

PHYSICAL ACTIVITY

Physical activity refers to any body movement that requires energy expenditure. One-quarter of the global population is not active enough. Since physical inactivity is a major risk factor for health, it is crucial to encourage any form of physical activity.¹ Worldwide the healthcare system contributes to 5-7% of the global environmental impact. Therefore, reducing the demand for healthcare through preventive measures is essential: physical activity helps prevent numerous diseases, thus also contributing to environmental preservation.

36%

This was the proportion of insufficiently active adults in high-income countries in 2016.²

81%

This was the percentage of adolescents who did not meet the recommended physical activity levels.²



Walking **8,000 steps** per day reduces the risk of mortality across all age groups, with beneficial effects on **overweight, diabetes, and hypertension**.³



Climbing **stairs for just 4 to 5 minutes a day** can reduce mortality risk related to cardiovascular risk factors by 32-34%.⁴

A study found that engaging in physical activity according to WHO recommendations reduces the risk of depression by 25% compared to an inactive population.⁵ Additionally, sports clubs play an active role in social integration.



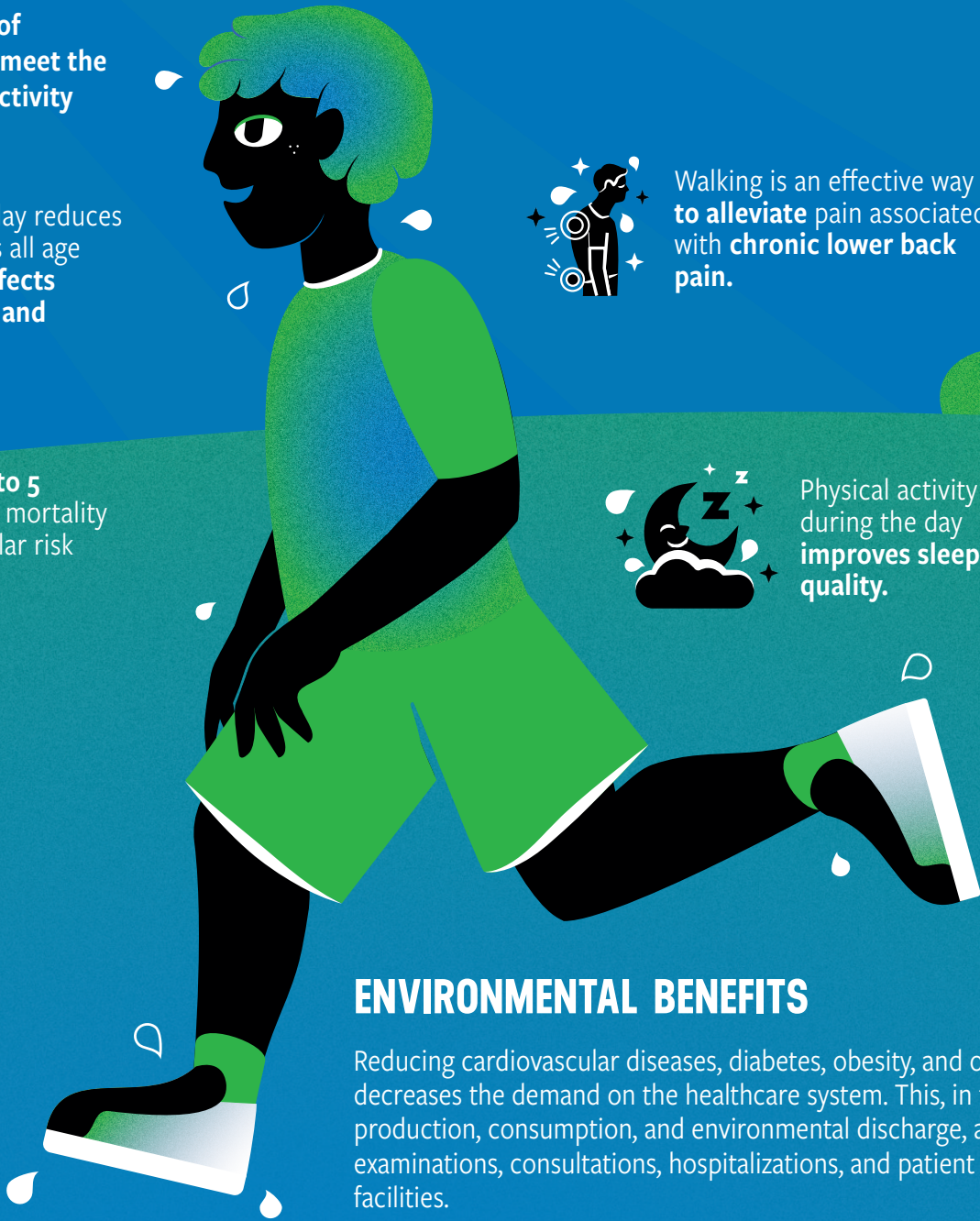
Engaging in recreational and appropriate physical activity, regardless of the type of sport, plays a protective role for the joints and **reduces the risk of osteoporosis**.



Walking is an effective way to **alleviate** pain associated with **chronic lower back pain**.



Physical activity during the day **improves sleep quality**.



ENVIRONMENTAL BENEFITS

Reducing cardiovascular diseases, diabetes, obesity, and osteoporosis significantly decreases the demand on the healthcare system. This, in turn, reduces medicine production, consumption, and environmental discharge, as well as the number of medical examinations, consultations, hospitalizations, and patient transportation to healthcare facilities.

THE SUSTAINABLE PRESCRIPTION



Incorporate daily physical activity (in Switzerland, more than 60% of trips are under 5 km, a distance manageable by a conventional or electric bicycle for much of the population)⁶ :

- **For adults** (>18 years): 2.5 to 5 hours per week of moderate-intensity endurance activity **or** 1.3 to 2.5 hours of high-intensity endurance activity (WHO).²
- **For children** (<18 years): 1 hour per day of moderate to high-intensity activity, mainly endurance-based (WHO).²

When to Discuss Physical Activity?

Particularly in cases of hypertension, overweight/obesity, metabolic syndrome, diabetes, sedentary lifestyle, depression, and sleep disorders.



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