

عنوان مقاله:

The Relationship between the Lifestyle and Lipid Profile of Middle-Aged Individuals with and Without Lipid Disorders
(Hyperlipidemia)

محل انتشار:

نشریه پژوهش در مدیریت ورزش و روانشناسی، دوره 4، شماره 1 (سال: 1395)

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خلاصه مقاله:

The purpose of the present study was to evaluate the hyperlipidemia and life style in middle-aged individuals in Gachsaran City. The research population of the present study is all patients referred to the Gachsaran laboratory. In this research, random sampling method was used. The sample size was determined 143 people based on Cochran formula. A researcher made questionnaire was used to collect data and the descriptive statistics method of Pearson correlation coefficient was used to analyze the data. The research findings showed that there is a relationship between men and women among all life style indices between doing regular physical activity and normal weight with some hyperlipidemia. According to the relationship between life style and lipid profile, attention to life style indices such as regular physical activity and normal weight among middle-aged men and women seems to be necessary

کلمات کلیدی:

Life style, doing regular physical activity, normal weight, body mass index

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