



# Physical activity

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## Key facts

- Physical activity has significant health benefits for hearts, bodies and minds
- Physical activity contributes to preventing and managing noncommunicable diseases such as cardiovascular diseases, cancer and diabetes
- Physical activity reduces symptoms of depression and anxiety
- Physical activity enhances thinking, learning, and judgment skills
- Physical activity ensures healthy growth and development in young people
- Physical activity improves overall well-being
- Globally, 1 in 4 adults do not meet the global recommended levels of physical activity
- People who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently active
- More than 80% of the world's adolescent population is insufficiently physically active



## Related

- WHO's work on physical activity
- Global status report on physical activity 2022
- Global action plan on physical activity 2018–2030: more active people for a healthier world
- Global recommendations on physical activity for health
- Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age
- Global strategy: overall goal
- Global Action Plan for the Prevention and Control of NCDs 2013-2020  
Includes the global physical activity questionnaire (GPAQ)
- Quality Physical Education (QPE): UNESCO
- Worldwide trends in insufficient physical activity