**Lifestyle behaviors in metabolically healthy obese women**

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|  **Abstract**Lifestyle behaviors have been reported different in metabolically healthy obese persons [1, 2]. Determining these behaviors and, if necessary, correcting them can be considered in order to reduce the risks of obesity [3]. With this assumption, the present study was conducted to determine the lifestyle behaviors of metabolically healthy obese women in Ardabil city, north-west of Iran. In this cross-sectional study, 250 obese or overweight women who were referred to the nutrition clinic were selected between September 2020 and September 2021. Participants were apparently healthy and without metabolic syndrome criteria in the age range of 18-50 years and body mass index of 25-50 kg/m2. Data collection was performed using questionnaire which contains questions in individual lifestyle behaviors. Descriptive statistics was used to analyze data. In this study, 64% of metabolically healthy obese women referred to the nutrition clinic had class II and III obesity. The weight gain of 6 and 8 percent was reported at 6 and 12 months before the survey, respectively (p<0.001). Expected weight loss was about 23% of body weight. Almost 79% of metabolically healthy obese women had a light physical activity. Nearly one-third of the studied population suffered from constipation. Omitting of meals and consumption of various snacks during the day was seen in 24.4% and 16.4% of the population, respectively. The range of sleeping duration was reported 3 to 12 hours/day. According to the results, adjustment of expectations of weight loss, increased physical activity, correcting of dietary habits and sleep management can be suggested as interventions to reduce the risks of obesity in metabolically healthy obese women.  |
| Keywords: Lifestyle behaviors, Obesity, Metabolically healthy obese, Women  |

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