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Global recommendations on physical activity for health

Author(s) : [World Health Organization](#)

Author Affiliation : Avenue Appia 20, 1211 Geneva 27, Switzerland.

Book : [Global recommendations on physical activity for health 2010](#) pp.58 pp. r

Abstract : The focus of this paper is primary prevention of noncommunicable diseases (NCDs) through physical activity at population level, and the primary target audience for these Recommendations are policy-makers at national level. It reviews and synthesizes scientific evidence for the following outcomes: cancer, cardiorespiratory, mental health, musculoskeletal and functional health. The recommendations set out in this paper address three age groups: 5-17 years old; 18-64 years old; and 65 years old and over.

section focusing on each age group includes the following: (1) a narrative summarizing scientific evidence; (2) the current physical activity recommendations; (3) the rationale and justification for the recommendations made.

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Broader term(s) : Homo, Hominidae, primates, mammals, vertebrates, Chordata, eukaryotes

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