

Physical activity for life

Physical therapists
help you take
control of your
health and stay well



Movement for Health

World Physical Therapy Day



**World Confederation
for Physical Therapy**

www.wcpt.org

Physical therapists can help you integrate physical activity into your day-to-day life. With an advanced understanding of how to keep the body moving, physical therapists can advise on activities and exercise for people of all ages.

Physical therapists keep people moving through interventions which maximise strength and mobility. Through advice and exercise programmes they support people of all ages to achieve activity goals.

Physical activity improves cardiorespiratory fitness, muscular health and reduces the risk of many conditions including cardiovascular disease and type 2 diabetes.

Ask your physical therapist about how to achieve your physical activity goals



Peter Karlsson/Swedish Association of Physiotherapists



ALYN Hospital- Pediatric Adolescent Rehabilitation Center, Jerusalem Israel