

# Health-Enhancing Physical Activity

## Summary of recommendations for older adults

- For individuals who are physically inactive, any step towards greater physical activity is important and also has direct immediate health benefits. Extended periods of sitting down need to be punctuated more frequently by periods of physical activity.
- It is recommended that men and women of robust health who are past retirement age engage in two and a half hours per week of physical activity in the form of routine activities or moderate-intensity sport. This basic recommended regime can also be achieved through one and a quarter hours per week of high-intensity sport or physical activity, or a combination of moderate and high-intensity physical activity.
- Physical activity promotion per se also helps to prevent accidents among older adults. Older people should engage in physical activity as much as possible, even if they are no longer able to complete the basic recommended regime. Adjustments to the physical activity recommendations are of particular importance in the case of older adults who are frail or dependent on other people.
- These basic recommendations have a significant and varied positive impact on health and quality of life. Ideally, physical activity should be spread over a number of days during the week. Every period of physical activity lasting at least 10 minutes can be added up over the course of the day.
- Additional power, balance, flexibility and endurance training can help those who are already physically active to enhance their health, well-being, fitness and independence even further.
- Additional sporting activities provide extra health benefits, albeit to progressively smaller degrees (see dose-response curve).



## OLDER ADULTS



OR



IDEALLY SPREAD OVER A NUMBER  
OF DAYS DURING  
THE WEEK

MODERATE  
INTENSITY



HIGH  
INTENSITY

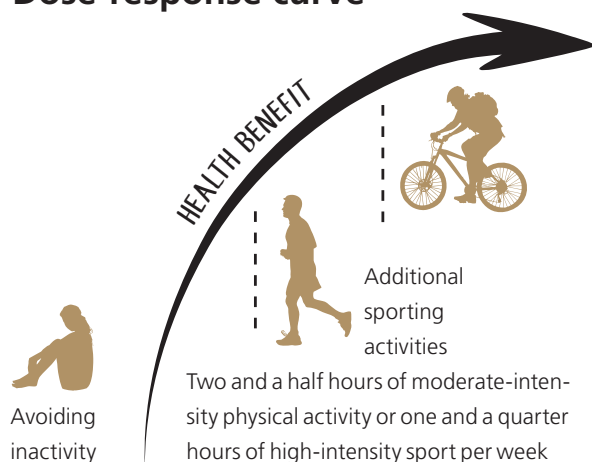


Additional benefits  
through further training  
in relation to:

- POWER
- BALANCE
- FLEXIBILITY
- ENDURANCE



## Dose-response curve



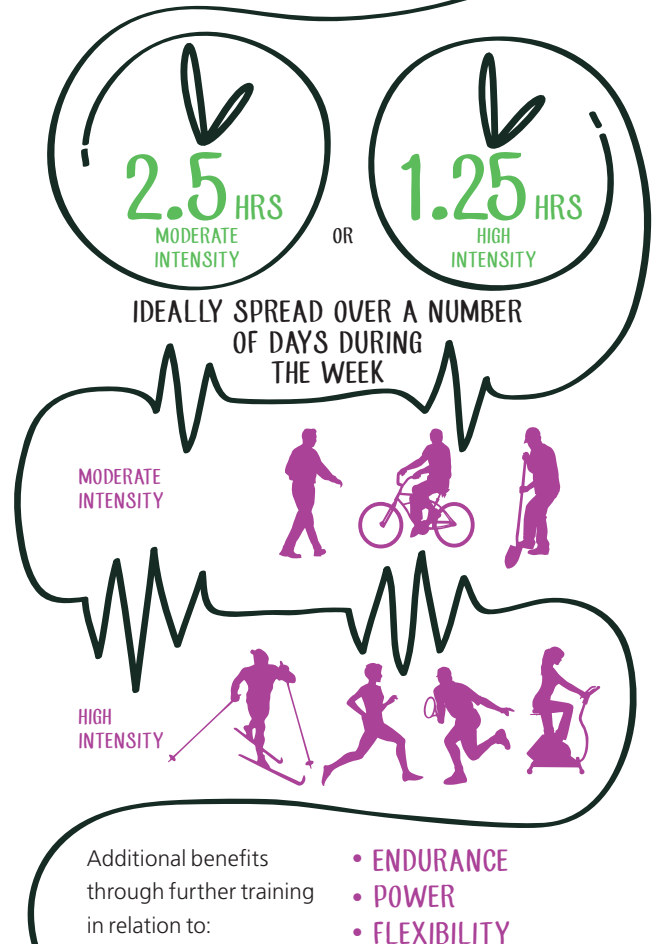
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## Summary of recommendations for adults

