

## **MOTIVES AND PARTICIPATION IN EXERCISE OF PEOPLE IN COLOMBO CITY: A SURVEY ON PARTICIPANTS IN FITNESS CENTERS**

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With the increasing number of Fitness Centers (FC) and walking pathways in Colombo city, many people tend to use these facilities to improve their health and quality of life. The purpose of this study was to identify the motives of exercising in males and females who come to exercise in fitness centers. A modified questionnaire was prepared according to the Exercise Motivation Inventory II. Motives on exercise and socio-demographic data were collected from 100 participants. Seven scales; health pressure, ill health avoidance, weight management, appearance, strength and endurance, socialization and nimbleness were used to prepare the questionnaire. Responses were assessed using a Likert Scale and the degree of agreement by each respondent for the given questions was evaluated. According to the findings most of the respondents exercise due to extrinsic motives such as appearance (69%), nimbleness (69%), strength and endurance (68%) and weight management (62%). Males were mainly interested on strength and endurance motive (85.30%) while females were interested on appearance (78.10%) and weight management motives (75%). Socialization was not a motive for either gender (3%). Regarding participation in exercises, majority of respondents were involved in exercises for 2 or 3 times per week (71%) whereas 29% of participants exercised daily. These results indicate that majority of the people have extrinsic motives rather than intrinsic motives for exercising. Females are mainly interested in maintaining an attractive body figure whereas males focused on development of muscle mass and endurance. Extrinsic motives more than intrinsic motives were the reasons to engage in exercises and, adherence and engagement in exercising depended on number of motives.