

Physical activity



1. WHAT DOES WHO MEAN? Google THE INFORMATION.

W: H: O:

2. MATCH THE WORDS IN BLUE WITH THE PICTURES BELOW.

- Physical activity has significant health benefits for **hearts**, (1) **bodies**, (2) and minds.
- Physical activity reduces symptoms of **depression** (3) and anxiety.
- Physical activity prevents **cardiovascular** (4) diseases such as cancer and **diabetes**. (5)
- Physical activity enhances **thinking**, (6) learning, and judgment skills.



3. WHAT ARE THE SENTENCES IN EXERCISE 2 ABOUT? WRITE ONLY YES TO THE CORRECT ANSWER

.....Consequences of physical activity. Benefits of physical activity.

.....Negative effects of physical activity.



4. SHOCKING DATA! LOOK AT THE NUMBERS IN RED. WRITE THEM IN WORDS.

- Globally, **1 in 4** adults do not meet the global recommended levels of physical activity
- Up to **5** million deaths a year could be averted if the global population was more active
- People who are insufficiently active have a **20%** to **30%** increased risk of death compared to people who are sufficiently active
- More than **80%** of the world's adolescent population is insufficiently physically active

1: 4: 5:

20: 30:

Material adapted from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

5. WHAT ABOUT URUGUAY? DO THE SAME AS EXERCISE 4

Only **53** % of Uruguayans do some kind of physical activity.

53:



Uruguay Presidencia

Information from: <https://www.presidencia.gub.uy/comunicacion/comunicacionnoticias/deporte-salud-sedentarismo-agenda-gobierno>