



Relationship between physical activity levels and body fat percentage in gym users, Lima, Peru

Relación entre los niveles de actividad física y el porcentaje de grasa corporal en usuarios de un gimnasio, Lima-Perú

Relação entre níveis de atividade física e porcentagem de gordura corporal em frequentadores de academia, Lima, Peru

ABSTRACT

Introduction: Physical activity is fundamental in lifestyle and is a determinant factor in body fat percentage. Physical inactivity leads to the risk of chronic noncommunicable diseases. **Objective:** To determine the relationship between physical activity and body fat percentage in gym users. **Materials and methods:** The study was quantitative and cross-sectional. The International Physical Activity Questionnaire (IPAQ) was used and skinfolds were used to determine body fat. The sample was 100 subjects. Spearman's Rho statistical test and Mann-Whitney U test were used. **Results:** 92% had a moderate level of physical activity and 5% a vigorous level, 34% had a normal body fat percentage and 17% low. There is a relationship between the level of physical activity and body fat ($p = 0.009$; $Rho = -0.259$), likewise there is a relationship between body fat and age ($p = 0.032$; $Rho = 0.215$). Physical activity level (MET sedentary) was found to be a significant predictor of BMI ($B = -0.004$; $\beta = -0.239$; $p = 0.034$). **Conclusions:** Gym users with a vigorous level of physical activity had a lower fat percentage compared to sedentary physical activity users who had a higher fat percentage. Higher levels of physical activity are associated with lower body mass index.

Keywords: Physical activity; body, fat; sedentary lifestyle; anthropometry. (Source: DeCS, Bireme).

Sustainable development goals: Good health and well-being. (Source: SDG, WHO).

RESUMEN

Introducción: La actividad física es fundamental en el estilo de vida, factor determinante en el porcentaje de grasa corporal. La inactividad física conlleva al riesgo de enfermedades crónicas no transmisibles. **Objetivo:** Determinar la relación entre la actividad física y el porcentaje de grasa corporal en usuarios de un gimnasio. **Materiales y métodos:** Estudio tipo correlacional, cuantitativo y transversal. Se utilizó el Cuestionario Internacional de Actividad Física (IPAQ), para determinar grasa corporal se consideró pliegues cutáneos. La muestra fue 100 sujetos. Se utilizó prueba estadística Rho de Spearman y U de Mann-Whitney. **Resultados:** El 92 % tiene nivel de actividad física moderado, el 5 % un nivel vigoroso, el 34 % presentó porcentaje de grasa corporal normal y el 17 % bajo. Existe una relación entre el nivel de actividad física con grasa corporal ($p = 0,009$; $Rho = -0,259$), asimismo, relación entre grasa corporal y edad ($p = 0,032$; $Rho = 0,215$). El nivel de actividad física (MET sedentario) fue un predictor significativo del IMC ($B = -0,004$; $\beta = -0,239$; $p = 0,034$). **Conclusiones:** Los usuarios del gimnasio que desarrollan un nivel de actividad física vigoroso presentaron un porcentaje de grasa menor comparado con usuarios de actividad física sedentario, quienes poseen un porcentaje de grasa mayor. Niveles más altos de actividad física se asocian con un menor índice de masa corporal.

Palabras clave: Actividad física; cuerpo adiposo; sedentarismo; antropometría. (Fuente: DeCS, Bireme).

Objetivos de desarrollo sostenible: Salud y bienestar. (Fuente: ODS, ONU).

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