



**World
PT Day
2025**



HEALTHY AGEING



Older adults should be as physically active as they can
Adjust the effort according to your fitness and range of motion



Doing some physical activity is better than none
Start by doing small amounts, and gradually increase over time



Sit less!
Sitting for long periods of time is bad for your health, break up and reduce your sitting time by moving around regularly

As the specialists in movement and exercise, physiotherapists can help you remain active as you get older



**World
Physiotherapy**

#WorldPTDay

www.world.physio/wptday