

# **Relationship between Physical Activity Level and Nutritional Status and Body Mass Index of Male Lahijan Islamic Azad University**

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**Abstract Background and Aim:** To improve the diet and physical activity and to adopt appropriate strategies for reducing obesity and overweight in the active population of the society, including employees, and considering the importance of these factors on the health of individuals, the study of nutritional status and physical activity The group is important and vital. Therefore, the purpose of this study was to investigate the relationship between physical activity level, nutritional status and BMI among employees of Islamic Azad University of Lahijan. **Methodology:** The present study is a descriptive study. The statistical population consisted of all employees of the Islamic Azad University of Lahijan. All male staff (160) completed questionnaires related to the level of physical activity (Beck) and 24-hour recall of the feed and delivered to the researcher. Descriptive statistics (frequency-mean-percent) and inferential statistics were used to compare the score of the questionnaire with its reference norms and to calculate the nutritional status of N4 software **Methodology:** The present study is a descriptive study. The statistical population consisted of all employees of the Islamic Azad University of Lahijan. All male staff (160) completed questionnaires related to the level of physical activity (Beck) and 24-hour recall of the feed and delivered to the researcher. Descriptive statistics (frequency-mean-percent) and inferential statistics were used to compare the score of the questionnaire with its reference norms and to calculate the nutritional status of N4 software **Conclusion:** According to the results of this study, it can be concluded that male employees of Islamic Azad University of Lahijan are overweight and have a low level of physical activity in comparison with high energy intake. This point indicates that low level of physical activity Along with increasing body mass index and consequently obesity and overweight.

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**Keywords : Keywords: Physical activity, Nutrition, BMI, Overweight**

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