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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.