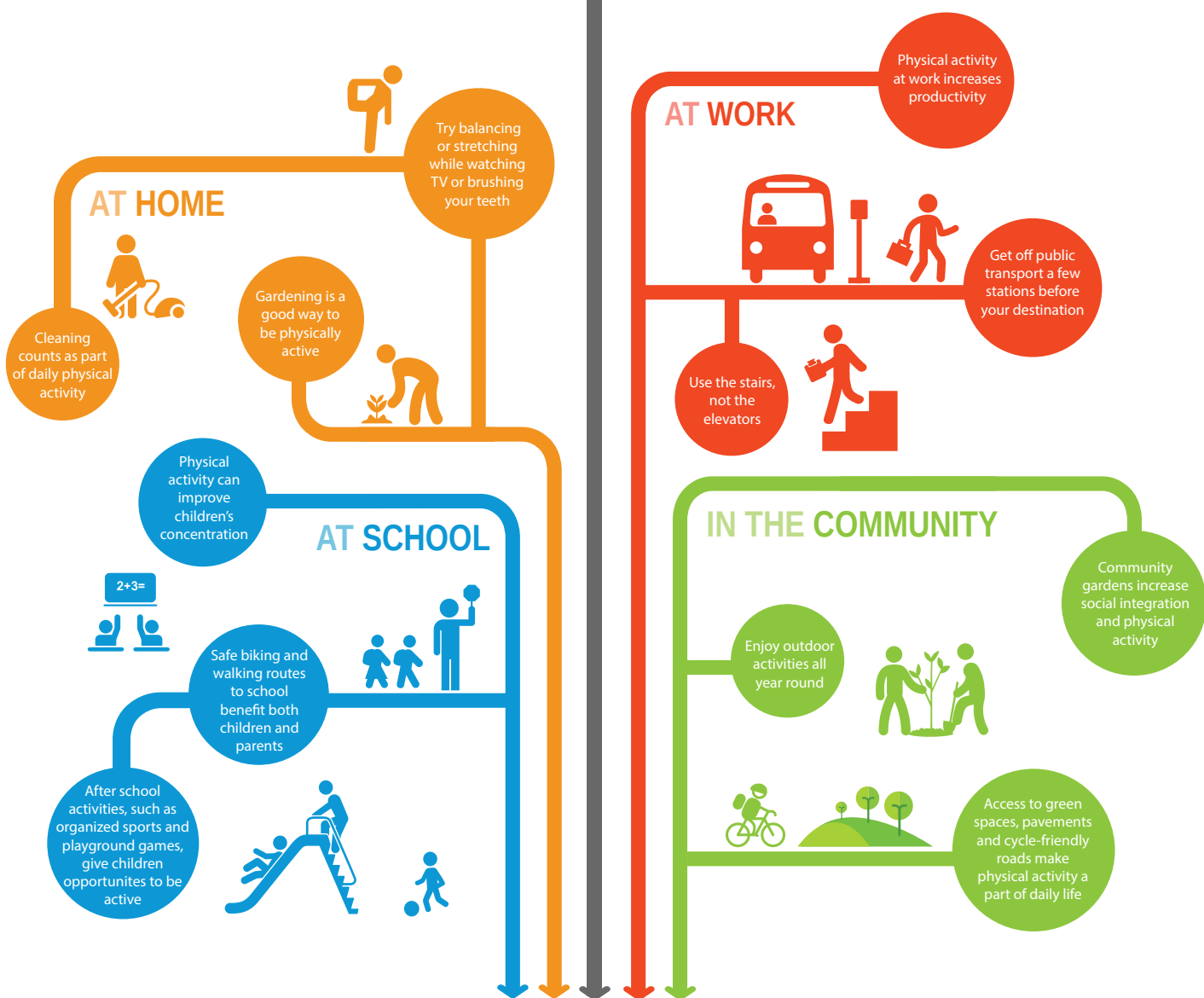


Make physical activity a part of daily life during all stages of life



<p>6 OUT OF 10</p> <p>people in the European Union over the age of 15 never or seldom exercise or play sports</p>	<p>Every year in the WHO European Region, physical inactivity causes an estimated</p> <p>1 MILLION DEATHS</p>	<p>WHO recommendations for moderate- to vigorous-intensity physical activity:</p> <p>150 minutes per week (adults)</p> <p>60 minutes per day (children)</p>
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REGULAR PHYSICAL ACTIVITY THROUGHOUT THE LIFE-COURSE ENABLES PEOPLE TO LIVE BETTER AND LONGER LIVES