



## **Benefits of bodybuilding for adult fitness in gyms**

### **Benefícios da prática de musculação no condicionamento físico para indivíduos adultos nas academias**

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#### **ABSTRACT**

Daily life and its comfort contribute to the reduction of movements, which leads to an inactive lifestyle, which is directly related to chronic diseases. However, the gym is an opportunity to stay active and at the same time maintain a better quality of life through supervised exercise (JUNIOR; PLANCHE, 2016).

**Keywords:** Bodybuilding, Chronic diseases, Gym.

#### **1 INTRODUCTION**

Daily life and its comfort contribute to the reduction of movements, which leads to an inactive lifestyle, which is directly related to chronic diseases. However, the gym is an opportunity to stay active and at the same time maintain a better quality of life through supervised exercise (JUNIOR; PLANCHE, 2016).

The study is therefore justified by encouraging people to follow a healthier and more physically active lifestyle and also showing the benefits of physical exercise in preventing cardiovascular diseases, managing stress and maintaining an ideal body weight. One commonly practiced form is strength training (weight training), which aims to increase muscle mass (hypertrophy), improve athletic performance and physical condition. The increase in muscle mass is a physiological re-establishment of the relationship between genetic predisposition and the training performed, taking into account the volume, intensity, duration, intervals, speed and frequency of the training performed. Knowing the importance of physical exercise, people become more interested in the quality of life and the results achieved, which also ensures an increase in the number of people in gyms (BATISTA; BARBOSA, 2006).

Weight training is a common activity in gyms and offers numerous benefits for the fitness of adult individuals. However, it can also present a number of practical issues that need to be addressed effectively. Many beginners in bodybuilding do not receive proper guidance on how to



use equipment, perform exercises with the correct technique, and create an effective training program. This can result in injury, demotivation, and poor results. Sometimes people try to lift very heavy weights too quickly, which can lead to injury. Gradual progression is key, and excessive overload can be a concern. Monotony can lead to demotivation. Many people fall into a rut of doing the same exercises over and over again, which can lead to stagnant fitness. In view of the problem presented in the present study, the **problem** that gave rise to this article arises: What is the importance of weight training in the quality of life of adults? What is the role of the educator in bodybuilding classes?

In addition, in this environment, physical education teachers are responsible for prescribing, teaching, and supervising everyone involved in the practice of physical activity, especially in the area of bodybuilding. The importance of professional intervention necessarily means that PE teachers must be prepared to do so in a way that produces safe, correct and healthy outcomes for students.

Therefore, the present study aims to describe how physical exercise occurs; Analyze the importance of weight training. Understand adherence and adherence in bodybuilding. Describe the influence of weight training on quality of life. Identify the importance of the physical educator in the monitoring of bodybuilding classes.

The purpose of this article is qualitative, based on bibliographic research on the subject in question, presenting discussions about the practice of physical exercises and the influence of weight training on the quality of life of adults.

## **2 THEORETICAL FRAMEWORK**

### **2.1 CONTEXTUALIZATION OF PHYSICAL EXERCISE**

In recent decades, physical inactivity has led to an increase in sedentary lifestyle, harming the health and well-being of individuals. All of this is a result of the new standard of living of modern society (SAMULSKI, 2000).

This change in habits creates a conducive environment. This is due to lack of physical activity, excessive and inadequate diet, and incorrect lifestyle. In this case, the practice of regular physical activity and its health benefits are considered important accompanying effects that seem quite obvious and are one of the predisposing factors to chronic-degenerative diseases. These findings are frequently discussed among medical professionals and widely documented in the current literature (FARIA JÚNIOR, 2009).



Physical exercise is a repetitive, elaborate, programmed activity with the aim of maintaining and improving one or more components of physical fitness. Physical exercise is considered as any activity that involves physical effort, that is planned, structured and repetitive, whose purpose is focused on maintaining health and improving physical fitness (CHEIK; KINGS; HEREDIA; VENTURA; TUFIK; ANTUNES; 2003).

Physical exercise is a series of movements planned and repeated systematically with the aim of improving performance. Physical exercise is a basic requirement for the proper development of the body.

