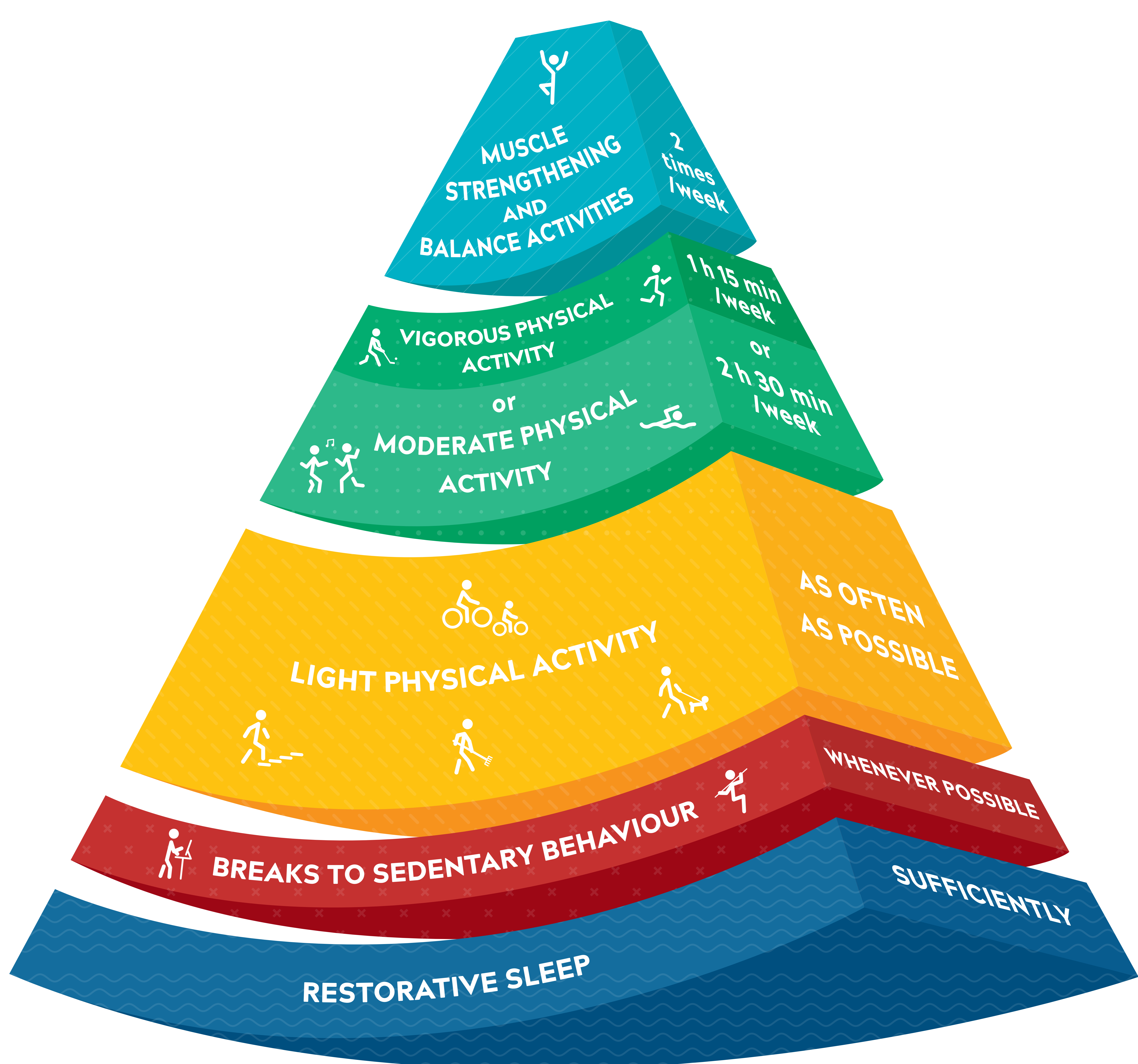


PHYSICAL ACTIVITY FOR HEALTH

– step by step



Weekly physical activity recommendation
for 18–64-year-olds

**Move your way.
Every day.**

