Dear Editor,

We investigated the ways the old and retired use their leisure time in Tehran, Iran. In a field-type descriptive study we developed and validate a questionnaire to study the variables like the time they spent on physical activities, their satisfaction in terms of doing sport and their favourite sports. 220 subjects were selected randomly to participate in the study. The reliability of the questionnaire was confirmed at Cronbach’s alpha of 86%. Our findings indicated that the participants’ involvement in physical activities was highly insufficient. In spite of knowing its health advantages, 62% and 56% mentioned the Joints problems and Asthma as the main cause of their inadequate physical activity respectively. This resulted in fear and worried of doing physical exercise. Consequently, they should be informed about the physical activity advantages so that they may get rid of negative obsessions like fearing, falling down and loneliness at the time of exercise. Further investigations regarding the factors influencing the retired to participate in physical activities and exercise can provide a solution for this problem.

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