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## PHYSICAL ACTIVITY AND PHYSICAL THERAPISTS- PERSPECTIVES, CHALLENGES AND OPPORTUNITIES

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### Background

Physical activity is an essential part of human life, both in health and disease. World Health Organization recommends Physical activity as a stand-alone intervention for prevention and treatment of both communicable and non-communicable diseases, disorders arising from evolution in lifestyle and technology.

**Aim of the study** would be to highlight the global importance and impact of physical activity with its influencing factors for physical therapists scope of practice.

### Biological domain of Physical Activity

The effects of regular physical activity include not only musculoskeletal or cardiopulmonary, but also positive changes in immune system, endocrine system, metabolic system thus recognizing it as an effective anti-ageing intervention.

### Psychological domain of Physical activity

Benefits include a higher level of perceived self-esteem, quality of life and direct/lasting effects on cognition and higher mental processes.

### Social domain of Physical activity

It's important for inclusion in conditioning programs in both sport-related as well as work-related, and benefits were demonstrated in all age groups across the societal spectrum.

### Behavioral domain

It is highly important for individuals and community to engage in behavioral change model, necessary for communicating through awareness and education for sustainable health. Physical activity and behavioral change are both important for prevention of diseases and disabilities.

### Discussion & Implications

Barriers to effective multidisciplinary integration of physical activity in tertiary healthcare should not undermine the implementation in primary care settings. Backed up by scientific evidence and informed collaborative decision making, individualized physical activity prescription must be provided by physical therapists in all settings for people of all ages.

## Conclusion

Physical therapists must understand the role and scope of physical activity, to effectively integrate rehabilitation programs along a 'movement is life' paradigm.

## Keywords

Physical inactivity, active lifestyle, wellbeing, health.

