

## CONDITIONS OF A SPORTING LIFESTYLE IN 20-75-YEAR-OLD POLISH WOMEN

### **Abstract**

*The aim of the study was to find conditions of leading a sporting lifestyle by female inhabitants of big cities in Poland. It included 1104 women aged 20-75 participating in recreational activities. Depending on how long they had been active, they fell into four different groups: those who had been exercising for one year (G I); over a year, but shorter than four years (G II); at least four years, but under seven (G III); seven and over (G IV). In order to know their lifestyles, the diagnostic poll method was employed. Complementary techniques of survey study were verified in a pilot study. The research results were analyzed qualitatively and elaborated statistically (frequency of features,  $\chi^2$  test of independence). Conclusions: 1. Polish women's sporting lifestyle was conditioned by: age under 50, childlessness or having children over seven years of age, a secondary or higher education, employment, good material situation. 2. Satisfying and richer experiences with physical activity from their childhood and youth significantly influenced constancy of adult women's physical activity and their choice of a sporting lifestyle. 3. In the promotion of a sporting lifestyle among adult women, physical activity ought to be pictured not only in biological terms, but first of all in socio-demographic and cultural terms. 4. More intensive promotion of a sporting lifestyle and emphasizing its significance for health in physical education programs in schools would noticeably increase physical activity in Polish society.*

**Key words:** conditions, woman, sporting lifestyle

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