

**The effects of a physical activity program on quality of life of women
#83**

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Studies show the beneficial influence of the physical activity on women quality of life. The aim of this study was to analyze the effects of a physical activity program on the quality of life (QV) of women, initially sedentary, employees of UNICAMP, 47.4±8 years (n=16). The training program was performed 3 times/week, for 4 months, consisting of general coordination exercises, such as: jogging, dancing and games with alternative materials. The evaluation protocol used was WHOQOL-26, which analyzes the physical, psychological, personal and environmental domains. The Student "t" test was used to analyze the domains before and after the application of the training program ($\alpha=0.05$). There was a significant improvement in the physical, psychological and environmental domains. Physical exercise is beneficial for the apprentices' QV, because it influences positively the psychological and physical domains.

Key words: physical activity; quality of life, sedentarism, women.