Abstract
The loss of the healthy style of life in the advanced society has provoked serious problems in the public health. Multiple chronic illnesses have been developed causing million premature deaths every year as a result of the obesity, the alcohol, the tobacco, the drugs or the same physical inactivity. The aim of this study was to analyze the habits of physical activities, feeding and consumption of injurious substances for the health in our young people. A sample of 1090 volunteer, university students and no university students, was used to participate in this study. We used a questionnaire on Physical Activity and healthy Habits. Descriptive and univariate statistics were used to analyze the information gathered. The data showed young people with unhealthy habits and injurious user, totally integrated in the family, university or job.

Keywords