

---

# Relationship between physical activity and general health of marketers in Rasht

Akbar Parivash Roshandel\*,

**Relationship between physical activity and general health of marketers in Rasht**

**Background:** Now, most societies believe that the benefits of physical activity not only have physical effects, but also the general health of individuals in general, and mental health and social functions are particularly useful and useful. Therefore, the purpose of this study was to investigate the relationship between physical activity and general health of marketers in Rasht. **Methods:** The study was descriptive-correlation. The statistical population consisted of all gold bazaar marketers of Rasht, which had official certificates of guilds. The research sample consisted of 198 people ed by simple random sampling. Physical activity level questionnaire Beck and General Health Questionnaire were completed by subjects. Descriptive statistics and Pearson correlation coefficient were used to analyze the data and determine the relationship between physical activity and general health subscales. **Results:** The results of data analysis showed that there is a significant relationship between physical activity level and general health status of marketers in Rasht city (p

**Keywords :** Physical activity, Mental health, Golden marketers

[Islamic Azad University, Rasht Branch - Thesis Database](#)  
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)