



### Π.Ο.Υ- ΕΛΛΗΝΙΚΟ ΔΙΚΤΥΟ ΥΓΙΩΝ ΠΟΛΕΩΝ

### Εργαστήριο Φυσικής Ασκησης

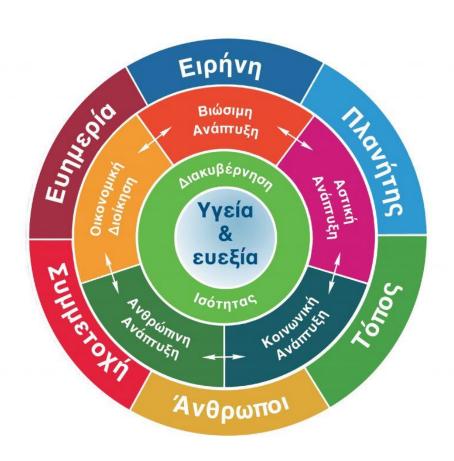


### Νταίζη Παπαθανασοπούλου

National Coordinator of WHO- Hellenic Healthy Cities Network, Μέλος του Επιστημονικού Συμβουλίου του Ελληνικού Δικτύου Υγιών Πόλεων

### Υγιείς Πόλεις

Μια βαθειά αλλαγή στον τρόπο χάραξης και άσκησης της Πολιτικής Υγείας και Ευημερίας.





**OBJECTIVE 2:** 

# CREATE ACTIVE ENVIRONMENTS

Five policy actions address the need to create supportive spaces and places that promote and safeguard the rights of all people, of all ages and abilities, to have equitable access to safe places and spaces in their cities and communities in which they can engage in regular physical activity.



**OBJECTIVE 3:** 

## CREATE - ACTIVE PEOPLE

Six policy actions outline the multiple settings in which an increase in programmes and opportunities can help people of all ages and abilities to engage in regular physical activity as individuals, families and communities



**OBJECTIVE 4:** 

# CREATE ACTIVE SYSTEMS

Five policy actions outline the investments needed to strengthen the systems necessary to implement effective and coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour. These actions address governance, leadership, multisectoral partnerships, workforce capabilities, advocacy, information systems and financing mechanisms across all relevant sectors.

