Infographic. Make physical activity a part of daily life at all stages in life

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INTRODUCTION

Make physical activity a part of daily life during all stages of life. That is the clear message from the World Health Organisation in this infographic.1

Regular physical activity is a fundamental means of improving people and population’s physical and mental health.

It reduces the risks of many non-communicable (NCD) diseases and benefits society by increasing social interaction and community engagement. Physical activity is not just a public health issue; it also promotes the well-being of communities, the protection of the environment, and is an investment in future generations.

Physical activity includes all activities which involve bodily movement and can be accrued through:

▸ active travel
▸ work and occupation
▸ leisure and recreation
▸ housework and gardening

This infographic demonstrates that regular physical activity throughout the life-course enables people to live better and longer lives. It inspires people to “make physical activity a part of daily life, during all stages of life”.

What a great call to action!

Correction notice This paper has been amended since it was published Online First. The first author’s full name is now included and we have added a weblink to the World Health Organization.

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6 OUT OF 10
people in the European Union over the age of 15 never or seldom exercise or play sports

Every year in the WHO European Region, physical inactivity causes an estimated
1 MILLION DEATHS

WHO recommendations for moderate- to vigorous-intensity physical activity:

- 150 minutes per week (adults)
- 60 minutes per day (children)

AT WORK

Physical activity at work increases productivity

Get off public transport a few stations before your destination

Use the stairs, not the elevators

 AT HOME

Try balancing or stretching while watching TV or brushing your teeth

Cleaning counts as part of daily physical activity

Gardening is a good way to be physically active

Physical activity can improve children's concentration

AT SCHOOL

Safe biking and walking routes to school benefit both children and parents

After school activities, such as organized sports and playground games, give children opportunities to be active

IN THE COMMUNITY

Community gardens increase social integration and physical activity

Enjoy outdoor activities all year round

Access to green spaces, pavements and cycle-friendly roads make physical activity a part of daily life

REGULAR PHYSICAL ACTIVITY THROUGHOUT THE LIFE-COURSE ENABLES PEOPLE TO LIVE BETTER AND LONGER LIVES

www.euro.who.int/physicalactivity

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World Health Organization