

PHYSICAL ACTIVITY AND NUTRITION AND ITS RELATIONSHIP WITH CREATIVE STREET THEATER ACTOR IN URBAN ENVIRONMENTS

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ABSTRACT

The quality of the environment and the nature of development are major determinants of health. This review explores the relationship between health and urban form with a focus on physical activity and nutrition. Physical activity and nutrition are significant risk factors of ill health in Iran and may have been impacted by urban environmental features such as urban form or transportation system. Healthy lifestyles can improve mental wellbeing and influence physical health. Sedentary lifestyles have been identified as contributing to high obesity levels and increase the risk cardiovascular disease, stroke and type II diabetes. The rise of overweight and obesity Iran reflects international trends and places a significant burden on the health system economy and the recent research has uncovered the importance of the built environment for physical activity and are both direct and indirect relationships between the built environment, physical activity, nutrition and health. A number of built environment interventions have commenced in Iran overseas health, with particular attention focused on urban form and structure. As will be shown, there order to influence health outcomes. These will be discussed later in this review.

KEYWORDS: Physical Activity, Nutrition, Creative Street Theater, Actor, Urban Environments