

Every year, on 6 April, Member States are encouraged to promote physical activity with national activities - the day is known as "Move for Health Day". The day provides an opportunity to generate public awareness of the benefits of physical activity in the prevention of noncommunicable diseases. It is up to each individual Member State to plan and organize the activities, through social mobilization, media campaigns

"Move for Health" refers to moderate to vigorous physical activity of any type that anyone can perform anywhere to improve health such as recreational activities, walking, stretching, dancing. In addition, it refers to how individuals, communities and nations can promote their health and well-being through healthy lifestyles.

### **Four main objectives**

The main objectives of national and global actions on Move for Health Day are to:

- generate public awareness of the benefits of physical activity in the prevention of noncommunicable diseases;
- advocate the benefits of physical activity and give attention to good practice;
- increase population-wide physical activity participation in all domains (leisure time, transport, work) and settings (school, community, home, workplace);
- promote healthy behaviours and lifestyles and address health-related issues through sports and physical activity, such as no tobacco use, healthy diet, reduction of violence, stress and social isolation.

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