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# Best Investments for Physical Activity

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## 1 Communication and public education

Consistent public education, including use of mass and social media



## 7 Sport and recreation

Sport systems and programs that promote "sport for all" and encourage participation across the life span



## 2 Transport and the environment

Transport policies and systems that prioritise walking, cycling and public transport



## 6 Community-wide programs

Work with communities to provide appropriate local solutions, aiming to mobilise large numbers of people



## 3 Urban design and infrastructure

Provide safe and equitable access for recreation and physical activity across the life course



## 5 Education

Make regular physical activity in schools and places of learning normal



## 4 Healthcare and health education

Ensure assessment and advice about physical activity is a routine part of healthcare services



We need action to achieve the goal of 10% increase in participation by 2025

# Work together to make it happen

Global Advocacy Council for Physical Activity (GAPA) the Advocacy Council of the International Society for Physical Activity and Health (ISPAH). NCD Prevention: Investments that Work for Physical Activity. Br J Sports Med 2012;46:8;70 9- 7 12

