

# PHYSICAL ACTIVITY AT WORKPLACE: NARRATIVE REVIEW AND RESEARCH AGEND

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Gallardo



# Aim

To review the state of research on the practice of physical activity in the workplace and its relationship with stress



1

*High imbalance*

2

*High overcommitment*





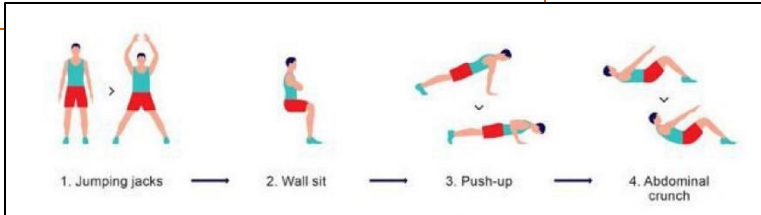
Physical activity at leisure time



Physical activity at work



Planned exercise



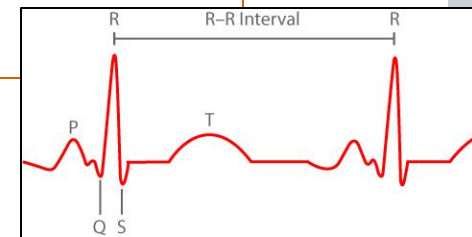
Sporadic physical activity



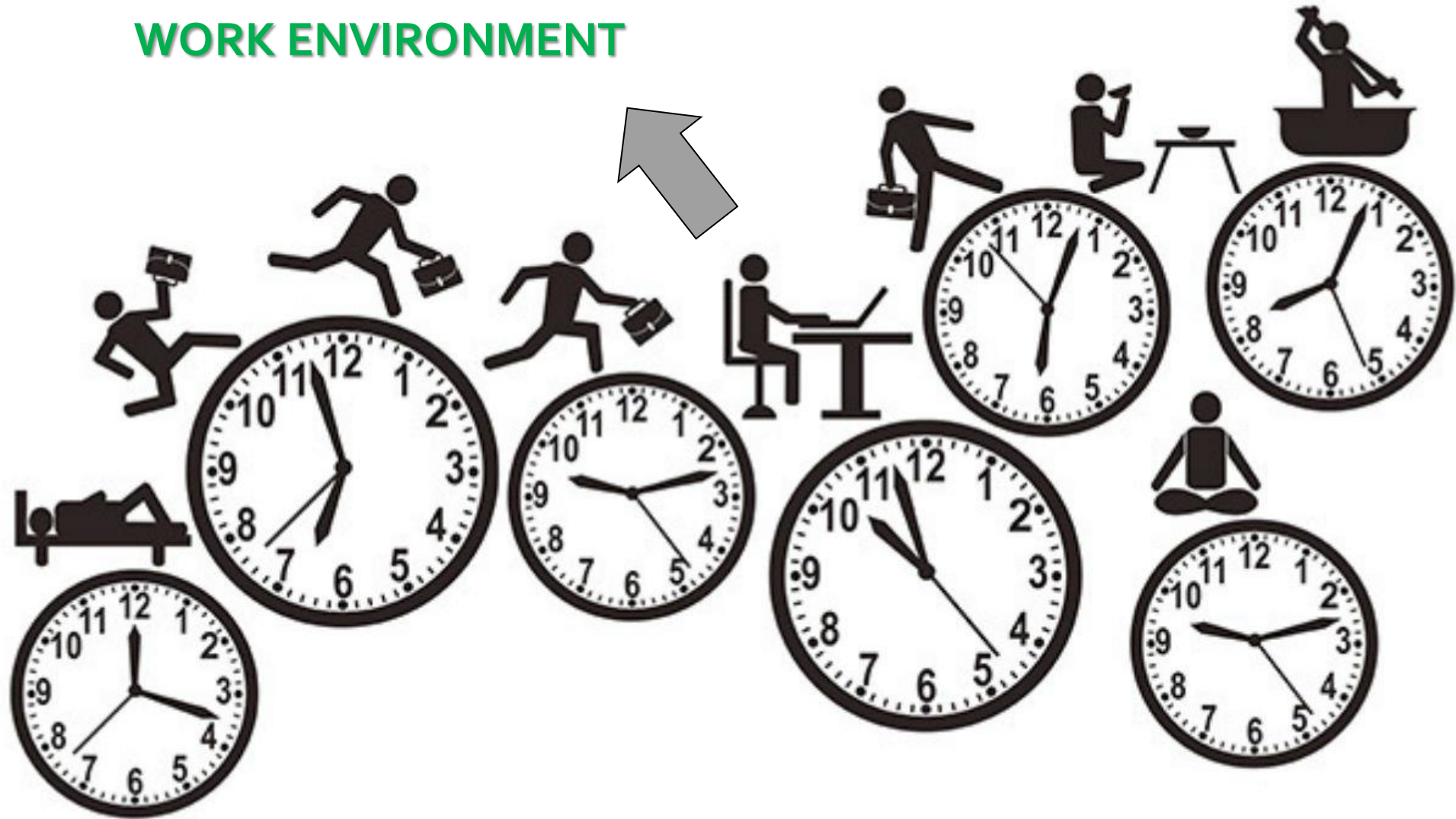
Psychological stress



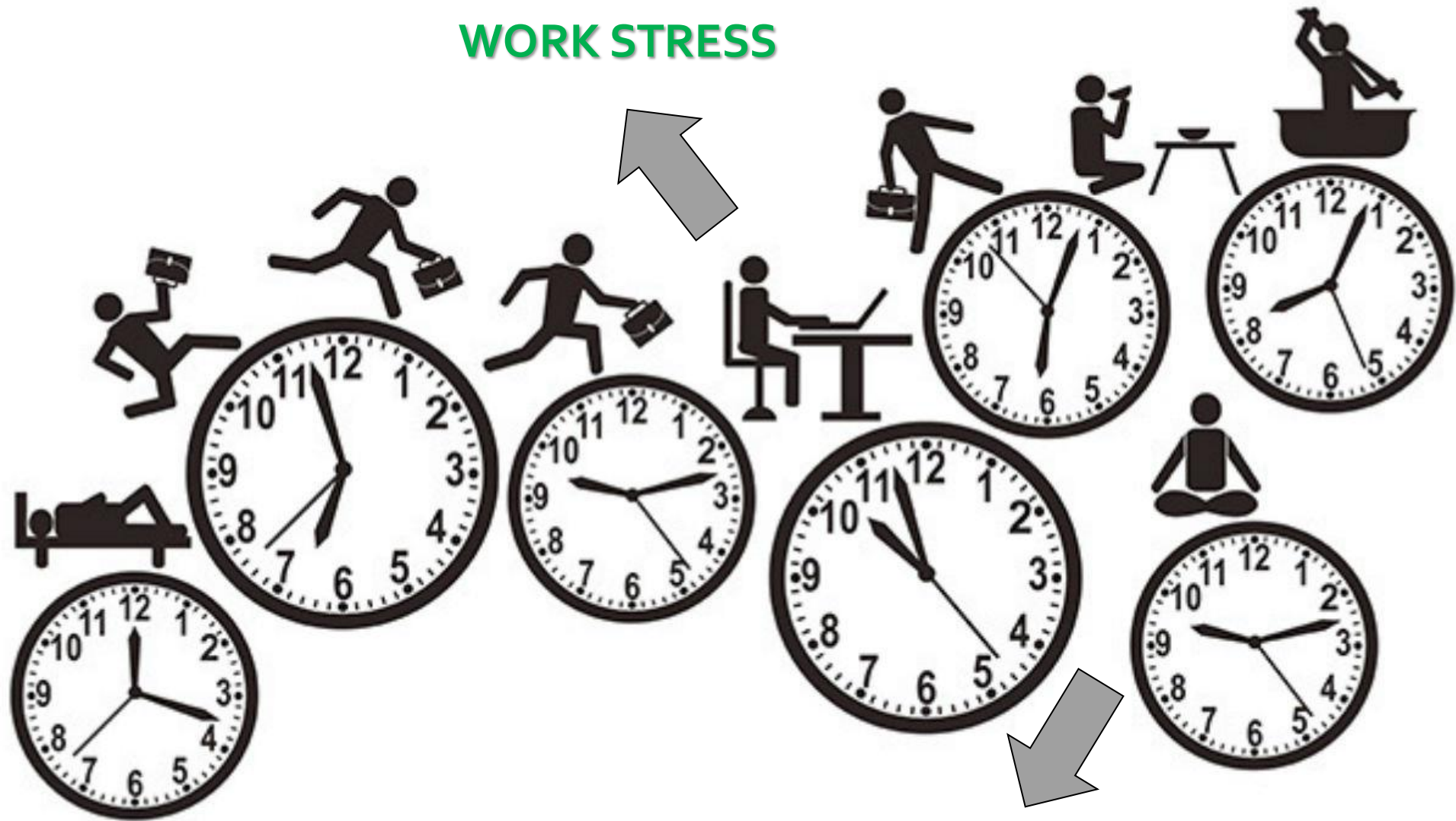
Physiological stress



# WORK ENVIRONMENT

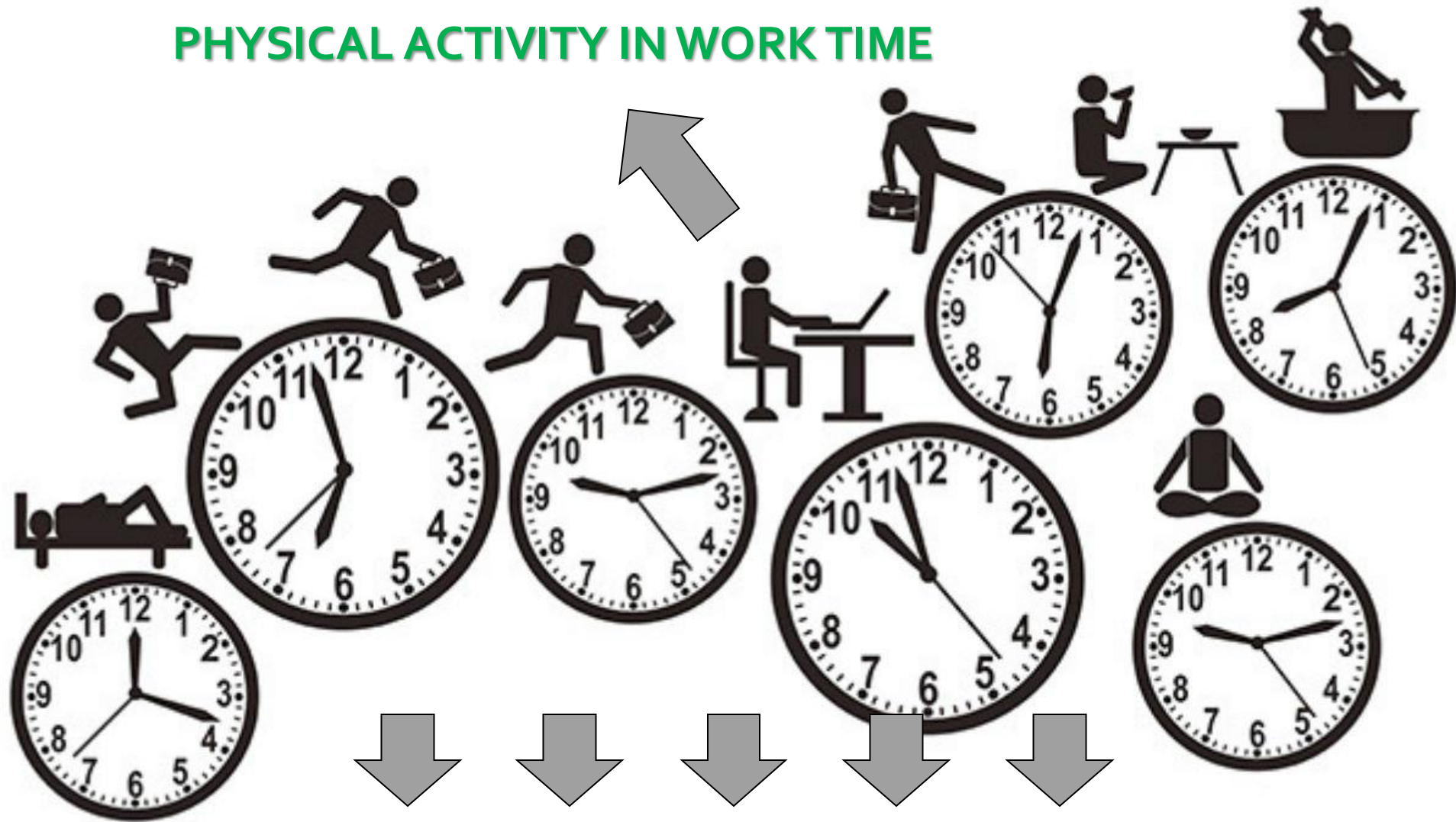


**WORK STRESS**



**PHYSICAL ACTIVITY IN LEISURE TIME**

## PHYSICAL ACTIVITY IN WORK TIME



**DAILY STRESS AND QUALITY OF LIFE**

Literature Review

Methods

Results

# HUMAN RESOURCES TOOL

## PERFORMANCE DEPARTMENT





## Narrative Review

Research lines and commonalities

Review criteria

**1**

The researches have to be experimental and quasi-experimental studies that include randomized controlled designs, and have to be published in peer review journals

**2**

The articles were located in the two most important online databases in the field of Sports Science

