

**Objective.** The aim of this study was to examine the specific features of physical activity and work capacity among fly-in fly-out workers in the Arctic region, aged 25–54 years.

**Methods.** The study sample consisted of a random representative selection of male workers aged 25–54, employed on a fly-in fly-out basis by the EURACORE industrial enterprise in the Arctic latitudes of the Tyumen region. Initially, 750 men aged 25–54 were recruited, with a response rate of 82.4 %. The final sample included 618 men, divided into age groups: 25–34 years. (n=214), 35–44 years (n=206), and 45–54 years (n=198). Pearson’s chi-squared test was used to assess the significance of differences between sample proportions in the two groups. When absolute frequencies were less than 5, Fisher’s exact test was applied.

**Results.** Men aged 45–54 years reported no change in their physical activity significantly more often than men from 25–34 y.o. (85.3–67.7 %,  $p<0.001$ ) and 35–44 y.o. (85.3 — 84.4 %,  $p<0.001$ ) age groups, as well as the total sample (85.3–79.0 %,  $p<0.001$ ). Concurrently, the youngest group (25–34 years) had the highest proportion of men with low physical activity compared to the 35–44 age group (18.7 % vs. 4.4 %,  $p<0.001$ ), the 45–54 age group (18.7 % vs. 6.6 %,  $p<0.001$ ), and the total sample (18.7 % vs. 10.0 %,  $p<0.001$ ).

In the 25–34 age group, work capacity had increased over the past 12 months more often than in the 45–54 age group (14.5 % vs. 6.1 %,  $p=0.0052$ ). No change in work capacity was reported more frequently in the 45–54 group compared to the 25–34 group (85.8 % vs. 73.4 %,  $p=0.0017$ ).

A significant decrease in work capacity was also observed in the youngest group compared to the overall sample average (8.0 % vs. 3.1 %,  $p=0.0011$ ).

**Conclusion.** Thus, less than one-fifth of the fly-in fly-out workers surveyed engaged in regular physical exercise, while more than one-fifth held the opposite stance on this matter. Less than a quarter of shift workers spent their leisure time passively. More than a quarter of the men rated their physical activity as significantly higher than that of their peers. Over the past year, age-related trends were identified to show not only a decrease in physical activity but also an increase in work capacity during the third decade of life.