

## **PHYSICAL INACTIVITY: EXERCISE TO THE RESCUE**

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### **ABSTRACT**

*Efficient respiratory and circulatory systems (including the heart) are essential for maintaining our quality life, and they are also essential to enable us to participate in sporting and recreational activities. Furthermore, a weak heart and inefficient respiratory and circulatory systems are more susceptible to diseases that cause premature death. It was against this background that this study investigated physical inactivity as a behavior risk factor among senior staff of Bayero University, Kano, Nigeria. A descriptive design was used while proportionate and simple random sampling techniques were employed in selecting 309 respondents. The instrument used in this study was a self-constructed questionnaire on behavior risk factors validated by experts in the field. The reliability of the instrument was found to be 0.74 using split half method. Anthropometric measurements of blood pressure, weight and height were taken. Data collected were analyzed using descriptive statistics for the demographic data while inferences were made using Chi Square at 0.05 level of significance on the three hypotheses formulated. Findings revealed that physical inactivity is a significant behavior risk factor among senior staff of the University. Exercise is recommended for enjoyment and promotion of healthful living as exercise should be an integral part of everyday living.*