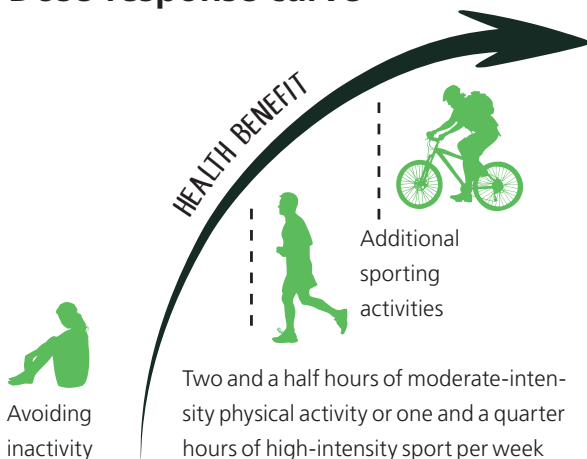
- For individuals who are physically inactive, any step towards greater physical activity is important and also has direct immediate health benefits. Extended periods of sitting down need to be punctuated more frequently by periods of physical activity.
- It is recommended that working-age men and women engage in two and a half hours per week of physical activity in the form of routine activities or moderate-intensity sport. This basic recommended regime can also be achieved through one and a quarter hours per week of high-intensity sport or physical activity, or a combination of moderate and high-intensity physical activity.
- Adherence to these basic recommendations has a significant and varied positive impact on health and quality of life. Ideally, physical activity should be spread over a number of days during the week. Every period of physical activity lasting at least 10 minutes can be added up over the course of the day.
- Additional endurance, power and flexibility training can help those who are already physically active to enhance their health, well-being and fitness even further.
- Additional sporting activities provide extra health benefits, albeit to progressively smaller degrees (see dose-response curve).



## ADULTS



## Dose-response curve



Recommendations, 2013. Produced by the Health and Physical Activity Network Switzerland (hepa.ch) at the request of the Federal Office of Public Health (FOPH) and the Federal Office of Sport (FOSPO), and in partnership with the following bodies: bfu – Swiss Council for Accident Prevention, Health Promotion Switzerland, Swiss Society for Public Health, Swiss Society for Sports Medicine (SSSM), Swiss Society for Sports Science (SGS), Suva.

# Health-Enhancing Physical Activity

## Summary of recommendations for children and adolescents

- Regular physical activity is a basic requirement for healthy living. Based on current findings, children and adolescent of school age should engage daily in at least one hour of moderate to high-intensity physical activity in addition to their routine activities. Many physical activities and sporting pastimes are suitable in this regard.
- A varied range of physical activities and sports is necessary for children and adolescents to grow up in the best possible health. As part of or in addition to the one-hour minimum, time should be devoted several times a week to activities that build strong bones, stimulate the cardiovascular system, strengthen muscles, improve agility and maintain flexibility.
- Children at primary school level should engage in considerably more physical activity. Additional activities offer health benefits to all age groups.
- Individuals should avoid long periods of physical inertia as much as possible or punctuate such periods with short active stints of physical activity.

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## CHILDREN AND ADOLESCENTS



### MEDIUM INTENSITY



### HIGH INTENSITY



Several times a week:

- BUILDS STRONG BONES
- STIMULATES THE CARDIOVASCULAR SYSTEM
- STRENGTHENS MUSCLES
- IMPROVES AGILITY
- MAINTAINS FLEXIBILITY