Deficiency tends to cause muscle relaxation, excessive fat accumulation, insufficient excretion of waste from the body, and slower digestive processes, which can lead to so-called hypokinesia. Physical exercises appropriate for developing specific aspects of physical fitness are described using terms such as resistance exercise, strength exercise, and speed exercise (BARBANTI, 1994, p. 118).

Physical exercise increases muscle strength, improves cardiovascular fitness, reduces fat tissue, increases bone density, and reduces the likelihood of anxiety and more severe emotional conditions. weakened and associated with decreased occurrence of various medical conditions and behaviors.

In addition, regular exercise can significantly reduce the risk of cardiovascular death by up to 60%. However, the overall cardiovascular risk assessment, social context, and patient concerns should be taken into account when prescribing lifestyle changes to ensure adherence. Not only does it have good effects on a biological and psychological level, but the practice of physical exercise also results in greater interpersonal connection and motivation to overcome challenges. In other words, it operates at a social level (CHEIK et al 2003, p.42).

People look for suitable places for physical exercise for a variety of reasons, including: There is a tendency to focus on appearance, such as aesthetics, weight loss, health promotion, entertainment, and leisure, and exercise helps stabilize the body and health (MALINSK; VOSER 2012).

People are looking for suitable places for physical activity for a variety of reasons, including: We focus not only on contributing to the body, but also on appearance, such as beauty, weight loss, health promotion, entertainment, and leisure, to stabilize health. (MALINSK and VOSER 2012; SILVA et al., 2016).

The benefits of physical exercise encourage people to have healthier, more physically active lifestyles to prevent cardiovascular disease, manage stress, and even maintain an ideal body weight (NAHAS, 2013).



## 2.2 THE PRACTICE OF BODYBUILDING

Bodybuilding has its origins in the era of empiricism, especially in Greek culture, which used bodybuilding to increase muscle strength. During the Middle Ages and the Renaissance, there was a decline in the maintenance of physical fitness, and by the nineteenth century, interest in body shape in terms of exercise and bodybuilding declined (DANTAS, 1998).

At the time, physical exercise was recommended by hygienists, but it was only in the mid-twentieth century, with advances in sports training, especially since the pre-scientific era, that the practice of bodybuilding gained importance. Improve athlete performance. In bodybuilding competitions, aspects such as muscle hypertrophy, muscle definition, proportions of muscle group dimensions and sequence of postures are responsible (MIRANDA, 2014).

Weight training is strength training, a type of resistance or counter-resistance training that uses dumbbells or other equipment to achieve various goals such as gains in combined mass, endurance, strength, and strength sessions (UCHIDA et al., 2004).

Bodybuilding is a series of gymnastics that aims to: Develops and strengthens the body's musculature through muscle movements. Weight training is a very old exercise. Because there are reports that centuries ago men exercised with progressive weights to strengthen muscles and gain more strength as a survival strategy for success in hunting and defending the land. not reached by the weakest complexes (FERREIRA, 1999).

Weight training is considered a complete and safe physical activity. It is recommended that anyone perform it under the supervision of a sports professional. The recommended exercises and weights vary depending on age, physical condition, and desired training goals (SIMÕES et al., 2011).

These exercises help maintain good posture, improve the cardiovascular system, strengthen muscles, improve mobility, flexibility, self-esteem, provide a sense of well-being, reduce stress, and keep weight under control, among other things. In general, they contribute to improving the quality of life. And during workouts, they ensure that members leave the gym happy and sometimes even forget about problems (TAHARA; SCHWARTS; SILVA, 2003).

The most common form of exercise is strength training (weight training), which aims to increase muscle mass (hypertrophy) and improve athletic performance and physical condition. Muscle mass gain is the physiological reward associated with genetic predisposition and training performed, taking into account the volume, intensity, duration, interval, speed and frequency of the exercise performed. After knowing the importance of physical exercise, people are more



concerned with their quality of life and the results to be achieved, which has also led to an increase in the number of people who go to the gym (BATISTA; BARBOSA, 2006.)

