

# LET'S MOVE!

Physical activity is good for you and can help to prevent pain

## WHY THIS IS IMPORTANT

Our bodies are made to move regardless of age. Daily living habits affect how we feel. A more physically active lifestyle gives us great health benefits, and it is never too late to start.

EVERY JOURNEY NEEDS A FIRST STEP



European Pain Federation EFIC®  
"On the Move"

## Top tips for everybody!

Physical activity is good for your health and for preventing pain. 5 TIPS for those who want to be physically active in the long-term

1

Find a form of activity that you like.

2

Do physical activity a little and often.

3

Set reasonable goals! Avoid comparing yourself to others.

4

Create good habits. Adjust your activity based on your day.

5

Build physical activity into everyday life. Take the stairs instead of the elevator, cycle or walk rather than using the car.

Remember that all activity is better than none



- The World Health Organisation recommends that we all do 150 minutes of moderate-intensity aerobic physical activity a week (five fast walks for 30 minutes) or 20 minutes/ 10,000 steps a day.
- Start your exercise programme slowly and work your way up.

## Did you know?



Physical activity can help you lower the risk of developing chronic pain.

You can reduce your chance of developing:

- Low back pain by 40%
- Osteoarthritis by 50%
- Chronic pain by 10-12% compared to those who do not do 30 minutes of moderate physical activity 1-3 times a week (20-64 year olds)
- Chronic pain by 27% compared to those who do not do physical activity 2-3 times a week (over 65 year olds)

## Resources

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## About EFIC® On the move

The European Pain Federation on the Move Campaign is the first EFIC presidential campaign. Launched in 2018, The campaign aims to raise awareness of the importance of physical activity in preventing and managing chronic pain. To learn more about it please visit our website and follow our #EFIConthemove campaign on Facebook, Twitter and LinkedIn

The On the Move campaign infographics have been developed in collaboration with the European Region of the World Confederation for Physiotherapy



## About the European Pain Federation EFIC®

The European Pain Federation EFIC is a multidisciplinary professional organisation in the field of pain research and medicine, consisting of the 37 European Chapters of the International Association for the Study of Pain (IASP) and representing some 20,000 physicians, nurses, scientists, psychologists, physiotherapists and other health care professionals involved in pain medicine



EUROPEAN REGION

World Confederation for Physical Therapy

## About ER-WCPT

The European Region of the World Confederation for Physiotherapy (ER-WCPT) represents the National Physiotherapy Associations of 38 countries in Europe, including all Member States. Our pro-active commitment is to contribute to the EU and European policy, aiming for equal access and quality healthcare.

Physiotherapy is the health profession with expertise in movement and exercise prescription throughout the lifespan across the health spectrum. Physiotherapy involves specific interventions to individuals and populations where movement and function are, or may be, threatened by illness, ageing, injury, pain, disability, disease, disorder or environmental factors. Such interventions are designed and prescribed to develop, restore and maintain optimal health.