

# Sedentary attitude and associated factors in medical students Actitud sedentaria y factores asociados en estudiantes de medicina

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Describe the level of physical inactivity among medical students and analyze associated factors.

Method. We performed a cross-sectional descriptive study using a survey on sportive and physical activity. The total sample was 714 respondents. The data were analyzed with statistical software.

Results. The levels of sedentary lifestyle ranged between 76% and 87%. The causes are mainly the lack of time and fatigue. However, 70% have showed a lack of development of sports habits.

Conclusions. The physical inactivity rates are high and similar to the general population. There are factors such as lack of time and lack of development of sports habits during the childhood. © 2009

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