

# Determining the quality of life, sleep, and nutritional status of men bodybuilders in Guilan province

vali azizi varaki\*,hamid arazi,

**Abstract** Determining the quality of life, sleep, and nutritional status of men bodybuilders in Guilan province Vali Azizi-varaki **Background:** Bodybuilder is a sport desepline which athletes train resistance exercise to increase muscle size and quality of sleep and nutriation status plays a critical role to these goles. Regarding, positive effects of nutrition and sleep on physical performance and also quality of life, determining the effects of those variables on bodybuilders is vital. Therefore, the aim of this study was to determining the quality of life, sleep, and nutritional status of men bodybuilders in Guilan province **Methods:** This study is descriptive study and the participantnes were all athletes in the field of bodybuilding (at least 3 days a week resistance training experience for 1 year) form Guilan province. In between all athletes, 214 person completed duality of life, sleep and nutritional status questinnears. We used descriptive and inferential statistics to compare questinners score with normal range and used N4 software to analyse nutritional status. **Results:** The results of this study indicated that there were significant differences between quality of life score in bodybuilders with normal range score ( $p < 0.05$ ). **Conclusion:** Nutritional status and sleep quality of men bodybuilders is good, while the athletes had not enough life quality. Therefore, improving knowledge of athletes to increase the quality of life is vital. **Key words:** body building, life quality, nutritional status, sleep.

**Keywords :** Key words: body building, life quality, nutritional status, sleep.

[Islamic Azad University, Rasht Branch - Thesis Database](#)

[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)