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

**AT HOME**
- Cleaning counts as part of daily physical activity
- Gardening is a good way to be physically active
- Physical activity can improve children’s concentration

**AT SCHOOL**
- Safe biking and walking routes to school benefit both children and parents
- After school activities, such as organized sports and playground games, give children opportunities to be active

**AT WORK**
- Try balancing or stretching while watching TV or brushing your teeth
- Use the stairs, not the elevators
- Physical activity at work increases productivity
- Get off public transport a few stations before your destination

**IN THE COMMUNITY**
- Community gardens increase social integration and physical activity
- Access to green spaces, pavements and cycle-friendly roads make physical activity a part of daily life
- Enjoy outdoor activities all year round

**Facts**
- **6 OUT OF 10** people in the European Union over the age of 15 never or seldom exercise or play sports
- Every year in the WHO European Region, physical inactivity causes an estimated **1 MILLION DEATHS**
- WHO recommendations for moderate- to vigorous-intensity physical activity:
  - **150 minutes** per week (adults)
  - **60 minutes** per day (children)

**Access to Green Spaces, Pavements and Cycle-Friendly Roads**
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**World Health Organization**
- **www.euro.who.int/physicalactivity**
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