



**World
PT Day
2026**



STROKE PREVENTION



Just 30 minutes of exercise five times a week can reduce your risk of stroke by 25%

Physiotherapists play an important role in reducing stroke risk by helping you to:



**manage
long-term
health
conditions**



**be more
physically
active**



**make
everyday
lifestyle
changes**

Speak to your physiotherapist today about how to increase your activity levels safely



**World
Physiotherapy**

#WorldPTDay

www.world.physio/wptday