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The purpose of this study was to improve health and manage weight rational for graduate students via dynamic analyzing the correlation between fitness and daily physical activity levels. Full-time Tongji University 1305 graduate students were selected as participants by stratified randomized cluster sampling. The survey shows that the proportion of whose physical activity can reach the WHO recommendation that is 60 min/day moderate-to-vigorous physical activity (MVPA) is 76% of males and 69.4% of females in Tongji graduate students respectively. Their physical activity levels were higher on weekdays than weekend. Females' body fat was significantly higher than males ( $P < 0.01$ ) meanwhile vigorous physical activity (VVPA) was negatively related to the rate of body fat ( $r = -0.368$ ,  $P = 0.368$ ), and positively correlated to lean (l)-3 pv(w)-7 (hi)-5 7vi4

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