Physical inactivity is a common risk factor for cardiovascular diseases and many other illnesses, resulting in increased morbidity and mortality rates among individuals who maintain a relatively sedentary lifestyle. Sedentary lifestyle is health risk behavior and a contributory factor to several chronic diseases, hence promoting physical activity is imperative to increased life expectancy. The banking sector is one of the main workplaces noted for sedentary work in recent times as bank work involves a lot of sitting. The aim of the study was to assess the level of physical activity among bank officials. 50 bank workers of ECO bank, Nigeria, participated in the study. Anthropometric measurements, body mass index (BMI) were done for the participants, together with administration of the IPAQ questionnaire (short version). The mean age of the bankers was 35.46 (SD 5.36) ranging between 23 and 57 years, 30 (60%) were males while 20 (40%) were females. Mean weight of respondent was 73.4 kg while their mean BMI value was 26.2. More than half of respondents (60%) were either overweight or obese. Engaging in physical activity is a measure toward healthful living. Public health education and promotion of healthy lifestyles through physical activity should be encouraged among bank workers in Nigeria.

Biography
Labeodan Toyosi Ayodeji has graduated from the University of Ibadan with a degree in Physiotherapy. He has a Master’s degree in Public Health with specialization in Health Promotion and Education from the same university. He is currently pursuing PhD in Health Promotion and Education from the University of Ibadan. His interest includes ergonomics, musculoskeletal disorders, occupational health, naturopathic medicine and health promotion.

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