



WHO prescribes 'aerobics 150' to stay fit

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Inactivity in many countries is rising, posing higher risk of non-communicable diseases

- Reiterating the need for physical activity to reduce the incidence of non-communicable diseases (NCD), the World Health Organisation (WHO) has prescribed 150 minutes of weekly physical activity.
- It stated that physical inactivity is now identified as the fourth leading risk factor for global mortality.
- The WHO warned that physical inactivity levels are rising in many countries with major implications for the prevalence of non-communicable diseases (NCDs) and the general health of the population worldwide.
- Physical inactivity is estimated to be the main cause for approximately 21%-25% of breast and colon cancers, 27% of diabetes and approximately 30% of ischaemic heart disease burden.

Psychological benefits

- Doctors explain that physical activity has also been associated with psychological benefits in young people by improving their control over symptoms of anxiety and depression.
- The WHO noted that physical activity provides young people opportunities for self-expression, building self-confidence, social interaction and integration.

The Hindu