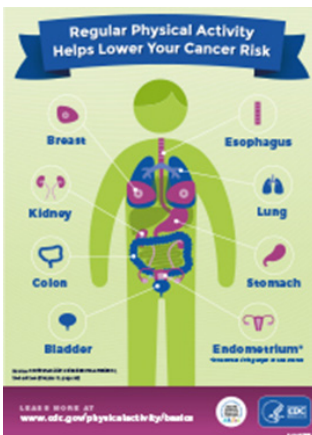


International Day of Sport for Development



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Scoring for People and the Planet

The International Day of Sport for Development and Peace (IDSDP), which takes place annually on 6 April, presents an opportunity to recognize the positive role sport and physical activity play in communities and in people's lives across the globe.

Sport has the power to change the world; it is a fundamental right and a powerful tool to strengthen social ties and promote sustainable development and peace, as well as solidarity and respect for all.

The global theme for the International Day of Sport for Development and Peace 2023 is "**Scoring for People and the Planet**". As in previous years, this overarching theme allows for IDSDP activities to broadly focus around the impact and influence of sport on

sustainable development and peace.

From empowering women and girls, young people, persons with disabilities, and other groups to advancing health, sustainability, and education objectives, sport offers tremendous potential for advancing the Sustainable Development Goals (SDGs) and for promoting peace and human rights. The United Nations has long recognized the power and universality of sport, using it to unite individuals and groups through supporting sport for development efforts, participating in events from the global to the grassroots level, and developing its own sports-related campaigns and initiatives.

International Day of Sport for Development and Peace | United Nations - Accessed: 8 March 2023

The following opportunities is to be recognized as a positive role through sport and activity.

Gender Equity

Sport programs to advance gender equity by engaging and supporting women and girls, promoting female leadership and encouraging respectful attitudes towards women and girls.

Intercultural and Interreligious understanding

By drawing on its cross-cultural status and the work of skilled facilitators and role models, sport facilitates intercultural and interreligious understanding between communities.

Peace Education

Sport values at all levels of education enable to teach the youth with soft-skills and contributing to the building of peaceful societies and prevention of Violent Extremism.

Social Inclusion

Sport activities provide opportunities for marginalized, underprivileged groups and people at risk of discrimination, to interact and integrate with other social groups, challenging social divides.

Reconciliation and co-existence

Sport can provide safe spaces, build relationships and create positive interactions between stakeholders in post-conflict situation and encourage dialogue between groups affected by conflict.

Youth Empowerment

Sport is a powerful leverage to include in Youth empowerment processes whereby young people gain the ability and authority to make informed decisions and implement change impacting their society and its governance.

Source: April 6, International Day of Sport for Development and Peace - Accessed 9 March

Benefits of Physical Activity

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity.

Everyone can experience the health benefits of physical activity – age, abilities, ethnicity, shape, or size do not matter.

Immediate Benefits

Some benefits of physical activity on brain health happen right after a session of moderate-to-vigorous physical activity. Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

Weight Management

Both eating patterns and physical activity routines play a critical role in weight management. You gain weight when you consume more calories through eating and drinking than the amount of calories you burn, including those burned during physical activity.

To maintain your weight: Work your way up to 150 minutes a week of moderate physical activity, which could include dancing or yard work. You could achieve the goal of 150 minutes a week with 30 minutes a day, 5 days a week.

People vary greatly in how much physical activity they need for weight management. You may need to be more active than others to reach or maintain a healthy weight.

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your eating patterns and reduce the amount of calories you're eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and healthy eating.

See more information about:

- Getting started with weight loss.
- Getting started with physical activity.
- Improving your eating patterns.

Reduce Your Health Risk

Afraid of Getting Hurt?

The good news is that **moderate physical activity**, such as brisk walking, is generally **safe for most people**.

Cardiovascular Disease

Heart disease and stroke are two leading causes of death in the United States. Getting at least 150 minutes a week of moderate physical activity can put you at a lower risk for these diseases. You can reduce your risk even further with more physical activity. Regular physical activity can also lower your blood pressure and improve your cholesterol levels.

Type 2 Diabetes and Metabolic Syndrome

Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is some combination of too much fat around the waist, high blood pressure, low high-density lipoproteins (HDL) cholesterol, high triglycerides, or high blood sugar. People start to see benefits at levels from physical activity even without meeting the recommendations for 150 minutes a week of moderate physical activity. Additional amounts of physical activity seem to lower risk even more.

Some Cancers

Being physically active lowers your risk for developing several common cancers. Adults who participate in greater amounts of physical activity have reduced risks of developing cancers of the:

- Bladder
- Breast
- Colon (proximal and distal)
- Endometrium
- Esophagus (adenocarcinoma)
- Kidney
- Lung
- Stomach (cardia and non-cardia adenocarcinoma)

If you are a cancer survivor, getting regular physical activity not only helps give you a better quality of life, but also improves your physical fitness.



Learn more about Physical Activity and Cancer

Strengthen Your Bones and Muscles

As you age, it's important to protect your bones, joints, and muscles – they support your body and help you move. Keeping bones, joints, and muscles healthy can help ensure that you're able to do your daily activities and be physically active.

Muscle-strengthening activities like lifting weights can help you increase or maintain your muscle mass and strength. This is important for older adults who experience reduced muscle mass and muscle strength with aging. Slowly increasing the amount of weight and number of repetitions you do as part of muscle strengthening activities will give you even more benefits, no matter your age.

Improve Your Ability to do Daily Activities and Prevent Falls

Everyday activities include climbing stairs, grocery shopping, or playing with your grandchildren. Being unable to do everyday activities is called a functional limitation. Physically active middle-aged or older adults have a lower risk of functional limitations than people who are inactive.

For older adults, doing a variety of physical activity improves physical function and decreases the risk of falls or injury from a fall. Include physical activities such as aerobic, muscle strengthening, and balance training. Multicomponent physical activity can be done at home or in a community setting as part of a structured program.

Hip fracture is a serious health condition that can result from a fall. Breaking a hip have life-changing negative effects, especially if you're an older adult. Physically active people have a lower risk of hip fracture than inactive people.

Increase Your Chances of Living Longer

How Much Physical Activity Do I Need?

See physical activity recommendations for different groups, including:

- Children age 3-5.
- Children and adolescents age 6-17.
- Adults age 18-64.
- Adults 65 and older.
- Adults with chronic health conditions and disabilities.
- Healthy pregnant and postpartum women.

An estimated 110,000 deaths per year could be prevented if US adults ages 40 and older increased their moderate-to-vigorous physical activity by a small amount. Even 10 minutes more a day would make a difference.

Taking more steps a day also helps lower the risk of premature death from all causes. For adults younger than 60, the risk of premature death levelled off at about 8,000 to 10,000 steps per day. For adults 60 and older, the risk of premature death levelled off at about 6,000 to 8,000 steps per day.



Manage Chronic Health Conditions & Disabilities

Regular physical activity can help people manage existing chronic conditions and disabilities. For example, regular physical activity can:

- Reduce pain and improve function, mood, and quality of life for adults with arthritis.
- Help control blood sugar levels and lower risk of heart disease and nerve damage for people with type 2 diabetes.
- Help support daily living activities and independence for people with disabilities. Also see:
 - o Health Benefits Associated with Physical Activity for People with Chronic Conditions and Disabilities
 - o Key Recommendations for Adults with Chronic Conditions and Disabilities

Source: Benefits of Physical Activity | Physical Activity | CDC Accessed 10 March 2023

Aon Employee Benefits Consulting

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