



World
PT Day
2025

HEALTHY AGEING



In **2019**
1 billion
were aged
60+ years



By **2030**
1.4 billion
will be aged
60+ years



By **2050**
2.1 billion
will be aged
60+ years

The pace of population ageing is much faster than at any time in history.

The number of persons aged **80 years or older** is expected to **triple between 2020 and 2050** to reach 426 million.



What is healthy ageing?

Healthy ageing means staying active, maintaining relationships, and continuing to do the things you value as you grow older.

Supportive environments that promote physical and mental wellbeing are essential for healthy ageing.



What promotes healthy ageing?

Having a healthy lifestyle throughout your life will help you reduce the risk of many chronic diseases and improve your physical and mental wellbeing, such as:

- staying as active as your circumstances allow
- keeping your joints and muscles moving
- challenging your balance regularly
- eating as well as you can
- staying socially connected



The life course approach

Ageing is often linked to health conditions like dementia and frailty, and the **risk of developing them is shaped by experiences throughout life**. Preventing age-related health conditions involves addressing risk factors at different life stages, such as:

Early life

Regular **physical activity during childhood and adolescence** is crucial for long-term health. It helps build strong bones and muscles, and improves cardiovascular health, **reducing the risk of chronic diseases** such as obesity, diabetes, and osteoporosis **later in life**.



Young adulthood

Engaging in **sports and regular exercise during young adulthood** has been linked to **better physical health later in life**. This includes lower risks of obesity, diabetes, and cardiovascular diseases. It can also protect cognitive health later.



Midlife

Staying **physically active during midlife** is essential for both immediate and long-term **health benefits**. It helps prevent chronic diseases, supports mental health, maintains bone density, improves overall quality of life, and can reduce dementia risk.



How can physiotherapy help?

Physiotherapists can advise on how to adopt a healthy lifestyle throughout your life, and offer treatments and exercise plans to meet your changing needs. They can:

- give you **tailored exercises** to maximise your physical function, including improving your balance and muscle strength, and help build stronger bones
- help you maintain the ability to **get up off the ground**
- help with your **recovery**, and show you how to get moving again after surgery, injury or illness
- **manage pain** to optimise your mobility
- help you **recover from stroke or heart attack**
- **manage long-term conditions** such as arthritis, diabetes, and Parkinson's
- **reduce breathlessness** and teach the best way for you to move



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