

World Health Organisation recommendations for keeping active

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies, and minds, whether you're walking, wheeling or cycling, dancing, doing sport, or playing with your kids.



It's important to start with small physical activity sessions and gradually build up in frequency, intensity and length over time.

**LET'S GET
MOVING!**

small changes

TO GET
MORE ACTIVE



PAAS Pla integral per a la promoció de la salut mitjançant l'activitat física i l'alimentació saludable



**Generalitat
de Catalunya**

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BRISK WALKING

Walking at a **brisk pace, one that allows having a conversation with a bit of effort** is a simple and effective way to keep active. Build walking into your daily routine, whether it's to go to work, run errands or stroll around the neighbourhood, or to unwind and just for the fun of it. Walking **for at least half an hour every day**, not necessarily all at once, is an easy way to take care of yourself.

PHYSICAL EXERCISE

Cardio, strength, balance and stretching exercises keep the body healthy and functional. Take advantage of times during the day to do **activities such as climbing stairs, carrying your shopping, doing household chores**, etc. Plus find time **at least two days a week** to do some physical exercise that you enjoy and which includes cardio, strength and balance work (brisk walking, cycling, jogging, dancing, weight lifting, yoga, Pilates, etc.).

ACTIVE LEISURE WITH OTHERS

Physical activity **shared with family and friends** enhances emotional wellbeing and plays a significant role in social cohesion and integration, as it offers opportunities for everyone, whatever their background, gender or condition. Organise get-togethers for activities such as **dancing, working in your allotment or garden, hiking, playing active outdoor games, orienteering**, etc.

switch to



ACTIVE TRAVEL

Prioritise **active travel**, such as walking, cycling or rollerblading, **whenever possible**. Also, think about mixing up: for example, do part of your journey by public transport and part on foot.

STAIRS

Choose the stairs instead of the lift; it's an easy change that builds muscle strength, improves balance and increases vitality. When you can, use the stairs and make it a **daily habit**. In high-rise buildings, go up a few flights of stairs, then take the lift the rest of the way.

ACTIVITIES IN NATURE

Explore outdoor places such as **forests, rivers, lakes, beaches, parks or urban gardens**. Spend time in the fresh air in contact with nature to reap physical and mental benefits. In your free time, prioritise at least one activity in nature that enables you to be physically active and **get away from enclosed spaces**.

less



SOFA AND CHAIR

If you have a sedentary job, **take an active 2-5 minute break every hour** (or better still every half hour) to walk or do stretches or other mobility or balance exercises. **Spend less time sitting down or on the sofa**. Get up and walk around while talking on the phone or have standing or walking meetings.

SCREENS

Reduce free time or entertainment in front of screens (TV, computers, tablets, mobiles, etc.) by setting a **limit** and use the time you gain for leisure activities outdoors shared with others. You can also break the sedentary lifestyle tied to screens **by getting up while talking on the phone or watching TV, doing simple exercises or fun activities which involve movement**.

STRESS

Stress can diminish your motivation to exercise and may affect the hours and quality of your sleep and your overall health. At the same time, **doing physical activity**, especially if it's one you like and stick to over time, **brings emotional wellbeing and helps to control stress**. Find ways to manage stress with **physical activities you enjoy**.