

Table 1) The absolute and relative frequency of demographic variables of female teachers (n=140)

Demographic variables	No.	%
Age group		
20-29 years	39	27.9
30-39 years	65	46.4
40-50 years	36	25.7
Education		
Associate degree	11	7.9
Bachelor's degree	94	67.1
Master's degree and above	35	25.0
Duration of exercise		
Less than 6 months	25	17.9
6-12 months	35	25.0
Over one year	60	42.9
Over 3 years	20	14.3
Activities per week		
Every day	10	7.1
Every other day	22	15.7
Two days a week	48	34.3
Once a week	60	42.9
Activity in the meeting		
15-30 min	45	32.1
30-45 min	35	25.0
45-60 min	35	25.0
Over 75 min	25	17.9

Table 2) The mean scores and matrix of correlation coefficients of research variables in female teachers

Variables	Scores	1	2	3	4	5	6
1- Occupational physical activity dimension	2.81±0.49	1					
2- Sports activity dimension	3.59±0.57	0.42**	1				
3- Leisure time physical activity	3.11±0.61	0.38**	0.45**	1			
4- Physical health dimension	81.48±13.55	0.44**	0.49**	0.33**	1		
5- Mental health dimension	79.24±14.50	0.29**	0.39**	0.30**	0.21**	1	
6- Life satisfaction	29.23±5.42	0.34**	0.49**	0.44**	0.32**	0.28**	1
7- Life expectancy	38.11±7.76	0.39**	0.54**	0.49**	0.44**	0.41**	0.40**

* p <0.05; ** p <0.01

Table 3) Values of fitness indices of the proposed research model

Fitness indices	Value limit	Values
X²/df	Less than 3	2.21
Root mean square error of approximation (RMSEA)	Less than 0.08	0.049
Goodness of Fit Index (GFI)	More than 0.9	0.91
Adjusted Goodness of Fit Index (AGFI)	More than 0.9	0.90
Comparative Fit Index (CFI)	More than 0.9	0.91

Table 4) Estimate coefficients of the direct and indirect paths between research variables in the proposed model

Model paths	Standard estimate	Standard error of estimate	Critical ratio (t)	p-value	Coefficient of determination (R ²)
Direct relationship					
Occupational physical activity → physical health dimension of quality of life	0.29	0.05	6.8	0.001	0.08
Sport activity → physical health dimension of quality of life	0.27	0.07	4.28	0.01	0.14
Leisure time physical activity → physical health dimension of quality of life	0.44	0.05	6.4	0.001	0.10
Occupational physical activity → mental health dimension of quality of life	0.38	0.10	2.7	0.03	0.07
Sport activity → mental health dimension of quality of life	0.39	0.08	4.87	0.01	0.15
Leisure time physical activity → mental health dimension of quality of life	0.49	0.11	2.72	0.30	0.09
Occupational physical activity → life expectancy	0.32	0.04	5.44	0.01	0.19
Sport activity → life expectancy	0.30	0.09	5.44	0.01	0.24
Leisure time physical activity → life expectancy	0.47	0.05	9.4	0.001	0.22
Occupational physical activity → life satisfaction	0.36	0.03	12	0.001	0.12
Sport activity → life satisfaction	0.39	0.08	4.87	0.001	0.15
Leisure time physical activity → life satisfaction	0.38	0.11	3.45	0.02	0.14
Life expectancy → life satisfaction	0.31	0.04	6.25	0.000	0.06
Physical health dimension of quality of life → life satisfaction	0.25	0.18	2.0	0.04	0.12
Mental health dimension of quality of life → life satisfaction	0.36	0.15	2.6	0.03	0.09
Indirect relationship					
Sport activity and →life satisfaction through the dimension of physical health	0.19	t=2.25	-	-	0.03
Physical activity →life satisfaction through mental health	0.25	t=2.58	-	-	0.06
Physical activity →life satisfaction through life expectancy	0.16	t=1.97	-	-	0.02
Occupational physical activity →life satisfaction through the dimension of physical health	0.09	t=1.27	-	-	0.008
Occupational physical activity →life satisfaction through the mental health dimension	0.12	t=1.56	-	-	0.01
Occupational physical activity →life satisfaction through life expectancy	0.11	t=1.42	-	-	0.01
Leisure time physical activity →life satisfaction through the physical health dimension	0.13	t=1.51	-	-	0.01
Leisure time physical activity →life satisfaction through the mental health dimension	0.14	t=1.69	-	-	0.01
Leisure time physical activity →life satisfaction through life expectancy	0.12	t=1.55	-	-	0.01