



Physical activity

Good to know and recommendations

WHO has made recommendations to provide guidance for national and regional policymakers on the relations between the frequency, duration, intensity, type and total amount of physical activity required for an improved people health.

Adults should perform at least 150 minutes of moderate intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous intensity aerobic physical activity throughout the week.

WHO guidelines for adults 18-64 yrs

Definition of physical activity

Physical activity is any bodily movement produced by skeletal muscles that requires energy expenditure. It refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work.

”

Increasing physical activity requires a systems-based approach – there is no single policy solution.

”

What can I do to improve my physical activity level?

The benefits of physical activity are not restricted to competitive sports or exercise in a gym. One of the easiest ways to increase levels of physical activity might be to integrate it into everyday activities.

- 1** *Strive to fit in 30 minutes of exercise every day. It's all it takes to reap the many benefits of being active.*
- 2** *Enjoy every season, and vary your exercise accordingly.*
- 3** *Ask for a standing desk at work, and suggest walking meetings.*
- 4** *If you commute by bus or train, choose to get off one or two stations before and walk or bike the rest of the route.*
- 5** *Whenever possible, choose to walk or bike to work.*
- 6** *Cleaning, dancing and gardening are considered to be moderate physical activity. Include such activities in your daily life.*
- 7** *Try some balancing exercises, and do some stretching while brushing your teeth or watching TV.*
- 8** *Wherever you are, choose the stairs over the lift. Never compromise!*

Key facts about physical inactivity in the European Region

1. Each year, 1 million people dies from causes related in some way to physical inactivity.
2. Each year, 8.3 million disability-adjusted life years are lost due to physical inactivity.
3. It is estimated that more than 70% of adolescents do not meet the recommendations.
4. It is estimated that more than one third of adults are not sufficiently active.
5. The general trend in the Region is towards decreasing levels of physical activity.
6. Girls are less active than boys, and women are less active than men.



Exercise should be fun. We believe that the best motivation to exercise comes from tracking progress, sharing our progress, motivating each other, and exercising together.



*Mathias Ericsson,
Customer Experience at paceUP!*

Physical activity can be undertaken in many different ways: walking, cycling, sports and active forms of recreation (for example, dance, yoga, tai chi). All forms of physical activity can provide health benefits if undertaken regularly and of sufficient duration and intensity.

Be creative and find your way!

Consequences of physical inactivity

Physical inactivity is one of the leading risk factors for overweight, obesity and noncommunicable diseases and chronic conditions, including diabetes, hypertension, cardiovascular diseases, various forms of cancer, stress, depression and anxiety. Of the six WHO regions, the European Region is the most severely affected by noncommunicable diseases.

Physical inactivity can also impair concentration and productivity at school and work, and contribute to social exclusion and loneliness.

Physical inactivity has direct costs (health care) and indirect costs (loss of economic output due to illness, disease-related work disability or premature death). It is estimated that, for a population of 10 million people of whom 50% are insufficiently physically active, the cost is EUR 910 million per year.



Physical activity and the Sustainable Development Goals 2030

The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests.

Physical activity can and should be integrated into the settings in which people live, work and play. Walking and cycling are key means of transportation and enable engagement in regular physical activity on a daily basis, but their role and popularity is declining in many countries. Sport and active recreation can help promote physical activity for people of all ages and abilities.

Globally it can be a key driver of tourism, employment and infrastructure, and can also help in humanitarian programmes, fostering community development and social integration. Investing in policies to promote walking, cycling, sport, active recreation and play can contribute directly to achieving many of the 2030 Sustainable Development Goals (SDGs).



SOURCES

World Health Organisation (WHO) - Fact sheet "Physical Activity - Global recommendations on physical activity for health"

World Health Organisation (WHO) - Global action plan on physical activity 2018-2030

UN - Department of Economic and Social Affairs - <https://sdgs.un.org/goals>

paceUP! - A health challenge for the next generation

paceUP! is a fun and social fitness app that empowers people to exercise and reach common goals. It is a points-based exercise app easy to use and designed to be inclusive and fair. And best of all, it works for all types of physical activity to include users across all fitness levels.



paceUP!

www.paceup.net
corporate@paceup.net