Contrary to popular beliefs, the impact of exercise alone on weight loss is minimal. However, physical activity incontestably confers significant other physical and mental health benefits for everyone, including for people living with overweight and obesity.

Physical activity is associated with improved cognitive and academic performance for children and adolescents. At the same time, insufficient physical activity is a top risk factor for global mortality from conditions including type 2 diabetes, stroke, and heart attacks.

Nevertheless, currently more than a quarter of the world’s adult population is insufficiently active according to the World Health Organization’s physical activity guidelines, a phenomenon potentially exacerbated by movement restrictions and ‘lockdown’ during the COVID-19 pandemic.

This policy laboratory will serve as an opportunity to increase understanding of the role of physical activity and exercise in obesity and weight management. Moreover, to explore global recommendations and country specific case studies on policies and interventions, that have been or should be implemented to increase physical activity.

The World Obesity Federation’s new policy dossier on physical activity and obesity will be launched on 8th April to coincide with the event.

SPEAKERS

- Prof. Aleksandra Luszczynska, SWPS University of Social Sciences and Humanities, Poland
- Prof. Fiona Bull, World Health Organization, Switzerland
- Kate Oldridge-Turner, World Cancer Research Fund International, UK
- Margot Neveux, World Obesity Federation, UK
- Dr. Oliva Barata Cavalcanti, World Obesity Federation, UK
- Prof. Shifalika Goenka, Public Health Foundation of India, India
- Prof. Greg Whyte, UK Active, UK

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