Narrative Review

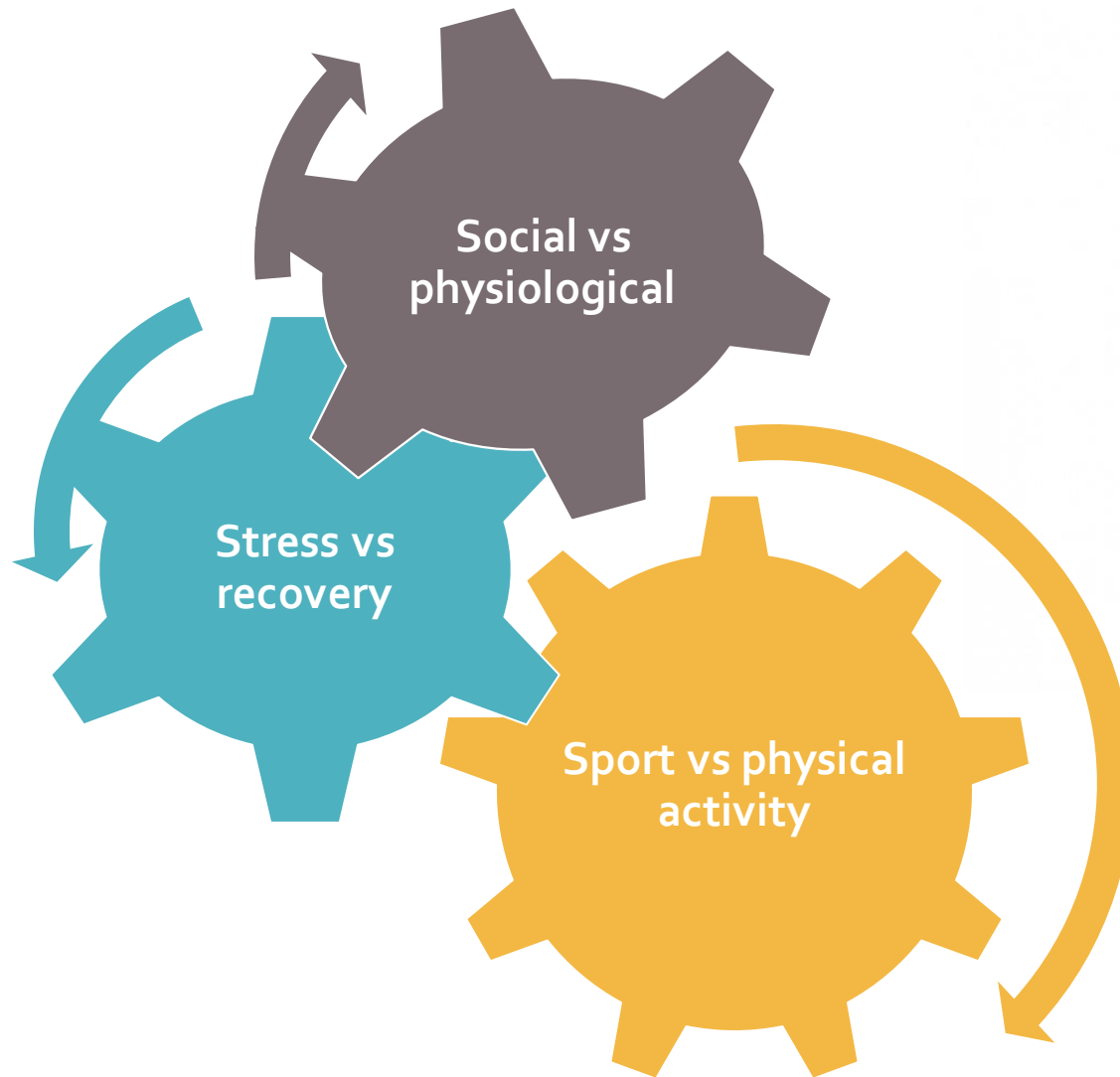
Research lines and commonalities

Review criteria



exercise

stress, anxiety, physical  
activity, well-being

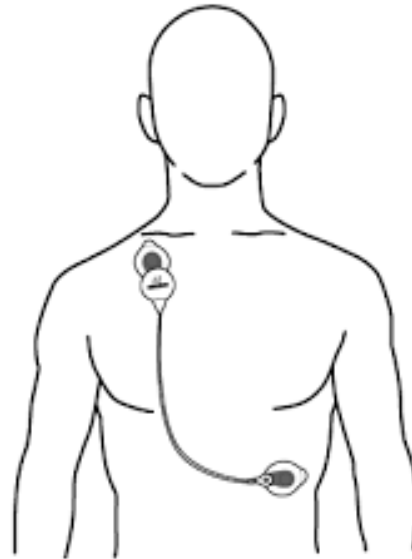


## RECOMMENDATIONS FOR FUTURE RESEARCHES

1

Use physiological device of heart rate variability measurement beside questionnaires

Föhr et al., 2015



— BIAS



+ Attractive



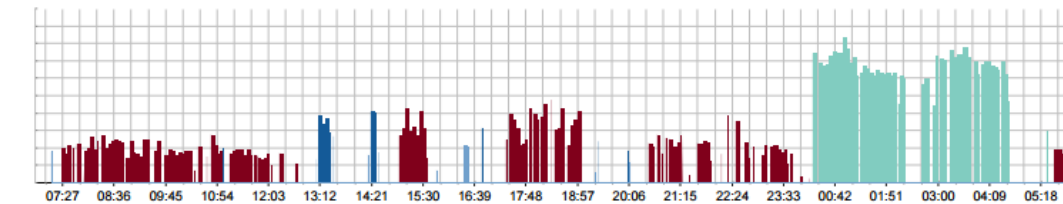
## RECOMMENDATIONS FOR FUTURE RESEARCHES

2

Measure stress and recovery at work and at home

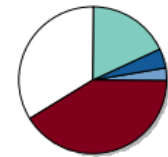
Föhr et al., 2016

Gráfica del estrés y la recuperación



Diario marcadores

	Duración	Proporción
