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| **Physical exercise associates with healthy lifestyle among the unemployed** |
| **Background/Objectives**Work is an important resource of health and wellbeing; therefore, unemployment is one of the biggest reasons for health inequalities. Good work ability is essential in obtaining and maintaining employment. Research evidence indicates that high-intense physical exercise supports good work ability during unemployment. The aim of this study was to explore the association of high-intense physical exercise with socio-demographics and health behaviours of unemployed persons. **Methods**This study used the data from unemployed persons (n= 1973, 43% women, 57% short-term unemployed e.g. duration < 12 months) aged 20 to 65 who responded to Finnish nationwide Regional Health and Well-being Study in 2014–2015. Logistic regression was used to explore the association of high-intense physical exercise with age, marital status, having young children in a household, education, unemployment duration, self-rated health, smoking, alcohol use, body weight, vegetable intake, leisure time sitting and health promotion groups.**Results**Of participants, one third (36%) had regular high-intense exercise, a half (50%) were under 45 years, about a half (55%) were married or cohabiting, less than a half (40%) had young children in a household and a half of participants (52%) had high level of education (≥ 13 years). Over half of unemployed participants (55%) had good self-rated health, the majority (75%) were non-smoking, one third (32%) used alcohol moderately, over a half (60%) had normal body weight and a quarter (25%) ate vegetables daily. One third of the participants (30%) had daily leisure time sitting under 3 hours and under a half (45%) had participated to health promotion groups. Non-smoking (OR 2,83, 95% CI 1,69‒4,77), normal body weight (OR 1,74, 95% CI 1,18‒2,58) and moderate leisure time sitting (OR 1,66, 95% CI 1,10‒2,52) were associated with high-intense physical activity.**Discussion**Results suggest that high-intense physical exercise associates with non-smoking, normal body weight and moderate leisure time sitting; the entity that constitutes a good basis for healthy and active lifestyle. These should be considered in health promotion acts targeted to unemployed people. Healthy lifestyle, improved health and work ability may enhance their employability and positive outcomes in job seeking. By fostering employment, the inequalities in health could be diminished.**Keywords**Unemployment, health behaviour, high-intense physical exercise, lifestyle |