

International Conference on

OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia

Physical activity habits of adults

Busra Baspinar, Nazli Nur Aslan, Hulya Yardimci and Ayse Ozfer Ozcelik
Ankara University, Turkey

The aim of the study was to determine the physical activity habits of adults aged 20-65 years. This study was conducted with 200 adults (74 women, 126 men) who regularly go to Ankara University Olympic swimming pool and the exercise room. Survey data were collected face to face with the questionnaire. Body weights and height lengths were measured and classified according to BMI values. The data obtained from the study were analyzed with SPSS software package program. The mean age of the women was 25.2 ± 6.6 years and the mean age of the men was 26.3 ± 8.1 years. It was determined that 68.9% of the women were graduated from high school and 31.1% were graduated from university. Of males, 56.3% were graduated from high school and 43.7% were graduated from university. According to their own statements, 12.2% of women and 8.5% of men had at least one chronic disease. 8.1% of women were underweight, 85.1% normal weight, 6.8% overweight/obese. 57.1% of men were normal weight, 42.9% overweight/obese. It was determined that the mean BMI of men (24.6 ± 2.6 kg/m²) significantly higher than women's (21.5 ± 2.5 kg/m²; $p < 0.05$). 8% of the normal body weight (n: 108), 33.3% of the underweight (n: 2), 64.4% of the overweight/obese (n: 35) consume three main meals a day ($p < 0.05$). 63.9% of the women participating in the study stated that they regularly do fitness, 20.9% swimming, 12.8% tennis. 52.8% of the men stated that they regularly do fitness, 24.7% swimming, 10.7% football. When asked about their reasons to do physical activity, 39.4% of the women responded to lose weight, 38.3% to be healthy and 12.1% to increase their muscle mass. 44.7% of males stated that they had physical activity in order to be healthy, 32.1% to increase muscle mass and 16.7% to lose weight. The role of physical activity in maintaining a healthy life is important. However, it should be kept in mind that maintaining appropriate body weight and healthy diet are also effective.

Biography

Busra Baspinar has completed her Master's degree from Ankara University, Turkey. She has published 3 papers in reputed journals. She is currently pursuing her Doctoral studies at Ankara University Faculty of Health Sciences Department of Nutrition and Dietetics.

busrabaspinar92@gmail.com

Notes: