



# World Physical Therapy Day 2017

## Resources for your campaign

### Physical activity for life



## General resources on physical activity

WHO factsheet: Physical activity and adults

[http://www.who.int/dietphysicalactivity/factsheet\\_adults/en/](http://www.who.int/dietphysicalactivity/factsheet_adults/en/)

WHO information sheet: global recommendations on physical activity for health (5-17 years old)

[http://www.who.int/dietphysicalactivity/publications/recommendations5\\_17years/en/](http://www.who.int/dietphysicalactivity/publications/recommendations5_17years/en/)

WHO information sheet: global recommendations on physical activity for health (65 years and above)

<http://www.who.int/dietphysicalactivity/publications/recommendations65yearsold/en/>

NHS physical activity guidelines for adults

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

UK government physical activity fact sheets

<https://www.gov.uk/government/publications/uk-physical-activity-guidelines>

## Research supporting the role of physical therapy in promoting physical activity

Metabolic Equivalents (METs) in Exercise Testing, Prescription and Evaluation of Functional Capacity

<http://onlinelibrary.wiley.com/store/10.1002/clc.4960130809/asset/4960130809 ftp.pdf;jsessionid=4704B33007A3D3E122E3DFCE71B3636A.f02t03?v=1&t=j2pta4ei&s=561c986b775a6bcecd38d69765ebba9221eaf9f0>

BMJ: Physical activity and risk of breast cancer, colon cancer, diabetes, ischemic heart disease and stroke events

<http://www.bmj.com/content/354/bmj.i3857>

US National Library of Medicine: Sedentary behavior – Emerging Evidence for a New Health Risk

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2996155/>

NICE pathways: Physical activity

<https://www.nice.org.uk/guidance/lifestyle-and-wellbeing/physical-activity>

Centre for clinical and transnational science: Exercise and physical activity for older adults

<https://uic.pure.elsevier.com/en/publications/exercise-and-physical-activity-for-older-adults>

## Information for the public

WHO: Ten facts on physical activity

[http://www.who.int/features/factfiles/physical\\_activity/en/](http://www.who.int/features/factfiles/physical_activity/en/)

WHO: Global recommendations on physical activity for health

[http://www.who.int/dietphysicalactivity/factsheet\\_recommendations/en/](http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/)

NHS Choices: Health and fitness

<http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx>

CDC: Physical activity basics

<https://www.cdc.gov/physicalactivity/basics/>

HHS: Physical activity guidelines for Americans

<https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/>