

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.

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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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CrossMark

To cite Gates AB, Murray AD. *Br J Sports Med* 2017;**51**:825–826.

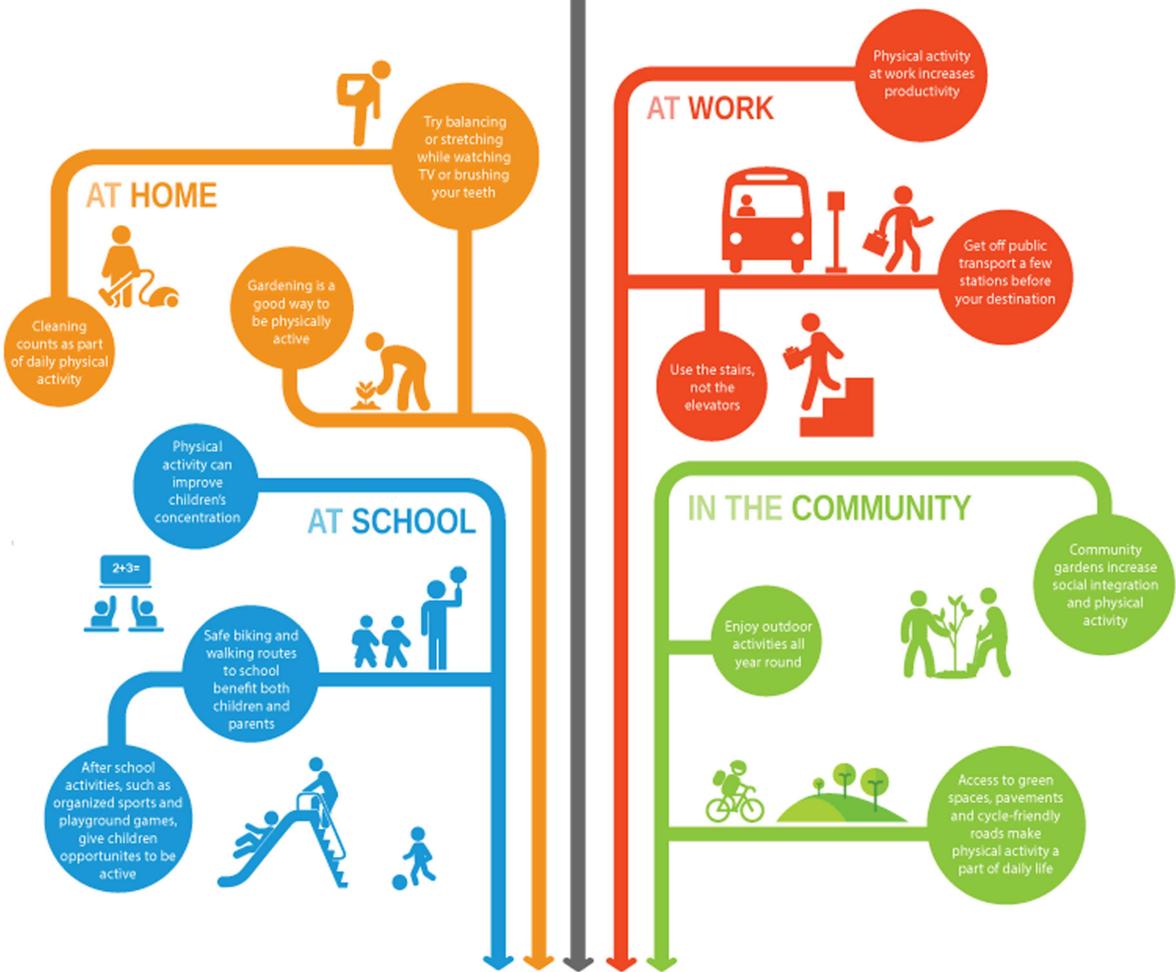
Published Online First 29 July 2016

Br J Sports Med 2017;**51**:825–826.
doi:10.1136/bjsports-2016-096643

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<p>6 OUT OF 10</p>  <p>people in the European Union over the age of 15 never or seldom exercise or play sports</p>	<p>Every year in the WHO European Region, physical inactivity causes an estimated</p> <p>1 MILLION DEATHS</p>	<p>WHO recommendations for moderate- to vigorous-intensity physical activity:</p> <p>150 minutes per week (adults)</p> <p>60 minutes per day (children)</p>
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REGULAR PHYSICAL ACTIVITY THROUGHOUT THE LIFE-COURSE ENABLES PEOPLE TO LIVE BETTER AND LONGER LIVES

www.euro.who.int/physicalactivity

09/2015

