



INTERDISCIPLINARIDADE NA PROMOÇÃO DA SAÚDE

IX Seminário Científico do Programa de Pós-Graduação em Promoção da Saúde da UNISC: da infância ao envelhecimento

Seminário Envelhecimento, Trabalho e Saúde

III Encontro Internacional Interdisciplinar em Promoção da Saúde

XII Fórum de Discussão sobre Drogas: traçando caminhos pela educação em saúde

Integração entre os Programas de Pós Graduação em Promoção da Saúde e o Programa de Pós Graduação Mestrado Profissional em Psicologia

EXERCISE PRACTICE AND DIETARY SUPPLEMENTS INTAKE BEHAVIOR: A STUDY OF GYM USERS IN SPAIN

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Introduction: gyms/fitness centers have become useful places for exercising and promoting a healthier lifestyle through exercise. In addition, these places also become favorable environments for encouraging greater consumption of supplements. **Objectives:** To evaluate the sociodemographic characteristics, exercise practice, and dietary supplement intake behavior among men and women who attend fitness centers. **Methods:** cross-sectional descriptive research carried out in three gyms in Madrid, Spain. Gym users of both sexes and over 18 years old were included. Data were collected by an online questionnaire containing questions about sociodemographic characteristics (age, sex, marital status, education and occupation), exercise (objective, type, experience, dedicated hours, and weekly frequency), and consumption of dietary supplements (number, types, prescription, and reasons for consumption). Pearson's chi-square test or Fisher's exact test were used. Effect sizes were calculated by Phi or Cramer V. Significance was defined as $p < 0.05$. The research was approved by the Research Ethics Committee of the University of Santa Cruz do Sul (number 2,020,070). **Results:** 179 individuals (57.5% female). Sociodemographic characteristics did not differ between sex ($p > 0.05$); however, most of the individuals of both sexes were single (71.7%), aged between 18 and 30 years (57.9%), well-educated (68.9%), and employed (65.4%). There was no significant association between the cited goals for exercising in the gym, training time, weekly training hours between the sexes ($p > 0.05$). Significant sex differences were observed for the types of exercises reported, with strength training more prevalent for men (81.6% vs. 60.2%; $\Phi = 0.22$; $p = 0.002$), while women were more adept at dancing (14.4% vs. 2.6%; $\Phi = 0.28$; $p < 0.001$) and Pilates (22.3% vs. 7.9%; $\Phi = 0.19$; $p = 0.010$). There was a prevalence of 38.0% for the consumption of dietary supplements, and this consumption was more prevalent among men (59.2% vs 22.3%; $\Phi = 0.38$; $p < 0.001$). More men consumed 3 or more different types of supplements than women (19.7% vs 1.0%; Cramer's $V = 0.42$; $p < 0.001$). Most participants (42.6%) reported consumption on their own initiative, although the prescription for supplement consumption did not differ significantly between sexes ($p = 0.298$). The most consumed supplements by women and men, respectively, were whey protein (13.6% vs 47.6%; $\Phi = 0.37$; $p < 0.001$), creatine (3.9% vs 18.4%; $\Phi = 0.24$; $p = 0.003$) and branched-chain amino acids (BCAA) (2.9% vs

19.5%; $\Phi=0.26$; $p=0.001$). The reasons for consuming these products differed significantly between women and men, with muscle mass gain (11.7% vs 42.1%; $\Phi=0.35$; $p<0.001$), muscle recovery (6.8% vs. 27.6%; $\Phi=0.28$; $p<0.001$), and performance (1.9% vs 18.4%; $\Phi=0.29$; $p<0.001$) being the most commonly cited reasons. **Conclusions:** men and women exercised with the aim of improving physical conditioning and aesthetic issues. Men consumed more supplements than women and there was a discrepancy between the sexes related to the reasons for consumption, where men consumed more supplements based on proteins and amino acids, mainly for muscle mass gain.