According to Batista and Barbosa (2006), among the different types of physical exercise, strength training (weight training) is often practiced with the purpose of reducing fat percentage and increasing muscle mass (hypertrophy) and, consequently, increases. In the general physical condition of a person. Weight training is also an important tool for building strength, improving body composition, and recovery.

Weight training can make you stronger, but it can actually cause injury, which can contribute to spinal disorders if you don't correctly choose the selection, volume, and intensity of exercises (TOSCANO, 2001).

As Ferreira (2008, p. 2) points out, bodybuilding training has certainly been widely studied and discussed among scientists from several countries. In today's bodybuilding, strength training is very important for athletes to maintain health, improve performance, and increase and regenerate muscle mass.

According to Amorim (2010), the increase in the number of bodybuilders is due to factors such as increased strength, increased muscle mass, aesthetics, cardiovascular adaptations and other factors. Weight training is popular for improving physical condition as it increases muscle mass, reduces fat mass, and improves quality of life.

According to Giannolla (2003), bodybuilding is a modality of exercise that uses heavy weights where resistance training is the dominant factor, working each muscle group individually, which can contribute to muscle deficiencies and low strength. Difficulty at a given time. Weight training, or weight training, is a form of resistance training that allows you to control different loads, amplitudes, contraction times, and speeds. Therefore, weight training increases muscle mass and, with that, increases strength. This can prevent falls and injuries, especially fractures that reduce joint movement (WORK, 1991).

Gianolla (2003) explained that in addition to improving muscle mass, bodybuilding can have several objectives, such as increasing muscle mass, reducing fat, being physically fit to perform better in various sports, treating various diseases and preventing postural problems.

### 2.3 ADHESION AND ADHESION IN BODYBUILDING

The origins of bodybuilding can be traced back to the dawn of humanity, hundreds of years ago, when people trained specifically to gain muscle and strength. These were the elements of the time to survive by fighting, finding food, and conquering territory. Bodybuilding training methods



were used between 500 and 580 BC. Applied to the ancient Greek Olympians, it prepared for competition and increased their chances of winning. As time went by, bodybuilding continued to grow and gained more and more adherents around the world (DOMENICO; SCHULZ, 2009).

For Venditti Júnior (2016) bodybuilding is a training method that uses bars and plates, whose main aspect is the development of the individual's strength, the great demand for this training method is due to the fact that it leads to improved physical condition, increased muscle mass and reduced body fat percentage.

Modern daily life is proven to be unhealthy, as it causes stress and fatigue, which is further aggravated by poor nutrition and irregular physical activity. This leads to a decline in people's quality of life, both physically and mentally. In this context, adherence is defined as "a set of personal and environmental determinants and characteristics of physical activity" (SABA, 2006).

There are several barriers to the practice of physical activity related to social, psychological, motivational and emotional aspects, lack of opportunities, suppressive factors, cultural or environmental aspects, etc. There are numerous factors that hinder the practice of this physical exercise (MONTEIRO et al., 2003).

Based on Hallal et al. (2006), it is possible to analyze the main obstacles that can lead to physical inactivity and its complex aspects. For example, biological, behavioral, cultural, demographic, social and even infrastructural factors in the physical activity environment serve as indicators that motivate participation and persistence in a physical training program.

The dropout rate is high among people who start a gym exercise program within the first six months. In this period you can reach 50% of those who start. From this perspective, motivation is related to adherence to and maintenance or neglect of physical exercise and can be seen as an important variable in changing lifestyle habits (SABA, 2001).

The efforts of Saldanha et al. (2008) to improve quality of life and health and concerns about body aesthetics are also reasons that motivate people to choose to practice physical exercises in the gym. But what's interesting is that the pursuit of aesthetic ideals often overlaps with the pursuit of health.

The results show that attachment to weight training is associated with well-being promoted through exercise, the search for better health and body aesthetics, and socialization provided by the gym environment. Well-being is considered a consequence of physical exercise because it provides positive emotional experiences (CASTRO et al., 2010).

When starting a physical training program, the biggest challenge is to maintain activity (MALAVASI; BOTH, 2005). Adherence is the practitioner's commitment to the scheduled



exercise routine that does not occur at the beginning of the exercise. This is because the transition from inactivity to maintaining the habit of exercising is a slow process (NASCIMENTO et al., 2007). Only 5% of sedentary adults who join a gym to exercise consistently participate. Therefore, according to Liz et al., (2010), the duty of professionals working in this area is to facilitate both the acceptance and retention of students participating in physical activity programs.

