CHARACTERIZATION OF FOOD HABITS AND PHYSICAL PARAMETERS OF CROSS FIT PRACTITIONERS FROM LIMEIRA.

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Resumo

Crossfit is a commercial program which is becoming very popular. It aims to conduct exercises with a high degree of execution and in with maximal number of repetitions in each set (to muscle fatigue). As little is known about nutrition and physical matter of this population, this study was conducted in order to characterize crossfit practitioners regarding food consumption, anthropometric and muscular features.

Key words: Eating Habits, Cross Fit, Anthropometry

Introdução

CrossFit is a program whose main physical capabilities include: cardiovascular endurance, respiratory and muscular; strength, power, accuracy, agility, coordination, flexibility and balance. But the practitioners of this kind of program may have a greater tendency to eating disorders, as the appreciation of body image among these individuals is high. Therefore, this study was performed to characterize the practitioners of CrossFit as eating habits, physical parameters associated with the practice of exercise and anthropometry.

Resultados e Discussão

Men and women have very similar behavior in relation to food intake and even on anthropometric characteristics. It was observed through the ortho-15 (orthorexia questionnaire) that men have a greater concern that women in relation to food, with higher risk of inappropriate behavior.

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