

# 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>