WHO is organizing an art competition to promote physical activity for youth. We want you to submit drawings or paintings that promote physical activity and we encourage you to be creative and original in your artwork. Create art that encourages people to think about their health and the importance of engaging in physical activity.

The winning entries will be displayed during the high-level regional forum on a life-course approach to promote physical activity taking place in Dubai, United .Arab Emirates

The competition is open to all between the ages of 8 and 18, and entries will be judged according to the following age groups: 8–12, 13–15 and 16–18.

In each age group five winners will be selected, who will, according to their position, receive prizes of US$ 200, US$ 150, US$ 100, US$ 90 and US$ 75, in addition to a certificate of merit.

Why physical activity is important

In the Eastern Mediterranean Region 70% of youths are physically inactive. Physical inactivity is bad for your health. It is a major cause of overweight and obesity, and the fourth cause of premature deaths. Promotion of a healthy lifestyle through a balanced diet and enhanced physical activity can boost healthy growth, and at the same time, lower the risk of overweight and obesity and prevent related diseases, such as hypertension and diabetes.

What can each of us do to improve our physical fitness

We can all improve our physical fitness by:

accumulating at least 60 minutes of moderate to vigorous intensity physical activity daily

walking, running or cycling, instead of going by car

choosing vigorous activities at least three days a week

climbing stairs instead of using the elevator

reducing the amount of time spent watching television, sitting in front of your computer screen and indulging in other sedentary activities

doing some gentle exercises while watching television

joining a sports team at school

setting physical activity goals with friends and family.

Conditions of entry

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