

منظمة الصحة العالمية

WORLD HEALTH ORGANIZATION

ВСЕМИРНАЯ ОРГАНИЗАЦИЯ ЗДРАВООХРАНЕНИЯ



世界卫生组织

ORGANISATION MONDIALE DE LA SANTE

ORGANIZACION MUNDIAL DE LA SALUD

Ref.: C.L.18.1995

The Director-General of the World Health Organization presents his compliments to the Governments of Member States and has the honour to transmit herewith, for information, a Statement on "Exercise for Health" compiled by the World Health Organization (WHO) and the International Federation of Sports Medicine (FIMS) Committee on Physical Activity for Health.

Since its early days, the Organization has been concerned with the promotion of physical activity and sport as essential to maintaining good health. Physical inactivity is becoming more prevalent with modern, sedentary lifestyles and, through implementing the recommendations contained in this Statement, the onset of those noncommunicable diseases linked to inactivity may be prevented.

The Director-General avails himself of this opportunity to renew to Member States the assurance of his highest consideration.

GENEVA, 30 October 1995

... ENCL: (1)