Development and Testing of a Physical Activity Prescription Intervention



Although life expectancy in Estonia has increased rapidly, growth in the number of healthy life years has slowed. One of the key risk factors is insufficient physical activity, which adversely affects people's ability to carry out everyday activities and participate in the labour market. Physical inactivity also increases healthcare expenditure.

The aim of the project is to develop and test a physical activity prescription designed to increase physical activity and reduce sedentary behaviour among patients with health risks or specific diagnoses.

By providing personalised guidance, support from exercise professionals, and digital solutions to help people become more physically active, the intervention could improve health outcomes and help curb the growth of healthcare costs.

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Read more (in Estonian): **liigume.ee**

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