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Ask your physical therapist about how to achieve your physical activity goals



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Physical activity for life



Physical therapists keep people active

#worldptday



All healthy adults need to be physically active. Globally, around 26% of adults aged 18 and over are not active enough. Physical activity and exercise help people lead happy and healthy lives.

Physical activity improves cardiorespiratory fitness, muscular health and reduces the risk of many conditions including cardiovascular disease and type 2 diabetes.

Physical therapists keep people moving through interventions which maximise strength and mobility. Through advice and exercise programmes they support people of all ages to achieve activity goals.

Activity and exercise

Exercise and physical activity are different things. Physical activity can include household tasks and gardening, as well as dancing, running and cycling.

Even a little physical activity can help to improve your health for the future. The World Health Organisation has two classifications:

- moderate activity, such as brisk walking or cycling
- vigorous activity, such as running or fast swimming.

Physical activity isn't just exercise.
It can include also **working, playing, household chores**
and **travelling**.

Physical activity improves muscular strength

Physical therapists help you exercise safely to improve your flexibility, strength and function



Physical activity improves fitness

Physical therapists help you take control of your health and stay well



Physical activity helps to reduce the risk of falls

Physical therapists help to improve balance which reduces the risk of falling, hip and vertebral fractures



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How physical therapists can help

Physical therapists can help you integrate physical activity into your day-to-day life. With an advanced understanding of how to keep the body moving, physical therapists can advise on activities and exercise for people of all ages.

Physical activity reduces the risk of disease. Regular physical activity helps to maintain a healthy body, and can help people with a range of symptoms and conditions including:

- pain
- dementia
- stroke
- hypertension
- arthritis
- obesity
- depression
- cardiovascular disease

Physical inactivity is the fourth leading risk factor for global mortality, responsible for 6% of deaths around the world.

26%

of adults globally are not active enough