

Global recommendations on physical activity for health

1 January 2010 | Guideline



[Download \(1.8 MB\)](#)

Overview

Physical inactivity is now identified as the fourth leading risk factor for global mortality. Physical inactivity levels are rising in many countries with major implications for the prevalence of noncommunicable diseases (NCDs) and the general health of the population worldwide.

The focus of the Global recommendations on physical activity for health is primary prevention of NCDs through physical activity at population level, and the primary target audience for these recommendations are policy-makers at national level.

The recommendations set out in this document address three age groups: 5–17 years old; 18–64 years old; and 65 years old and above. A section focusing on each age group includes the following:

- a narrative summary of scientific evidence;
- the current physical activity recommendations; and
- the interpretation and justification for the recommendations made.

Physical activity recommendations for specific age groups

- [Recommended levels of physical activity for children aged 5 - 17 years](#)
- [Recommended levels of physical activity for adults aged 18 - 64 years](#)
- [Recommended levels of physical activity for adults aged 65 and above](#)

Downloads:

- [Arabic \(file size: 2 Mb\)](#)
- [Chinese \(file size: 2Mb\)](#)
- [French \(file size: 1.4Mb\)](#)
- [Russian \(file size: 1.8Mb\)](#)
- [Spanish \(file size: 1.5Mb\)](#)

-

WHO TEAM

Guidelines Review Committee

EDITORS

WHO

NUMBER OF PAGES

58

REFERENCE NUMBERS

ISBN: 9789241599979

[Français](#)

[Español](#)