

# EIGHT INVESTMENTS THAT WORK FOR PHYSICAL ACTIVITY

↓ **10%**  
by 2025

**ISPAH's Eight Investments can support the achievement of global targets for all countries to reduce physical inactivity by 10% by 2025, and 15% by 2030.**

↓ **15%**  
by 2030



**WHOLE-OF-SCHOOL  
PROGRAMMES**



**ACTIVE TRAVEL**



**ACTIVE URBAN DESIGN**



**COMMUNITY-WIDE  
PROGRAMMES**



**HEALTHCARE**



**WORKPLACES**



**PUBLIC EDUCATION,  
INCLUDING MASS MEDIA**



**SPORT AND  
RECREATION FOR ALL**

**Read the full document available from: [www.ISPAH.org/resources](http://www.ISPAH.org/resources)**

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