World PT Day 2026

MOVE MORE, AT EVERY AGE

31% of adults and **80%** of adolescents do not meet the recommended levels of physical activity

Why does being active matter?

Regular physical activity:

- protects against heart disease, stroke, diabetes, and some cancers
- lowers the risk of obesity
- improves mental health, mood, and sleep
- helps children grow strong and develop well
- helps older adults stay independent and avoid falls
- helps keep the brain healthy and can lower the risk of dementia and Alzheimer's disease
- improves memory, attention, and thinking skills across all ages

Start early. Stay active. Keep moving for life.

Physical activity at any age improves health, independence, and quality of life.

A physiotherapist can advise on how to exercise safely and reach recommended activity levels.

How can I track my activity?

Do you have a smart phone, smart watch or other wearable device?

Start using these to set yourself targets, track your physical activity, and motivate you to move more to reach activity recommendations.

What are the activity guidelines?

EVERYONE WHO CAN	ADULTS	CHILDREN, ADOLESCENTS	ADULTS	OLDER ADULTS	EVERYONE WHO CAN
Limit sedentary time, replace with any physical activity	**150-300** minutes per week aerobic activity	**60** minutes per day	**2** days a week muscle strengthening activities	**3** days a week balance and strength activities	**300+** minutes per week more is better!

Should I sit less?

Spending long periods sitting or using screens increases the risk of noncommunicable diseases including cancer, cardiovascular diseases, chronic lung diseases, and diabetes. All physical activity counts including walking, housework, play, and sport.

World Physiotherapy

#WorldPTDay

8 September

www.world.physio/wptday