

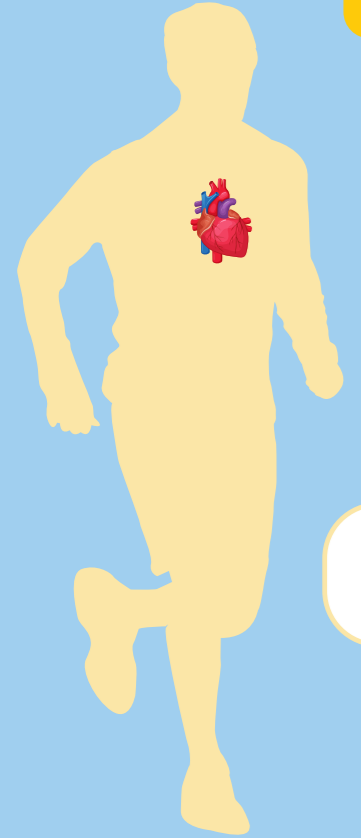
Get started

- Reduce time spent sitting
- Increase everyday activity
- Increase physical training

Hints on getting started!

- Reduce time spent sitting down
- Work in the garden
- Play with (grand) children
- Stand up when working
- Take the stairs
- Get off the bus earlier
- Take the bicycle instead of the car

Benefits of physical activity



- Improved mental wellbeing and mood
- Reduced risk of heart disease
- Improved diabetes control
- Improved weight management
- Reduced risk of diabetes
- Reduced risk of certain cancers e.g. colon
- Improved balance and lower risk of falling
- Improved quality of sleep
- Stronger bones and muscles
- Improved overall fitness level



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PHYSICAL ACTIVITY

For people living with chronic diseases



What is physical activity?

Physical activity (PA) is defined as any movement of the body produced by skeletal muscles that uses energy. PA, which can also include exercise, refers to all movement including that during leisure time, for active transport to get to and from places, house chores or as part of a person's work. Both moderate and vigorous-intensity PA improve health. Common ways to be active include walking, cycling, sports, active recreation and play, and can be done at any level of skill and for enjoyment by everybody.

Why is physical activity important?

Physical inactivity is the fourth leading risk factor for death worldwide. Regular PA helps prevent and manage non-communicable diseases such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain a healthy body weight and can improve mental health, quality of life and wellbeing. Only 25% of children and 36% of adults in Malta reach adequate levels of PA.

What is EUPAP?

The European Physical Activity on Prescription (EUPAP) is a project co-funded by the Health Programme of the European Union intended to facilitate the transfer of the Swedish best practice model for Physical Activity on Prescription (PAP). The overall objectives of this project are to promote good health and to prevent and treat non-communicable diseases such as heart disease, stroke, cancer and diabetes, by starting a nationwide PAP programme.

What is Physical Activity on Prescription?

PAP is a written prescription for PA that is individually tailored to your state of health, your life situation and your interests. At an appointment with your doctor or physiotherapist, you, together with the health professional will decide on the dose of activity; the dose can be adjusted as necessary at a follow-up visit. PAP can be used for people who are in pain, overweight/obese, living with diabetes or with high blood pressure, those living with mental ill-health and those with an insufficient level of PA.

Speak to your family doctor or physiotherapist to see how s/he can help you increase your level of PA.

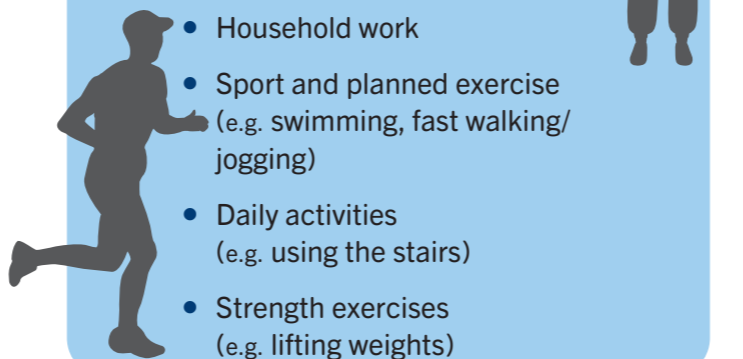
Examples of PA in children and adolescents

- Play and games
- Active transport (e.g. cycling, walking)
- Physical education at school
- Sport and planned exercise



