

Physical Activity in Open Space

Exploring Physical Activity in Open Space with Photo-Voice

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Content

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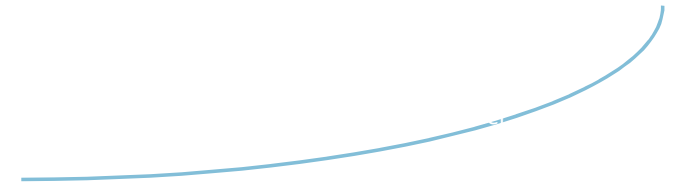
1. Physical Activity

Physical activity includes

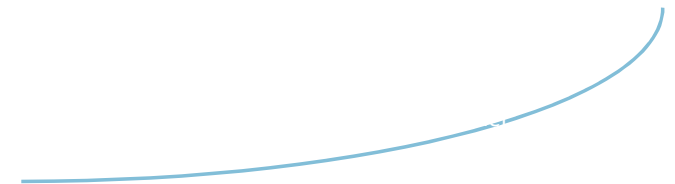
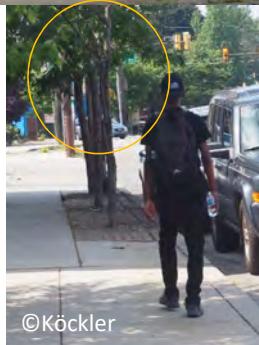
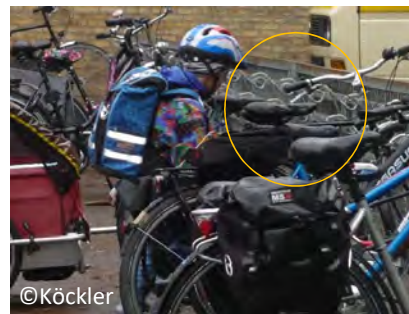
any kind of physical activity like

- walking, cycling as mode of transport,
- sports,
- working,
- playing.

Physical activity can be determined by environmental factors



Physical activity can be determined by environmental factors



Physical activity is good for health



Strategic objectives

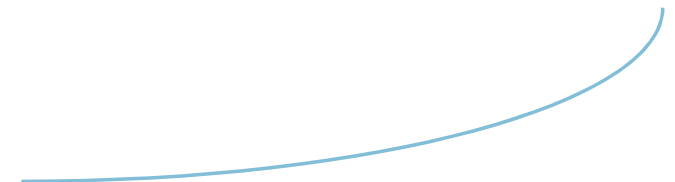
1. Create active societies
2. Create active environments
3. Create active people
4. Create active systems

<https://www.who.int/publications/i/item/9789241514187>

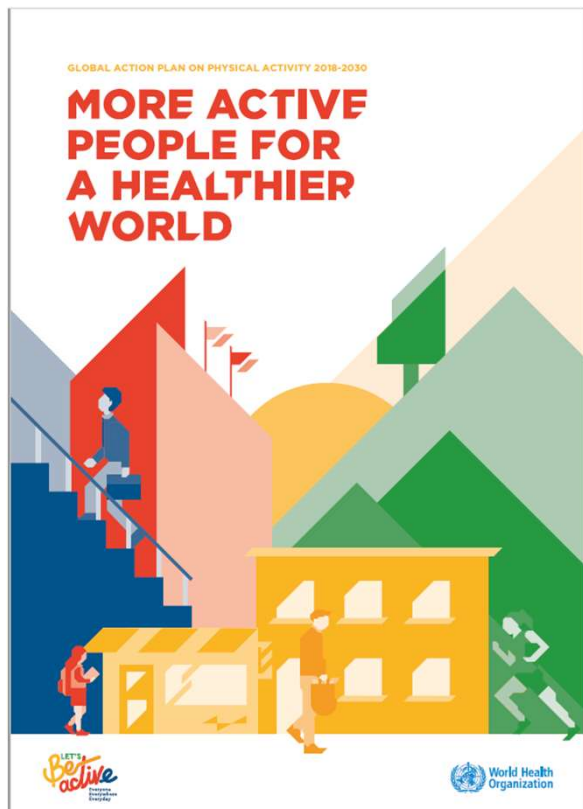
2. Open Space

Open Space

- Is defined through accessibility and property rights
- Public open space: owned by the public (e.g. municipality) accessible for everyone (street, park)
- Semi-public open space, access is limited, property of institutions, companies, (school-yard, allotment gardens in Germany)
- Private open space: private ground (garden of a home)



Physical activity is good for health



1. Create active environments

„Create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces, in their cities and communities, in which to engage in regular physical activity, according to ability.“

<https://www.who.int/publications/i/item/9789241514187>

Thank you for you attention!

