

## Global Move for Health Day 10 May

### How active should people become?

<b>Youth aged 5–17 years</b>	At least 60 minutes of moderate- to vigorous-intensity physical activity every day. More than 60 minutes will provide additional health benefits.
<b>Adults aged 18–64 years</b>	At least 150 minutes of moderate-intensity aerobic physical activity per week or at least 75 minutes of vigorous-intensity aerobic physical activity per week or an equivalent combination of moderate- and vigorous-intensity activity.
<b>Adults over 65 years</b>	As for adults aged 18–64 years, with the following provisions. Adults with poor mobility should perform activity to enhance balance and prevent falls at least 3 times a week. If adults of this age group cannot do the recommended amounts of activity due to health conditions, they should be as physically active as their abilities and conditions allow.

### What can be done to promote physical activity?

1. 'Whole-of-school' programmes that include physical activity in all schools
2. Transport policies and systems that prioritize walking, cycling and public transport
3. Urban design regulations and infrastructure that provide for equitable and safe access for physical activity
4. Physical activity and noncommunicable diseases prevention integrated into primary health care systems
5. Public education, including media campaigns to raise awareness and change social norms
6. Community-wide programmes that mobilize and integrate community resources
7. Sports systems and programmes that promote 'sport for all' and encourage participation by all



Progress in physical activity requires multi-level and multi-sector approaches involving education, labour, health, youth and sports, media and information, urban planning and transport.

### Based on the recommendations of the World Health Assembly and the United Nations General Assembly<sup>1</sup>, it is urgent we act now

- Concerted efforts to recognize physical activity as a public health priority
- Shared commitment to reduce physical inactivity by 10% in 2025
- Multisectoral action and development of national plans to reduce physical inactivity



<sup>1</sup> See: United Nations. Political declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases. Resolution adopted by the General Assembly, New York, 19 September 2011 (A/Res/66/2) [http://www.who.int/nmh/events/un\\_ncd\\_summit2011/en/](http://www.who.int/nmh/events/un_ncd_summit2011/en/); World Health Assembly resolutions WHA57.17, WHA61.14, WHA63, WHA66.10 <http://apps.who.int/gb/or/> and WHO Regional Committee for the Eastern Mediterranean resolutions EM/RC59/R.2, EM/RC60/R.4 <http://www.emro.who.int/about-who/regional-committee/regional-committee.html>.