

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



6 OUT OF 10



people in the European Union over the age of 15 never or seldom exercise or play sports

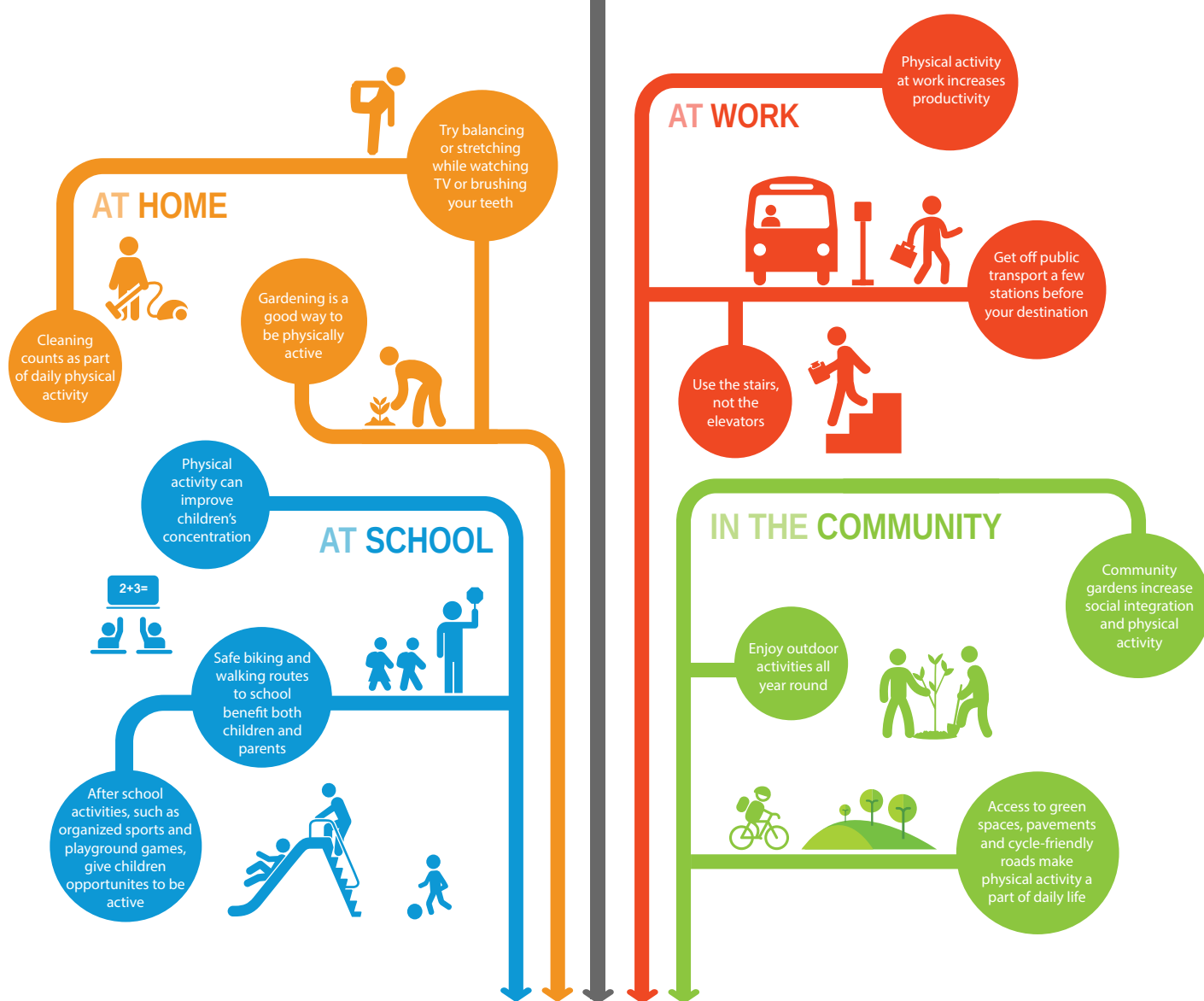
Every year in the WHO European Region, physical inactivity causes an estimated

1 MILLION DEATHS

WHO recommendations for moderate- to vigorous-intensity physical activity:

150
minutes
per week
(adults)

60
minutes
per day
(children)



**REGULAR PHYSICAL ACTIVITY THROUGHOUT THE LIFE-COURSE
ENABLES PEOPLE TO LIVE BETTER AND LONGER LIVES**