



Prevalência e fatores associados ao uso de suplementos alimentares e esteroides anabólicos androgênicos em praticantes de CrossFIT [

2021

text (article)

Análítica

Introduction: CrossFit works all physical capacities in balance, perfecting basic human functions without focusing only on specializing a particular skill, as in traditional training. However, the cult of the body imposed by society and the search for performance improvement, stimulated by the community, it makes the athlete, besides practicing CrossFit, also look for magic fórmulas to reach his goals. **Objective:** To investigate the prevalence and factors associated with the use of dietary supplements and anabolic androgenic steroids in CrossFit practitioners. **Materials and Methods:** This is a quantitative study with a cross-sectional design. The socioeconomic, anthropometric profile, lifestyle, physical exercise, consumption of anabolic androgenic steroids and supplements were evaluated. **Results:** It was evidenced that 71.0% of the practitioners use food supplements and 20.9%, use anabolic steroids. He observed an association between the use of supplements with gender, Crossfit time, number of days in the week that he practices the sport, duration of training and participation in competitions. There was also an association between the use of anabolic steroids and gender, age group and family income. **Conclusion:** It is concluded that the use of dietary supplements and anabolic steroids is increasingly increasing in the population that practices physical activity, including among CrossFit practitioners

Introduction: CrossFit works all physical capacities in balance, perfecting basic human functions without focusing only on specializing a particular skill, as in traditional training. However, the cult of the body imposed by society and the search for performance improvement, stimulated by the community, it makes the athlete, besides practicing CrossFit, also look for magic fórmulas to reach his goals. **Objective:** To investigate the prevalence and factors associated with the use of dietary supplements and anabolic androgenic steroids in CrossFit practitioners. **Materials and Methods:** This is a quantitative study with a cross-sectional design. The socioeconomic, anthropometric profile, lifestyle, physical exercise, consumption of anabolic androgenic steroids and supplements were evaluated. **Results:** It was evidenced that 71.0% of the practitioners use food supplements and 20.9%, use anabolic steroids. He observed an association between the use of supplements with gender, Crossfit time, number of days in the week that he practices the sport, duration of training and participation in competitions. There was also an association between the use of anabolic steroids and gender, age group and family income. **Conclusion:** It is concluded that the use of dietary supplements and anabolic

steroids is increasingly increasing in the population that practices physical activity, including among CrossFit practitioners

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMzE4NTc4NDQ>

Título: Prevalência e fatores associados ao uso de suplementos alimentares e esteroides anabólicos androgênicos em praticantes de CrossFIT [electronic resource]

Editorial: 2021

Tipo Audiovisual: Food Supplements Steroids Physical activity Suplementos Alimentares Esteróides Atividade Física

Documento fuente: Revista Brasileira de Nutrição Esportiva, ISSN 1981-9927, Vol. 15, N°. 90, 2021, pags. 9-23

Nota general: application/pdf

Restricciones de acceso: Open access content. Open access content star

Condiciones de uso y reproducción: LICENCIA DE USO: Los documentos a texto completo incluidos en Dialnet son de acceso libre y propiedad de sus autores y/o editores. Por tanto, cualquier acto de reproducción, distribución, comunicación pública y/o transformación total o parcial requiere el consentimiento expreso y escrito de aquéllos. Cualquier enlace al texto completo de estos documentos deberá hacerse a través de la URL oficial de éstos en Dialnet. Más información: <https://dialnet.unirioja.es/info/derechosOAI> | INTELLECTUAL PROPERTY RIGHTS STATEMENT: Full text documents hosted by Dialnet are protected by copyright and/or related rights. This digital object is accessible without charge, but its use is subject to the licensing conditions set by its authors or editors. Unless expressly stated otherwise in the licensing conditions, you are free to linking, browsing, printing and making a copy for your own personal purposes. All other acts of reproduction and communication to the public are subject to the licensing conditions expressed by editors and authors and require consent from them. Any link to this document should be made using its official URL in Dialnet. More info: <https://dialnet.unirioja.es/info/derechosOAI>

Lengua: Portuguese

Enlace a fuente de información: Revista Brasileira de Nutrição Esportiva, ISSN 1981-9927, Vol. 15, N°. 90, 2021, pags. 9-23

Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es