

ANALYSIS OF QUALITY OF LIFE IN WOMEN PRACTICING PILATES AND CROSSFIT: A COMPARATIVE STUDY

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Abstract: Modern society has demanded from its population a working day increasingly leading to a decline in the population's quality of life (QOL). Women, who often face a double shift, are the most affected. QOL is the perception of physical, psychological and social health in daily activities, it is not related only to the absence or presence of diseases. Pilates and Crossfit are techniques that can increase the perception of QOL. **OBJECTIVE:** To compare the quality of life of women who practice pilates and crossfit. **METHOD:** This is a qualitative bibliographic review carried out in the SciELO, PubMed and Google Scholar databases, using the keywords: "pilates and quality of life" and "crossfit and quality of life", as well as the same descriptors in English, articles were selected in Portuguese, Spanish and English, published in the time frame of the last 10 years (2010-2020). There were 42 articles related to pilates and 22 articles corresponding to the second search, totaling 64 articles, of which 31 were excluded for not meeting the criteria of this research, 20 were excluded because they were outside the proposed time frame, finally, they were selected for this review the total of 13 articles. **RESULTS:** The results attest that the two techniques are efficient for increasing the quality of life of those who practice them. **CONCLUSION:** Due to the amount of studies related to pilates and its influence on the quality of life, this method proved to be superior to crossfit with regard to scientific evidence, however it appears that there is a need for further studies on the subject to, in fact, attest to the efficiency of both methods, as well as the superiority of one in relation to the other.

Keywords: Quality of Life, Movement, Exercise and Movement Techniques.

INTRODUCTION

Modern society has demanded an increasingly stressful workday from its population, which has led to a decline in their quality of life (QoL). Women, who usually face a double shift, are the most affected, as numerous studies reveal that women's QoL is more affected when compared to men (FONSECA et al., 2016).

In view of this, the demand for physical activities that improve conditioning and daily performance has increased, in order to improve individual performance and Quality of Life (QoL). Protocols that include functional and fun exercises draw the attention of this audience (JORGE, 2018; ANDRADE, TEIXEIRA and CARLOS, 2018).

Pilates and Cross Fit are examples of activity that both seek through functional exercises, improving muscle strength and endurance and performance in ADLs. However, the same lack of time that leads to a decline in quality of life also leads to little adherence to the practice of physical activities, which in turn, generates a greater decline in QOL (AMERICAN COLLEGE OF SPORTS MEDICINE, 2013; BERTOLDI, TESSER and DAMACENO, 2016).

This study aims to compare the quality of life of women practicing pilates and crossfit.

METHODOLOGY

This is a qualitative bibliographic review carried out in the SciELO, PubMed and Google Scholar databases, using the keywords: "pilates and quality of life" and "crossfit and quality of life", as well as the same descriptors in English, articles were selected in Portuguese, Spanish and English, published in the time frame of the last 10 years (2010-2020). We found 42 articles related to Pilates and 22 articles corresponding to the second search, totaling 64 articles, of which 31 were excluded because they did not fit the criteria of this research,

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RESULTS AND DISCUSSION

QUADROS e FURLANNETO (2011), carried out a study in which they submitted four sedentary women aged between 18 and 58 years to an intervention with Pilates method three times a week in a total of 20 sessions, and evaluated the flexibility and posture of the participants before and after the intervention, noting that all had improvement in both items, which shows that in this study Pilates had a positive benefit on quality of life.

TOZIM et al., (2014), conducted a randomized controlled clinical study that investigated 31 elderly women aged between 60-80 years, who were divided into a control group, which received lectures and guidance on pain and quality of life, and an intervention group that performed 16 Pilates sessions, twice in the week, the authors applied tests of pain and perception of quality of life before and after for the two groups, noting that the pilates method showed a significant improvement for the intervention group while the control group did not present relevant differences at the end of the study, showing, in this case, that the method was efficient in increasing QOL.

BIANCHI et al., (2016), investigated a group of 20 women aged between 18-25 years, who underwent treatment with the Pilates technique for five weeks, twice a week, totaling 10 sessions. They evaluated the low back pain and QOL of the participants before and after the research and treatment, found a significant improvement in the two investigated items, concluding that the method was effective in increasing QOL.

LIMA et al., analyzed a group of 20 women aged 30-40 years who were divided into two groups, each group with 10 participants, one group practiced weight training and high

impact exercises and the other did pilates practice, both twice a week for three months, at the end, they found that both Pilates and weight training positively affected both the posture and the quality of life of the women submitted to the study.

According to Lara, Wendet and Silva (2014), who conducted a study with 50 women aged between 45 and 55 years old, divided into two groups of 25 participants each, one group underwent weight training and the second group participated in training sessions. Pilates, both twice a week for six months, at the end of the study found that the two methods positively affected the muscle strength and quality of life of the participants, but weight training was superior mainly in the postural aspect and perception of mental health.

ORGANISTA (2018), conducted a bibliographic review that aimed to compare the crossfit method and conventional resistance training on the quality of life of those who practice and found that the way crossfit approaches high-impact physical exercise and also the way in which exercises that make it work the body in a global way it brings a significant increase in the perception of quality of life in relation to conventional resistance training.

FAIL and MEDEIROS (2018), evaluated the cardiopulmonary conditioning of crossfit and bodybuilding practitioners and found that crossfit showed significant superiority in relation to bodybuilding, thus, the quality of life was also more positively affected in crossfit practitioners than practitioners. of bodybuilding.

ANDRADE, TEIXEIRA and CARLOS (2018), conducted a descriptive, quantitative and cross-sectional study that evaluated 16 individuals aged between 25-30 years, who had already practiced crossfit for at least six months before the study date and found that

crossfit has an effect positive on flexibility and muscle strength and consequently on the quality of life of practitioners.

There are many studies that correlate Pilates with the increase in the perception of QoL, but when it comes to crossfit, there is not much significant evidence of this relationship, however, it is worth mentioning that any physical exercise performed correctly and at the appropriate intensity will consequently bring benefits. to the practitioner.

CONCLUSION

Both pilates and crossfit have positive effects on the quality of life of practitioners, but due to the amount of studies related to pilates and its influence on quality of life, this method proved to be superior to crossfit, with regard to scientific evidence, however, it appears that there is a need for further studies on the subject to, in fact, attest to the efficiency of both methods, as well as the superiority of one over the other.

DECLARATION OF INTERESTS

We, the authors of this article, declare that we have no financial, commercial, political, academic and personal conflicts of interest.

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