Introduction: The metabolic syndrome, a set of metabolic anomalies that include insulin resistance, central obesity, dyslipidemia, hypertension and inflammation, is an important tool to explore factors associated to cardiometabolic disease. Objective: The aim of this study was to evaluate the relationship of the levels of self-reported physical activity and the International Physical Activity Questionnaire items and the metabolic syndrome and the variables related to cardiovascular risk in 89 women. Materials and methods: The short version of International Physical Activity Questionnaire was applied to classify participating subjects into three categories: insufficient, sufficient and very active physical activity. The metabolic syndrome was assessed according to the International Diabetes Federation criteria. Biochemical and anthropometrical parameters were measured. Results: Twenty-two participants (23%) presented metabolic syndrome and 66 women (74.2%) were classified in the insufficient physical activity category. No association was found between insufficient physical activity and metabolic syndrome. Inverse correlations were found among the days and minutes per week of physical activity of moderate-intensity, waist circumference (=0.327, and =0.313, p<0.005, respectively), and body mass index (=0.262, and =0.218, p<0.05, respectively). Conclusion: A high prevalence of insufficient physical activity was found in the study participants, but this was not associated with metabolic syndrome. Moderate but not vigorous physical activity items from the International Physical Activity Questionnaire correlated inversely with anthropometrical markers related to cardiovascular risk.

Keywords
Motor activity, women, cardiovascular diseases.