.33 ±9.3) voluntarily decided to join for the intervention on physical activity for a period of 12 weeks, 60 minutes per day. Statistical analysis was made with SPSS 17. Results: Statistical changes appeared after the intervention, body mass index (BMI) (p = 0.023), abdominal strength (p = 0.004) and lower limbs strength (p = 0.001). There were no significant changes in maximal oxygen uptake and flexibility. Conclusion: From these results, it was established that the implemented physical activity promotion protocol was effective to change fitness of women who completed the program, meaning that it can be replicated with effective results after its completion.

Keywords

Effectiveness, working women, physical activity promotion, fitness components.