**Table 1.** Sociodemographic and health characteristics of the study participants, according to the Stage of Behavior Change for Physical Activity (Ponta Grossa, 2013. N = 36).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Variables | Stages of Change for Physical Activity Behavior | | | | |
| Precontemplation/Contemplation (n=19) | |  | Action/Maintenance  (n=17) | |
| Focus Group 1  *Women (n=10)* | Focus Group 2  *Men (n=9)* |  | Focus Group 3  *Women (n=9)* | Focus Group 4  *Men (n=8)* |
| n | n |  | n | N |
| Age (years) |  |  |  |  |  |
| 20-40 | 4 | 5 |  | 4 | 4 |
| 41-59 | 6 | 5 |  | 5 | 4 |
| SES |  |  |  |  |  |
| Low | 6 | 6 |  | 4 | 5 |
| Medium | 4 | 3 |  | 5 | 3 |
| BMI |  |  |  |  |  |
| 25-29,9 kg/m2 | 3 | 4 |  | 4 | 3 |
| ≥ 30 kg/m2 | 7 | 5 |  | 5 | 5 |

SES: socioeconomic status (Low: classes C, D and E; Eastern: Class B). BMI: body mass index.