

## Water activity on life quality and corporal image of the elderly

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The aging process is associated with the decline of physical abilities, functional and psychological generally influencing the quality of life of individuals decline of capacities in general <sup>(1)</sup> like physical, functional and psychological influencing than the life quality. Distinguished like state of independence <sup>(2)</sup> and this can be associated with a form of mental representation of the body, ie, their body image, which is influenced social, psychological, cultural, affective, cognitive and motor along the years <sup>(3)</sup>. It aimed to verify the improvement of life quality and the own corporal perception in elderly practitioners of water gymnastic. Were analyzed 51 elderly, being 78 % female and 22% male with ages between 60 and 77 years old, average of 66,96,  $\pm 5,13$  and median of 67 practitioners of a project of water gymnastics. All surveyed subjects participated of project activity for a period of seven month. The activity occurred twice for week, with duration of 50 min each. These study was approved by CEP with protocol CEP – 017/2005 and was used instrument was the questionnaire WHOQOL-BREF validated for the brazilian version by Fleck & Rocha (2009) <sup>(4)</sup>. Directed to quality of life with basement in body image, environmental physical and social, the questionnaire responded, this one that was filled in the individual form by its own volunteers on the research after class was related about 2 previous weeks of its filling. The results about the aspects of security the average was  $3,52 \pm 0,92$ , but the capacity of getting around had as average  $3,25 \pm 0,95$ , the physical appearance the average was  $3,37 \pm 1,03$  and the average of the own life quality was  $3,11 \pm 1,03$ . Concluded that the water gymnastics can influence on daily activities of the elderly transversely with the psychological aspects, since the own acceptance due the self corporal image turns more clear, since own acceptance due to corporal self-image be turn more evident with aquatic activity.

**Keywords:** aging, welfare, Water gymnastics.

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