

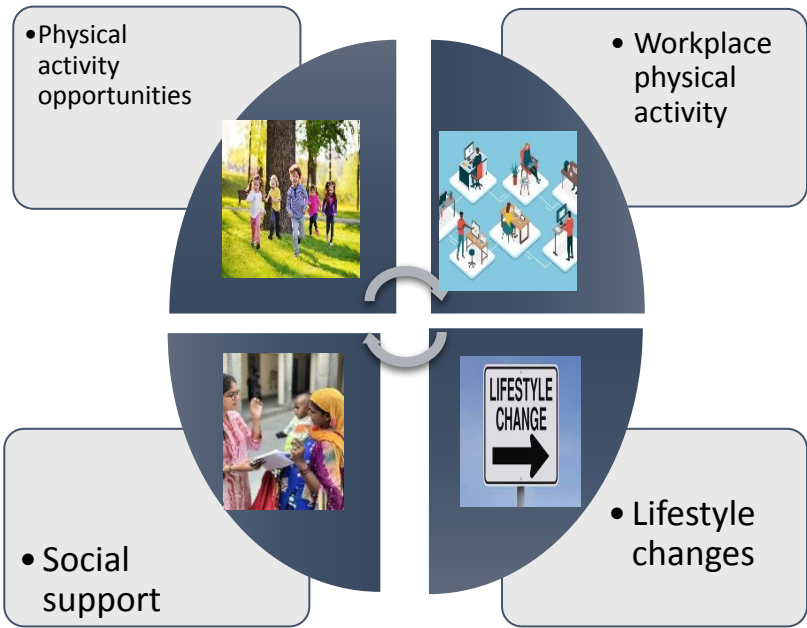


Enhancing physical activity for a healthy lifestyle and well being

Saumitra Aware

WHO defines physical activity as any bodily movement produced by skeletal muscles that require energy expenditure.

Areas to develop Physical activity



Rural areas



Physical inactivity is responsible for an estimated 3.2 million deaths globally. As a result, a sedentary lifestyle is considered to be a leading preventable cause of death

Urban areas

