INTRODUCTION: The purpose of this study is to examine the relationship of physical activity with orthostatic hypotension (OH), and metabolic syndrome (MetS) in the Japanese general population.

METHODS: The study subjects were 4,888 man and woman who were invited to take annual health check-up examination aged 40 years and older. We obtained data about physical activity using International Physical Activity Questionnaires (IPAQ) short version. Subjects were categorized into four group by total calories using IPAQ in each sex. Blood pressure was measured twice at the seated position and then measured at the standing position. OH was defined as systolic blood pressure (SBP) fall $\geq 20$ mmHg or diastolic blood pressure (DBP) fall $\geq 10$ mmHg on standing from a sitting position.

RESULTS: The mean ages were 64.9 years in men and 63.8 years in women. Prevalence of OH and MetS were was 5.5%, 23.7% in men and 8.5% and 6.8% in women, respectively. The relationship of physical activity with OH was not significant in both sexes, but with MetS was significant in both sexes (men: $P = 0.16$ and women: $P = 0.004$). That tendency was identical even in the elderly subjects aged 65 years and more.

CONCLUSIONS: We did not find the relationship between physical activity in general population, but physical activity was related with MetS.