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Infographic

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Best Investments for Physical Activity



Communication and public education

Consistent public education, including use of mass and social media



Sport and recreation



Sport systems and programs that promote "sport for all" and encourage participation across the life span



Transport policies and systems that prioritise walking, cycling and public transport

Community-wide programs

Work with communities to provide appropriate local solutions, aiming to mobilise large numbers of people



Provide safe and equitable access for recreation and physical activity across the life course



Education
Make regular
physical activity in
schools and places of
learning normal



Healthcare and health education

Ensure assessment and advice about physical activity is a routine part of healthcare services



We need action to achieve the goal of 10% increase in participation by 2025

Work together to make it happen

Global Advocacy Council for Physical Activity (GAPA) the Advocacy Council of the International Society for Physical Activity and Health (ISPAH). NCD Prevention: Investments that Work for Physical Activity. Br J Sports Med 2012;46:8;70 9-7 12

