PHYSICAL ACTIVITY AT WORKPLACE: NARRATIVE REVIEW AND RESEARCH AGEND

Jorge García-Unanue, Manuel León-Jiménez, Enrique Colino, José Luis Felipe, Jorge López-Fernández, Javier Sánchez-Sánchez & Leonor 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 WORKPLACE: NARRATIVE REVIEW AND RESEARCH AGENDA
PHYSICAL ACTIVITY AT WORKPLACE: NARRATIVE REVIEW AND RESEARCH AGENDA

**Literature Review**

- Physical activity at leisure time
  - Planned exercise
    - Jumping jacks
    - Wall sit
    - Push-up
    - Abdominal crunch
  - Psychological stress
  - Physiological stress

- Physical activity at work
  - Sporadic physical activity
WORK ENVIRONMENT
PHYSICAL ACTIVITY AT WORKPLACE: NARRATIVE REVIEW AND RESEARCH AGEND

PHYSICAL ACTIVITY IN WORK TIME

DAILY STRESS AND QUALITY OF LIFE
HUMAN RESOURCES TOOL
PERFORMANCE DEPARTMENT
PHYSICAL ACTIVITY AT WORKPLACE: NARRATIVE REVIEW AND RESEARCH AGEND

**Methods**

**Literature Review**

**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.
PHYSICAL ACTIVITY AT WORKPLACE: NARRATIVE REVIEW AND RESEARCH AGENDA

Methods

- Narrative Review
- Research lines and commonalities
- Review criteria

Keywords: exercise, stress, anxiety, physical activity, well-being
PHYSICAL ACIVITY AT WORKPLACE: NARRATIVE REVIEW AND RESEARCH AGEND
RECOMMENDATIONS FOR FUTURE RESEARCHES

1. Use physiological device of heart rate variability measurement beside questionnaires

Föhr et al., 2015
RECOMMENDATIONS FOR FUTURE RESEARCHES

Measure stress and recovery at work and at home

Föhr et al., 2016
RECOMMENDATIONS FOR FUTURE RESEARCHES

3. Physical Activity in work time

Jakobsen et al. (2015)

4. Leisure and non-planed activities

Coffeng et al (2015)
Relate the improvements in stress balance with productivity or well-being.

Lippke et al. (2015)
PHYSICAL ACTIVITY AT WORKPLACE: NARRATIVE REVIEW AND RESEARCH AGEND

Jorge García-Unanue, Manuel León-Jiménez, Enrique Colino, José Luis Felipe, Jorge López-Fernández, Javier Sánchez-Sánchez & Leonor Gallardo