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Investigation of Physical (In) Activity Levels of Individuals Aged 50 to 69 Living in Bursa

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ABSTRACT The aim of the present study was to examine the physical activity of individuals aged 50 to 69 years and living in Bursa. A total of 1,280 male (mean age 58.5 ± 6.4) and 760 female (mean age 55.8 ± 6.1 years) subjects were sampled. The participants' physical activity levels were evaluated using the International Physical Activity Questionnaire. The subjects were divided into four age groups (G1: 50–54 years, G2: 55–59 years, G3: 60–64 years, G4: 65–69 years). The male subjects were statistically significant and more physically active than their female counterparts in all age groups ($p < 0.05$). Comparisons of physical activity by age group showed that there were no statistically significant differences between G3 and G4 for the male subjects, or between G1 and G2 and G3 and G4 for the female subjects ($p > 0.05$). However, there were statistically significant differences ($p < 0.05$) between other age groups.