Examples of PA in adults and older adults

- Recreational physical activity (e.g. hiking, dancing)
- Active transport (e.g. cycling, walking)
- Occupational (e.g. manual work)
- Household work
- Sport and planned exercise (e.g. swimming, fast walking/jogging)
- Daily activities (e.g. using the stairs)
- Strength exercises (e.g. lifting weights)



Recommended amount of physical activity by the World Health Organisation (WHO)

Toddlers and preschool children (under 5 years)

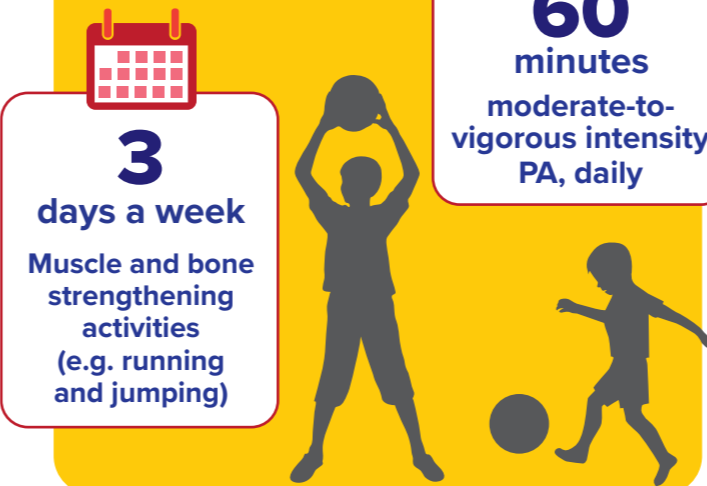
Activities: a variety of physical activities, including active and outdoor play.

At least **180 minutes** daily



Children and young people (5-17 years)

At least **60 minutes** moderate-to-vigorous intensity PA, daily

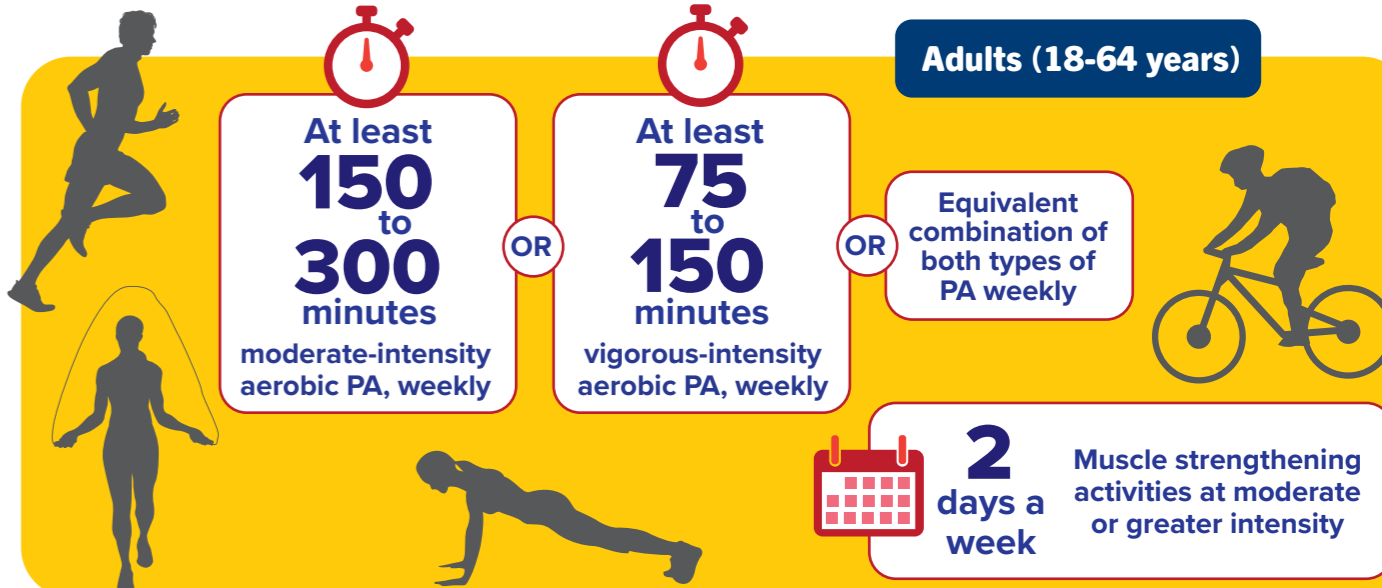


Adults (18-64 years)

