



What is a physical activity?

Physical activity refers to movements that are practiced during leisure time, at the workplace or to move from one place to another.

Among the recommended physical activities that can be practiced without significant costs: active travel (walking, cycling, going up and down stairs) or domestic activities (cleaning, DIY, gardening, etc.).

Basically, physical activity is when you move your body, whether it's for fun, at work, or just getting from one place to another. You don't need to spend a lot of money to stay active; things like walking, cycling, or even cleaning the house count.

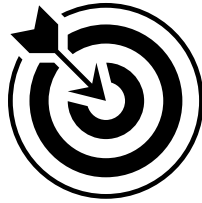
Why practice physical activity?

Physical activity represents one of the essential elements of a healthy lifestyle since it reduces the risk of premature death, stroke, hypertension, different types of cancer, type 2 diabetes, osteoporosis, depression, dementia, etc.


Your physical activities should consider your personal characteristics: age, medical history, level of health, functional limitations, etc.

Moving around is a big part of staying healthy. It helps lower the risk of serious stuff like early death, heart problems, cancer, diabetes, and more. The activities you choose should fit you, based on things like your age, health, and what you like to do.

What goal can I set myself to be more active?



- Plan and make time for physical activities.
- 2. Try different exercises to find what you like.
- 3. Do various activities like hiking, swimming, or playing tennis.
- 4. Exercise with friends.

 Set your goals!