**Abstract**  
Background & Objective: The role of individual healthy behaviors like Physical activity, nutrition and stress management on reduction of diseases mortality and morbidity rate is well known. Because of individual behaviors influence on university student health, this study was conducted to determine Physical activity, nutrition, stress and other behaviors related to lifestyle in Gorgan university students.

Material & Method: Target population in this cross-sectional study was 800 students of Gorgan University of Medical Science, Agriculture science and natural resource, Payam e nor and Azad university that were selected via random sampling method. The data collection were using by a questionnaire that include demographic questions and lifestyle questionnaires about nutrition, physical activity, stress, fastening seat belt and brushing. After the data collection and sort of them analysis performed by SPSS software and nonparametric tests (Kruskal - Wallis and Mann-Whitney) and p-value <0.05 considered as significant.

Results: The mean age was 22.43, 77.9% were single, 65.5% were native, BMI mean was 24.1%, 12% smoke always, 13% never fasten seat belt, 6% never brushing. 24.1% of students had weak life style, 29.6% moderate, 22.9% good and 23.4 % excellent. The relation between Physical activity, type of university and sex were statistically significant (p-value <0.05). We found significant relation between stress and degree of education, father educational level, mother job, type of university and fastening seat belt (p-value <0.05). The relation between nutrition and sex, degree of education, type of university and being native was significant (p-value <0.05).

Conclusion: nutrition, Physical activity, stress have an important role in individual health and according to change in disease trend we need to plan a program for retrieve university student lifestyle.

Lifestyle, nutrition, Physical activity, stress, university student

Presentation: Poster