

April 6th | World Day for Physical Activity

# No time for regular physical activity?

With caution, even “weekend athletes” can benefit.

The World Health Organization (WHO) estimates that 5 million deaths could be averted every year if the global population were more active.

The main reason for this is that physical inactivity is one of the leading risk factors for the development of chronic noncommunicable diseases.



## Some of them are:



- Cardiovascular diseases
- Diabetes
- Hypertension
- Cancer
- Anxiety

Which is better:  
physical activity or  
exercise?



**Both have great benefits.**

The difference is that a planned exercise routine helps to achieve faster and more consistent results for our health, physical fitness, and weight loss.

## What is physical activity?

Physical activity is any bodily activity that involves movement and energy expenditure, however, it can be performed while doing house chores, while commuting or as a part of our leisure time.

Physical exercise, in turn, is, by definition, planned and structured, and is intended to improve things like muscle structure, flexibility and balance.

## Remember!



According to the WHO, any type of physical activity, of any duration, can improve our health and well-being. Nevertheless, the more we exercise (the right way) the better.

**Pay attention to the physical activities you perform if you are a “weekend athlete”.**

The WHO recommends at least 150 minutes of moderate-intensity to vigorous-intensity activities per week, for adults. However, even if they aren't done regularly, it is still possible to benefit from them, if some simple precautions are taken:

- Schedule a medical evaluation to check your health status.
- Do moderate-intensity activities to avoid excessive cardiac workload.
- Look for activities that do not overload the muscles, this can help prevent injuries.
- If you feel any discomfort, stop the activity immediately and, if necessary, seek assistance.