

# EIGHT INVESTMENTS THAT WORK FOR PHYSICAL ACTIVITY

1

## WHOLE-OF-SCHOOL PROGRAMMES

Programmes that engage school communities to provide students with multiple physical activity opportunities throughout the day have benefits for academic achievement and classroom behaviour.



2

## ACTIVE TRAVEL

Transport policies that support walking, cycling and public transport induce demand for active travel which has multiple co-benefits to the achievement of the sustainable development goals.



3

## ACTIVE URBAN DESIGN

Policies that support equitable access to parks, local amenities and better walking, cycling and public transportation infrastructure make being active more appealing.



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## COMMUNITY-WIDE PROGRAMMES

Offering more than one approach to physical activity promotion is recommended. A joined-up approach to physical activity will have many co-benefits to society beyond health.



**A call to action for everyone to embed physical activity in national and subnational policies.**

4

## HEALTHCARE

Community health professionals such as general practitioners should promote physical activity to their patients for the prevention and management of disease.



7

## WORKPLACES

Workplace-based physical activity programmes which include opportunities to be active embedded throughout the day will have physical, mental, and social benefits, while also reducing absenteeism and burnout.



6

## SPORT AND RECREATION FOR ALL

Equitable access to formal and informal sporting opportunities across the lifespan to increase participation in sport will contribute to many of the sustainable development goals.



5

## PUBLIC EDUCATION, INCLUDING MASS MEDIA

Public education campaigns that transmit clear messages about physical activity can reach large populations and increase awareness of the importance of physical activity.

