

Physical activity for life



Contact a physical therapist – the qualified experts in movement and exercise

All healthy adults need to be physically active. Globally, around 26% of adults aged 18 and over are not active enough. Physical activity and exercise help people lead happy and healthy lives.

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.

#worldptday



Movement for Health
World Physical Therapy Day



World Confederation
for Physical Therapy
www.wcpt.org