

Assessment of physical activity and food intake in order to promote a healthy lifestyle

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Abstract

Physical activity and alimentary habits play an important role in health promotion, chronic disease prevention and improvement of quality of life. In order to implement efficient actions for healthy lifestyle promotion it is important to identify and analyse the risk behaviours and factors which influence them. This paper focuses on this analyses needed for developing programmes for healthy lifestyle promotion and makes a review of the methods which could be used in order to assess the involvement in physical activity and the food intake at individual level. Based on literature data, the paper presents the type of methods and their characteristics, underlining the advantages/disadvantages of each method as well as several practical aspects which could be useful in the research activity.

Keywords: physical activity, food intake, lifestyle