#### 2.4 INFLUENCE OF WEIGHT TRAINING ON QUALITY OF LIFE

Weight training is a well-known therapy recommended by several health experts, as it can be practiced by different people of different age groups. This can benefit the physical, psychological, and social state of the practitioner, regardless of gender or age (ARAÚJO et al., 2019). According to the health benefits of physical activity as stated by the World Health Organization (WHO, 2018), examining individuals' motivations for physical activity is important to be able to understand the factors and demands associated with initiation, continuation, and/or discontinuation. Regular activities. Physical activity is recommended for the general population and is considered an important tool to improve health (LIMA JÚNIOR, 2020).

Weight training is part of international health guidelines and is a recommended practice because resistance training has positive effects on many aspects of human health, including strength, endurance, muscle balance, increased self-esteem, and preservation and optimization of functional capacity (LIZ, 2011).

In the gym, strength training is the most popular type of training. Strength is a valued physical quality in bodybuilding. Therefore, if an exercise routine is well planned and practiced regularly, it can have several positive factors, such as increased muscle mass to the detriment of adipose tissue, increased muscle hypertrophy and improved physical activity (CÂMARA et al., 2007).

Currently, resistance training (RT) is a training method that has a low injury rate, improves key physical skills such as strength, power, muscular endurance, and flexibility, and is fully adaptable to an endurance environment. world. In addition, for practitioners, it is the most effective physical activity with regard to body shaping (GIANOLLA, 2003).

According to Liz (2013), the main reasons for bodybuilding are health promotion, muscle building, physical fitness, beauty and appearance. Lack of time, economic and financial problems, a professional with poor functioning can influence the refusal to practice bodybuilding.



Nowadays, bodybuilding is a well-known method that can be performed by different people of different ages, regardless of gender and age, and can benefit their physical, psychological and social state, so there are several recommended by health experts (DE ARAUJO, 2019).

The reasons for the obsession with bodybuilding include the well-being that exercise promotes, the search for improved health and physical beauty, and the sociability that the gym provides (LIZ; ANDRADE, 2016).

RT is the most comprehensive targeted physical exercise the development of the body's physical capabilities is considered a complete workout, as it emphasizes characteristics related to health and athletic performance, such as: Examples: Improves body composition, cardiovascular endurance, muscle strength, muscle endurance, flexibility, agility, balance, muscle strength, reaction time, and movement coordination. Get more efficient results. Of great importance for the maintenance of good health is the delay of aging and the reduction of the incidence of diseases caused by a sedentary lifestyle (BALSAMO; SIMON, 2007).

## 2.5 THE IMPORTANCE OF THE PHYSICAL EDUCATOR IN MONITORING BODYBUILDING CLASSES

The role of the physical educator is to assess the patient's condition and develop a plan of activities in which the group can participate, which will allow the work to be sustained and effective, always seeking to improve the quality of life, some basic characteristics of physical education teachers, especially those who work in the gym:

They must be creative, communicative, helpful, inspiring, inspire confidence in their procedures, have a good relationship with students, address them by name, worry about their absence, keep themselves updated and well informed (ALVES, 2023, p.34).

For Saba (2001), he also understands that when talking about the objectives of physical activities in the gym, physical education teachers should not overemphasize beauty and aesthetics, but should give special emphasis to quality of life, well-being and the prolongation of life expectancy.

Therefore, through such measures, it may be possible to prevent so many students from feeling depressed for not meeting the beauty standards imposed by society. They will then be delighted with the benefits for their health and will not give up on this activity. He also emphasized that "the preparation of professionals is fundamental for changing this paradigm" (SABA, 2001, p. 53).

According to Gianolla (2003), bodybuilding is one of the fastest growing sports today, considering the number of practitioners. He also said that based on data from the United States





alone, his followers are estimated to be more than 45 million. When people pursue weight training, they do so primarily to improve their appearance (increased muscle size, decreased fat percentage, etc.). They are also designed to treat or prevent disease, improve physical health, or simply improve quality of life.