At least **150 to 300 minutes** moderate-intensity aerobic PA, weekly

At least **75 to 150 minutes** vigorous-intensity aerobic PA, weekly

Equivalent combination of both types of PA weekly



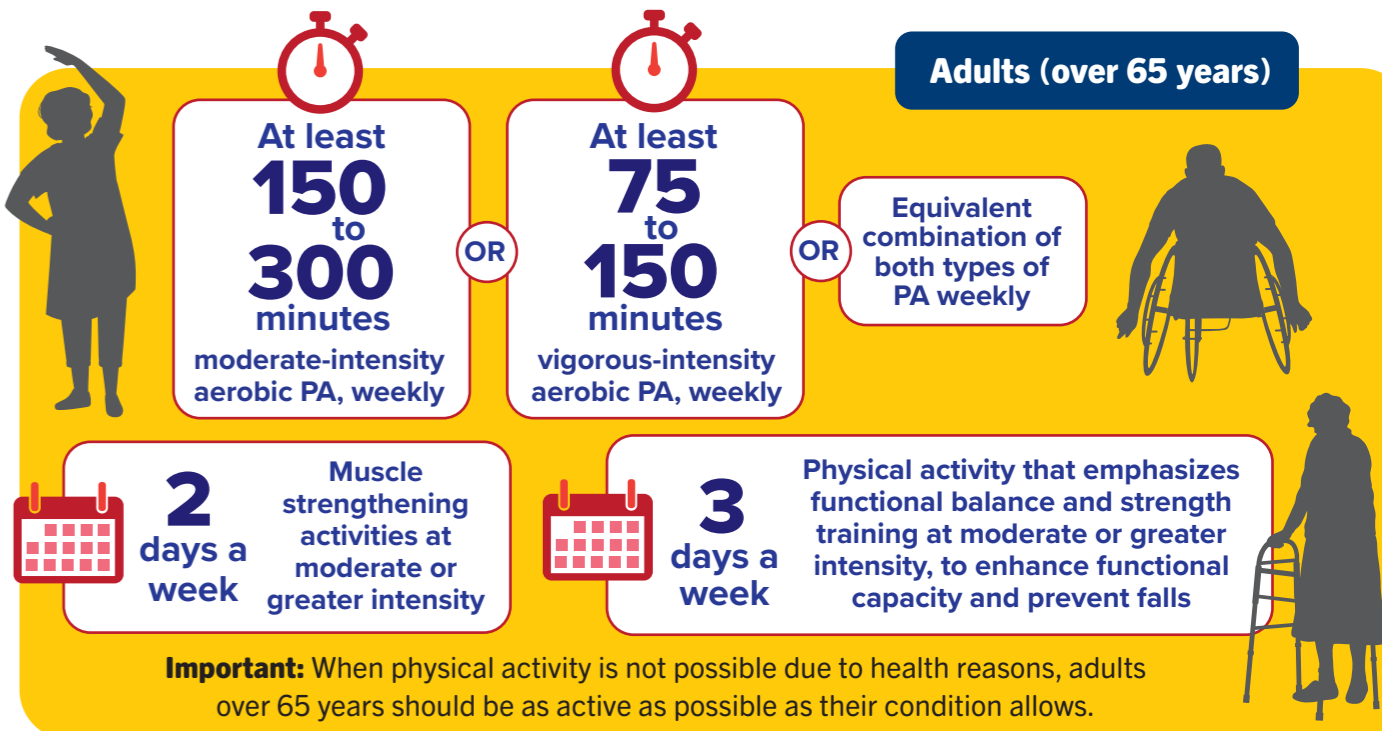
2 days a week Muscle strengthening activities at moderate or greater intensity

Adults (over 65 years)

At least **150 to 300 minutes** moderate-intensity aerobic PA, weekly

At least **75 to 150 minutes** vigorous-intensity aerobic PA, weekly

Equivalent combination of both types of PA weekly



2 days a week Muscle strengthening activities at moderate or greater intensity

3 days a week Physical activity that emphasizes functional balance and strength training at moderate or greater intensity, to enhance functional capacity and prevent falls

Important: When physical activity is not possible due to health reasons, adults over 65 years should be as active as possible as their condition allows.