

## The benefits of ballet fitness on the quality of life of its practitioners

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Ballet Fitness is a physical activity that includes classic ballet movements associated with aerobic training, which may have gained in muscle hypertrophy. This work aims to understand the contribution of Ballet Fitness, its influence, and benefits for the quality of life of its practitioner, in the physical, social and mental aspects. As a methodological strategy, we used a systematic literature review, as well as the analysis of works such as articles, dissertations, theses, and course completion papers researched through the term "Ballet Fitness" in Portuguese, between the years 2016 to 2021, in the database: Google Academic, Scielo and BVS. Among the results obtained, it was found that Ballet Fitness can be used to promote the quality of life of its practitioners, as it is an activity that has a direct relationship to personal achievement, through exercises typical of a classic ballet class associated with exercises practiced in gyms. It was possible to conclude that in the physical aspects, Ballet Fitness provides a significant difference in the results of arm, chest, hip circumference, increased disposition, body definition, weight loss, improvement in physical conditioning and endurance, increased flexibility, improvement in mobility, the enhancement of physical fitness and strength of the lower limbs. In the social aspects, the creation of bonds of friendship between the practitioners of Ballet Fitness was found, and the reason for making people more confident, not only in the classroom environment but in society in general. In the mental aspects, it was possible to observe personal satisfaction through the realization of a dream, which is the practice of ballet through physical activity, reduction in the level of stress, pleasure in the practice, feeling of accomplishment, and, mainly, improvement in self-esteem. And in terms of quality of life, it was possible to positively observe the perception of individuals about their position in the practice of Ballet Fitness, within the context of the culture and value systems in which it is inserted and in relation to its goals, expectations, standards, and concerns.

**Keyword:** Ballet Fitness. Quality of life. Stress reduction.

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