

1. Record Nr.	UNINA9910783915903321
Titolo	Physical activity and health in Europe [[electronic resource]] : evidence for action // edited by Nick Cavill, Sonja Kahlmeier and Francesca Racioppi
Pubbl/distr/stampa	Copenhagen, : World Health Organization, Regional Office for Europe, c2006
ISBN	1-280-84178-8 9786610841783 92-890-1405-9
Descrizione fisica	1 online resource (46 p.)
Altri autori (Persone)	CavillNick KahlmeierSonja RacioppiFrancesca
Disciplina	613.71
Soggetti	Health promotion - Europe Health status indicators - Europe Physical fitness - Europe
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Preliminaries; CONTENTS; Acknowledgements; Foreword; 1 Why is physical activity important for health; 2 What is known about current levels of physical activity and inactivity; 3 What factors and conditions influence physical activity; 4 What can the health sector and others do to increase physical activity; 5 What next; References; Annex 1 Further reading
Sommario/riassunto	This booklet is written for European policy-makers and leaders from different sectors that can promote physical activity, including health, sports and recreation, transport, employment, urban planning, education and the mass media. It sets out the facts about health-enhancing physical activity, provides examples of action already being taken, highlights the contributions that can be made by health and other sectors and makes the case for concerted action across the WHO European Region.

