Make physical activity a part of daily life during all stages of life

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 HOME
- Cleaning counts as part of daily physical activity
- Gardening is a good way to be physically active
- Physical activity can improve children’s concentration
- Try balancing or stretching while watching TV or brushing your teeth

AT WORK
- Get off public transport a few stations before your destination
- Use the stairs, not the elevators
- Physical activity at work increases productivity

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
- 2+3=

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

09/2015