



**World
PT Day
2026**



CARDIOVASCULAR DISEASE



Find out how you can become more active to prevent and manage cardiovascular disease



**Physiotherapy
for heart
health**



**World
Physiotherapy**

#WorldPTDay

8 September

www.world.physio/wptday



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STROKE PREVENTION



Almost all strokes can be prevented – **physiotherapy** plays an important role in reducing stroke risk



Find out how your risk of stroke can be lowered - speak to a physiotherapist



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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



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