

# PREAMBLE

Epigenetics has shown that regular physical activity helps prevent and treat non-communicable diseases (NCD) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps to prevent hypertension, overweight, and obesity and can improve mental health, quality of life and well-being.

In addition to the multiple benefits to citizens' health, the physical activity contributes to the development of more active societies and generates economic development and eco-sustainable well-being.

These results are interconnected with the achievement of shared social objectives harmonized with the political priorities and the ambition to strive for an eco-cosmopolitan economy compatible with the development of artificial intelligence.

The new WHO Global Action Plan aims to promote physical activity and meets the demands of countries for an up-to-date guide and with a view to an effective, and feasible actions to increase physical activity at all levels.

New WHO Global Action Plan also responds to global demands leadership through regional and national empowerment through coordination that offers a global response and fosters social paradigm change by supporting and enhancing all regularly active people, according to the different skills and through the course of life.

The action plan was developed through a worldwide consultation process involving governments and key stakeholders throughout multiple sectors including health, sport, transport, urban design, civil society, universities, and the private sector.

### **What is physical activity?**

Physical activity can be achieved in many different ways: walking, cycling, sports, and active forms of leisure, such as dance, yoga, tai chi, or qi gong, or others. Physical activity can also be undertaken at work and at home.

All forms of physical activity can provide health benefits if undertaken regularly, of sufficient duration and intensity, and in compliance with the needs of the ages.

## **The current situation**

Overall progress to increase physical activity has been very slow, largely due to lack of awareness and investment, which has also affected the quality of the motor proposal, with negative consequences on the evolution of the world population.

One in four adults and three out of four adolescents (between the ages of 11 and 17) report severe motor deficits, particularly in education and sport systems that ignore WHO recommendations.

Levels of physical activity are influenced by cultural values. In most countries, girls, women, older adults, disadvantaged groups, and people with disabilities and chronic diseases all have fewer opportunities to safely access accessible and adequate programs in which to be physically active.

The global cost of physical inactivity is estimated at \$54 billion a year in direct health care, in 2013, with an additional \$14 billion loss attributable to loss of productivity.

Inactivity accounts for 1 to 3% of health care expenditure, without calculating the incidence of costs associated with mental health and musculoskeletal diseases.

Physical activity can and should be integrated into leisure and work.

Walking and cycling are the key means of transportation to enable commitment to regular physical activity on a daily basis, but their role and popularity are declining in many countries.

Sport and active recreation can help to promote physical activity for people of all ages while respecting different abilities.

Globally it can be a key factor in the development of tourism, employment growth, infrastructure development, and strengthening humanitarian programs, encouraging community development and social integration.

Physical activity is important for all ages. Active play and recreation are important in early childhood because they promote healthy growth and development that satisfies and satisfies the needs of children and adolescents.

Quality physical education can improve physical health and literacy to healthy and active lifestyles of long duration.

It is important that adults can be physically active and less sedentary during working hours.

The elderly, in particular, can benefit from regular physical activity to maintain good physical, mental and social health and access to healthy aging.

The correct approach to physical activity allows disabled people to develop motor and cognitive skills useful and necessary to access the paths for an independent and independent life, a prerequisite for the enjoyment of the social rights and freedoms established in the International Charter of Human Rights.