

## Infographic information sources

### Infographic: 'Physical activity and improving health'

**Physical inactivity is the fourth leading risk factor for global mortality, responsible for 6% of deaths around the world**

World Health Organization <http://www.who.int/dietphysicalactivity/pa/en/>

**Regular physical activity reduces the risk of colon cancer by 30-40%.**

US National Library of Medicine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/>

**Regular physical activity reduces the risk of cardiovascular disease by 20-35%**

US National Library of Medicine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/>

**Regular physical activity reduces the risk of hypertension by 26-28%**

US National Library of Medicine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3901083/>

**Regular physical activity reduces the risk of breast cancer by 20-30%**

US National Library of Medicine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/>

**Regular physical activity reduces the risk of type 2 diabetes by 20-30%**

US National Library of Medicine: <https://www.ncbi.nlm.nih.gov/pubmed/18803434>

**Regular physical activity reduces the risk of stroke by 20-30%**

US National Library of Medicine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3263535/>

**People are becoming inactive, with many adults spending 70% or more of their waking hours sitting down**

US National Library of Medicine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2996155/>

**Each week Adults and older people should complete at least 150 minutes of moderate-intensity physical activity, or at least 75 minutes of vigorous-intensity physical activity, plus 2 days per week strength training**

WHO: [http://www.who.int/dietphysicalactivity/factsheet\\_adults/en/](http://www.who.int/dietphysicalactivity/factsheet_adults/en/)

### Infographic: 'How to measure physical activity'

**Current WHO guidelines/600 METs**

WHO: <http://www.who.int/dietphysicalactivity/physical-activity-recommendations-18-64years.pdf?ua=1>

**New recommendations for 3,000-4,000 METs**

BMJ: <http://www.bmj.com/content/354/bmj.i3857>