

Table 5 Perceived benefits of and suggestions to promote physical activity among Mansoura University students (n =1708)

Benefit/suggestion	No.	%
<i>Perceived benefit</i>		
No benefits	119	7.0
Promote and maintain health	1202	70.4
Improve body image and shape	953	55.8
Improve muscle power	950	55.6
Spent free times	905	53.0
Weight control/obesity prevention	898	52.6
Psychological wellbeing	864	50.8
Recreation	786	46.0
Prevent diseases ^a	861	50.4
Improve mentality and intellectuality	772	45.2
Companionship with others	719	42.1
Socializing	588	34.4
Other ^b	88	6.2
<i>Suggestions to promote physical activity</i>		
No suggestions	135	7.9
Free playgrounds in each college to practice sports during free time	1143	66.9
Educating students about benefits of physical activity	742	43.4
Include sports education in curricula	551	32.3
Other ^c	207	12.1

Categories not mutually exclusive.

^a*e.g. diabetes mellitus, cardiac diseases and hypertension.*

^b*Fun and enjoyment (59), improve sleeping (14), self-dependence (10), relieve tension (5).*

^c*Low fees for membership in youth and university sports clubs (114), separate playground for males and females (61), sports training (10), organizing monthly sports day (6), care for sports injuries (9), more incentives for sports participation (7).*