

Table 1. Frequency Distribution of Demographic Information of the Participants in the Study (N=400)

Variables	Number	Percentage
Educational level		
Illiterate	8	2.0
Elementary	76	19.0
Guidance school	185	46.25
High school	96	24.0
Academic	35	8.75
Marital status		
Single	35	8.75
Married	342	85.5
Divorced	13	3.25
Widow/widower	10	2.5
Occupation		
Employed	45	11.25
Housewife	355	88.75
Menstrual disorder		
Yes	75	18.75
No	325	81.25

Table 2. Frequency Distribution of Stages of Change in the Physical Activity and Calcium Intake in the studied Women (N=400; The numbers in brackets are percentages)

Stages of change	Physical activity	Calcium intake
Precontemplation	185 (46.25)	165 (41.25)
Contemplation	102 (25.5)	98 (24.5)
Preparation	64 (16.0)	78 (19.5)
Action	24 (6.0)	31 (7.75)
Maintenance	25 (6.25)	28 (7.0)

Table 3. The mean scores for calcium intake and walking behavior

Variables	Calcium intake	Walking
Perceived benefits	18.35±4.84	24.18±6.82
Perceived barriers	12.38±4.71	16.25±5.28
Perceived self-efficacy	7.25±2.52	5.22±3.18
Performance	6.34±3.72	8.35±3.16

Table 4. Regression analysis of factors for walking and calcium intake functioning for prevention of osteoporosis in women of the Fasa city based on the Transtheoretical Model (TTM)

Variables	Standard regression coefficient (β)	unstandardized regression coefficient (B)	P value
The dependent variable: walking functioning			
Age	-0.045	-0.027	0.016
Number of deliveries	-0.036	-0.214	0.023
Educational level	0.028	0.035	0.041
Occupation	0.054	0.122	0.025
Income	0.087	0.105	0.014
Awareness	0.095	0.104	0.270
Perceived benefits	0.124	0.185	0.032
Perceived barriers	-0.048	-0.120	0.026
Perceived self-efficacy	0.138	0.258	0.022
The dependent variable: the calcium intake functioning			
Age	-0.038	-0.072	0.042
Number of deliveries	-0.039	-0.154	0.034
Educational level	0.125	0.134	0.028
Occupation	0.078	0.95	0.018
Income	0.064	0.86	0.026
Awareness	0.104	0.175	0.047
Perceived benefits	0.081	0.134	0.102
Perceived barriers	-0.024	-0.98	0.038
Perceived self-efficacy	0.215	0.318	0.025