

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

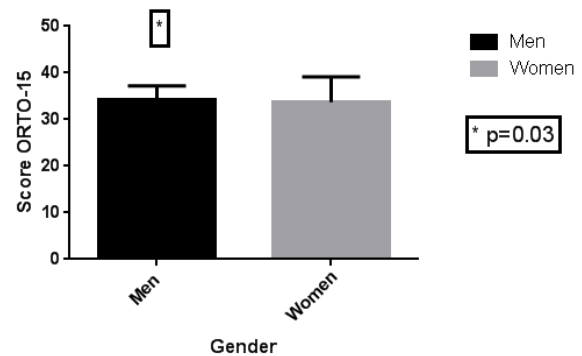
Figure 1. Average food practitioners of cross fit athletes consumption.

PARAMETERS	MEN (N=10)	WOMAN (N=6)
KCAL	2308 ± 642	1885 ± 451
LIP (G/BW)	0,87 ± 0,2	1,32 ± 0,7
PROT (G/KG)	1,8 ± 0,5	1,68 ± 0,5
CARB (G/KG)	3,0 ± 1	3,23 ± 1,18

25 volunteers were recruited from a CrossFit club at Limeira, of which 16 completed the study. Subjects were males and females between 20 and 32 years old, Cross Fit practitioners for at least 3 consecutive months. With regard to food consumption, we can observe a relatively low kcal diet, low in carbohydrates, but high in protein for both men and women.

As for the score of Orto-15 (nutritional risk for Orthorexia) there was an increased score in men compared to women significantly. Both sexes have normal weight with low body fat percentage.

Figure 2. Score ORTO-15



Conclusões

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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