Objective: The experience of infertility is a common medical condition in the developing countries. The aim of this retrospective epidemiologic study was to determine fertility status in Tirana and identify physical activity and body mass index (BMI) among women who have experienced infertility.

Method: A total of 230 women aged 20-45 years were selected using cluster sampling. The current physical activity was measured using the original International Physical Activity Questionnaire short form. The physical activity was evaluated among acrobat women, ballet girls and swimmers. Ultrasound evaluation of uterus and ovaries were compared between this group and control group of women with normal lifestyle. Fertility rate was compared.

Results: 6 or 2.6 % of women were diagnosed with ovarian cyst and infertility among physical activity group compared with only 1 0.4 % in normal lifestyle. Primary amenorrhea was calculated in 4 or 1.7 % women of the first group and none of the second group. Secondary amenorrhea was registered in 12 or 5.2 % women of physical activity group and only in 2 or 0.86 % in normal lifestyle group. Infertility was conducted in 44 or 19.1 % of cases in the first group and only in 3 or 1.3 % of cases of the second group.

Conclusion: Physical activity started in early age and intense results in high rate of infertility for women. Intense activity will influence the activity of ovary and will present anomalies in normal function of genital tract.