As mentioned, Lima and Chagas (2008) stated that in order to create a professional bodybuilding training in addition to academic training, it must have a solid foundation in some scientific knowledge, especially physiology, training theory, sports pedagogy and athletic training.

Most people seek some form of bodybuilding exercise without exercise. Even if your knowledge of quality and effectiveness is superficial. The author is just an expert in physical education. For specific prescriptions. But that's not always the case. Reality shows people without any support. Scientists often prescribe exercises based on the repetition of unfounded concepts and ideas (LIMA; CHAGAS, 2008, p.29).

According to Weineck (1999), physical education specialists in charge of teaching students must have basic knowledge of the principles of sports training, which determine the programs, methods and organization to be used. These principles form the parameters for instructors and students. Training here is understood as the construction of one's own body. It's an operational process. It is complex, comprehensively planned, and well-oriented, aiming for maximum athletic performance in test situations.

### 3 METHODOLOGY

The methodology consists of detailing the process of construction of the work, that is, it is the method we use to carry out the research, we seek to describe the type of research and all the resources used in order to obtain the results of the research, such as, for example, books, articles, websites and other content considered important in the treatment of the proposed subject.

In the elaboration of this study, a descriptive bibliographic study of an interpretative and documentary nature was used, where a literature review based on the materials elaborated (mainly books, studies and scientific articles) will serve as a basis for the researcher to cover a broader phenomenon. This is the type of research carried out based on sources of information, where the types of research are grouped according to the nature of the sources used.

The empirical data that support the results of the work are obtained based on bibliographic and/or bibliographic research, using articles, online databases of journals: Lilacs, Scielo, Google Scholar and books found on the Internet and printed, which will serve as a basis for the benefits of bodybuilding that encourage people to have healthier and physically active lifestyles.



#### 4 RESULTS AND DISCUSSIONS

Over the years, the demand for physical activity has increased significantly and the number of modalities offered in this field has also increased dramatically, with activities such as weight training, gymnastics, group classes and more. (PINHEIRO et al., 2010). Brazil ranks second in the ranking of countries that invest the most in gyms and is one of the 18 countries with the most gyms per capita. According to data, there are more than 33,000 academies throughout Brazil, serving approximately 8 million students. Review of the Global Report (DALE, 2018, p. 06). According to Saba (2001), gyms are centers of physical activity and well-being that aim to improve the quality of life and provide clients with effective ways to feel good through physical structure, service, technical quality and support sought. To achieve results", we use different methodologies to find behavioral changes in students whose mission is to take care of people, teach them to connect healthy and pleasurable physical activities, make them feel more comfortable and less likely to give up.

Never before have bodybuilding gyms been visited by so many people of all ages looking to work out. Considering the many benefits that weight training brings, many fans want to enroll in a gym for the practice of this systematic physical activity. However, despite the fact that many people practice this physical activity, it is evident that it becomes more and more prevalent if resistance training continues. For various reasons, they do not continue with weight training (DA SILVA et al., 2016).

Through the practice of bodybuilding, you will discover the numerous benefits that bodybuilding brings and that it is a great ally against sedentary lifestyle and several other medical conditions that individuals suffer from. Acquired over a lifetime. Starting regular strength training will improve your quality of life, reduce stress in everyday life, and significantly improve your self-esteem (VENDITTI JUNIOR, 2016). The practice of strength training, as mentioned above, if done properly and under the supervision of a reputable professional, can provide several health benefits, maintaining the health and limits of the individual. However, if strength training is done incorrectly or under the supervision of an instructor (PRADO, 2013).

According to Stone et al. (2018), health factors finally become important for people in middle age and beyond to be able to engage in weight training. It has already been publicized in the media, encourages these people to attend places of activity and exercise, most often gyms, with the aim of preventing a sedentary lifestyle, keeping the body healthy and protecting against the risk of diseases. Liz et al. (2015) stated that as people age, they become more health-conscious and go to the gym for reasons such as disease prevention. As weight training has become popular



in gyms, the use of equipment and devices for this type of exercise has increased. The weight room has stations for performing various exercises and special equipment for them. For the correct execution of the exercises, each exercise requires adjustments to the equipment. However, individuals find it difficult to apply some models of these devices. These difficulties can lead to poor posture and incorrect execution of exercises, which increases the risk of personal injury (MUJICA, 2007).

