



**World  
PT Day  
2026**



**SIT LESS AND MOVE MORE!**

Start **early**

Stay **active**

Keep moving for **life**



Physical activity at any age improves health, independence, and quality of life



A physiotherapist can advise on how to exercise safely and reach recommended activity levels



**World  
Physiotherapy**

**#WorldPTDay**

**8 September**

[www.world.physio/wptday](http://www.world.physio/wptday)