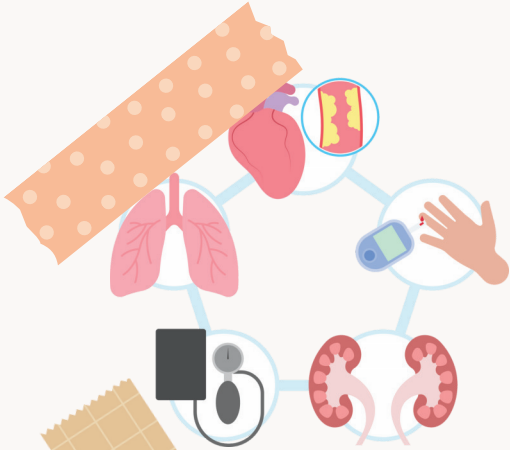




PHYSICAL ACTIVITY



What is physical activity

Includes all physical movements that result in energy expenditure, such as running, cycling, and any movement in everyday life

What are the benefits of being physically active

- Healthy body weight
- Promotion of mental health
- Improved quality of life
- Strengthening our muscles and bone health
- Improved concentration
- Better sleep quality

How to increase physical activity

- At the community level
- Through school and youth programs
- With the help of social support, for example in the form of activity groups
- Through individual support

