



International Manifesto to Physical Activity Promotion at Post-Covid -19

An Urgent Call to Action



1



INDIVIDUAL AND SOCIAL RESPONSIBILITY

Fostering a more active and healthy life, starting from individual and social responsibility, even after the appearance of vacuums.

3



DEMOCRATIZATION OF THE ACCESS

Prioritize active mobility, with an effective multiplier of benefits of an active and sustainable lifestyle, based on the democratization of access to health services, basic sanitation and quality education

4

GLOBAL ACTION PLAN

Use of innovative local strategies, in line with them WHO Global Action Plan guidelines for physical activity 2018–2030.

6



PHYSICAL ACTIVITY AT DIFFERENT ENVIRONMENTS

Search for innovative strategies to practice physical activities at home and in open environments, respecting recommendations, especially indoors



7



DISSEMINATING BY SOCIAL MIDIAS

Encourage the use of digital media to disseminate strategies, resources and examples in promoting physical activity and reducing sedentary behavior.

8



ADEQUATE INTENSITY

Highlight the benefits of moderate physical activity for the system immunological, avoiding vigorous physical activities in situations of major exposure to COVID-19 or other similar pandemics

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SUPPORT SPECIFIC GROUPS

Support social groups in the manifestations of physical activity, with focus on students, workers, seniors, women, people with disability and other vulnerable groups.

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EVERY MOVE COUNTS

Move More and Seat Less. Increase your daily steps. Preferably, accumulate 150 minutes per week of moderate physical activity. Replace the time you spend sitting with a light physical activity. In the promotion of health, each movement counts.

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PUBLIC HEALTH POLICIES

Promote healthy lifestyle supported by public policies and governmental organizations, in line with demands economic and social inequalities.

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SUSTENTABLE AND COOPERATIVE MODELS

Organize different approaches to promotion and intervention entered on physical activity according to models of sustainable development and cooperative management by groups of persons

11



INVEST IN PUBLIC SPACES

Invest in policies and actions that promote walking, biking, and the active recreation in public spaces

Slide 4

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Cuarentena Si! Sedentarismo No!

Todo Paso Cuenta!