Physiotherapists help you take control of your health and stay well

Physical activity for life

World Confederation for Physical Therapy
www.wcpt.org
Physiotherapists can help you integrate physical activity into your day-to-day life. With an advanced understanding of how to keep the body moving, physiotherapists can advise on activities and exercise for people of all ages.

Physiotherapists keep people moving through interventions which maximise strength and mobility. Through advice and exercise programmes they support people of all ages to achieve activity goals.

Physical activity improves cardiorespiratory fitness, muscular health and reduces the risk of many conditions including cardiovascular disease and type 2 diabetes.

Ask your physiotherapist about how to achieve your physical activity goals