■ Reacciones de estrés	9h 31min	(41%)
■ Recuperación	4h 4min	(18%)
■ Actividad física	1h	(4%)
■ Actividad física ligera	41 min	(3%)
□ Otros eventos	7h 49min	(34%)



Reacciones de estrés, recuperación, actividad física y otros eventos durante la evaluación.

## RECOMMENDATIONS FOR FUTURE RESEARCHES

3

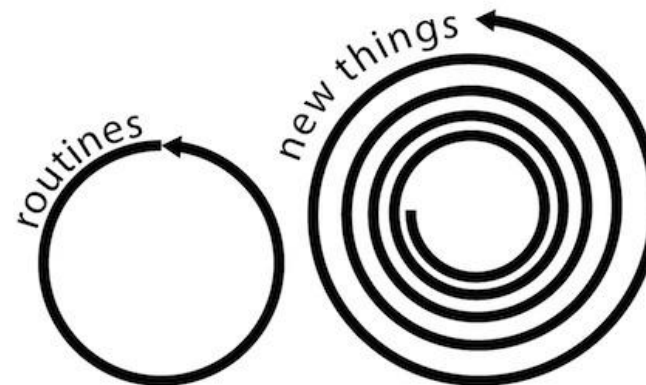
Physical Activity in work time

Jakobsen et al. (2015)

4

Leisure and non-planned activities

Coffeng et al (2015)



## RECOMMENDATIONS FOR FUTURE RESEARCHES

5

Relate the improvements in stress balance with productivity or well-being

Lippke et al. (2015)



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