According to Nahas (2013), the benefits of physical exercise have encouraged people to adopt healthier and more physically active lifestyles, and have even helped prevent cardiovascular diseases, manage stress, and maintain an ideal body weight. The commonly practiced method is strength training. (bodybuilding), the goal is to increase muscle mass (hypertrophy) and improve athletic performance and physical condition. The increase in muscle mass is due to genetic predisposition and Training carried out taking into account the amount, intensity, duration, interval, pace and frequency of the training performed. Knowing the importance of exercise, residents are paying more attention to their quality of life and desired outcomes, which also increases the number of visitors. gymnasium (BATISTA; BARBOSA, 2006.) Weight training is a form of resistance training, an anaerobic activity that develops skeletal muscle capacity through resistance training. Nowadays, the method has been gaining practitioners of all ages as more and more studies show its benefits. However, it should be noted that most specialists working in this area have little scientific basis and rely on "myths" to use training methods (FERREIRA et al., 2004). According to Fleck and Kraemer (2017), resistance training has become one of the most popular forms of exercise to improve athletes' strength and conditioning. They added that a well-designed and implemented program can provide a variety of benefits to an individual's health and fitness, including increased strength, increased lean body mass, and reduced body fat. Changes in the body, blood pressure, etc. are no less important.

A survey of sports professionals shows that people become more concerned about their health as they age, which means that many are starting to train in gyms to improve their health. Prevent diseases and even follow your doctor's instructions. The occurrence of chronic-degenerative and musculoskeletal diseases is noticed mainly after the onset in adulthood, which can lead to changes in behavior and attitudes towards physical activity practices (LIZ et al., 2015)

For Pereira (1996) reports that in relation to the immortality of clients, "the physical education teacher has a great responsibility and can achieve personal satisfaction or even lead to the interruption of learning".



This is because we know that it is important for employees to have diverse qualities in order to retain students at the Academy. Some examples include creativity, communication, liking and providing assistance, and confidence in the process. It is also important to build good relationships and project credibility in training. However, we must not forget the issue of training, which is important for teachers to keep up with the latest developments (PEREIRA, 1996, p.93).

Physical education professionals play an important role not only in their work but also in society and the lives of their students by being responsible for students and prescribing or guiding physical activities and exercises. It also serves as a model for their habits and general daily activities outside the work environment (MENESTRINA, 2000).

## 5 CONCLUSIONS

We conclude that weight training offers a number of significant benefits for the fitness of adults who go to gyms. Weight training is an effective way to develop and strengthen the muscles in the body. This is crucial for maintaining muscle functionality, preventing injuries, and improving posture.

Increasing muscle mass and reducing body fat are common bodybuilding goals. This contributes to better body composition, promoting metabolic and aesthetic health. Resistance training, characteristic of weight training, improves muscle strength and endurance. Not only does this make daily activities easier, but it also reduces the risk of injuries related to muscle weakness.

Weight training stimulates the strengthening of bones. This is particularly important as people age, as it can help prevent bone density loss and reduce the risk of osteoporosis. Weight training can contribute to weight loss and maintaining healthy body weight. Increased muscle mass increases metabolism, which can make it easier to burn calories even at rest.

While weight training is best known for its muscle-building benefits, it can also have positive effects on cardiovascular health. Resistance training can help reduce blood pressure and improve cholesterol levels. Regular weight training has psychological benefits, including reduced stress, anxiety, and depression. Exercise releases endorphins, chemicals that promote well-being.

Sleep Quality Promotion:

Regular physical activity, such as weight training, can contribute to better sleep quality, helping individuals sleep more soundly and cope with daily stress. It is important to note that any exercise program should be customized according to individual health conditions and specific goals. Before starting a bodybuilding program or any other type of intense physical activity, it is advisable to consult with a healthcare professional or a qualified trainer to ensure that it is safe and suitable for the individual's needs.



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