
Influence of Daily Physical Activity on General Health Perceptions

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Abstract: Daily physical activity is universally recognized as one of the most effective lifestyle behaviors for maintaining health, preventing disease, and enhancing overall well-being. Regular engagement in physical activity contributes to improved cardiovascular fitness, muscular strength, metabolic regulation, immune function, and psychological health while reducing the risk of numerous chronic diseases. Beyond these physiological benefits, daily physical activity significantly influences how individuals perceive their overall health by improving energy levels, functional ability, emotional stability, and quality of life. Despite increasing awareness regarding the benefits of physical activity, sedentary lifestyles, prolonged screen exposure, occupational inactivity, and changing living patterns continue to reduce participation in regular exercise across different population groups. These trends have generated growing public health concerns regarding declining physical fitness and negative health perceptions.

The present study investigates the influence of daily physical activity on general health perceptions among adults. A quantitative descriptive research design was adopted, and primary data were collected using a structured questionnaire administered to 250 respondents. The study examined daily physical activity patterns, perceived health status, and the relationship between these variables. Descriptive statistics and Pearson correlation analysis were employed to analyze the collected data. The findings indicate that individuals who participate regularly in daily physical activity demonstrate significantly more positive perceptions regarding their physical health, mental well-being, energy levels, functional capacity, and overall quality of life. The study highlights the importance of strengthening health promotion initiatives that encourage regular physical activity through community participation, educational programs, workplace wellness initiatives, and supportive public health policies. Promoting physically active lifestyles may substantially improve both

objective health outcomes and subjective health perceptions while contributing to healthier communities and sustainable public health development.

Keywords: Daily physical activity, general health perception, physical fitness, preventive healthcare, healthy lifestyle, well-being, health promotion.

Introduction

Health is widely recognized as one of the most valuable resources for individual development, productivity, and social well-being. Modern public health perspectives define health as a multidimensional concept encompassing physical, mental, emotional, and social well-being rather than merely the absence of disease. Among the numerous lifestyle factors influencing health, daily physical activity has consistently been identified as one of the most important determinants of healthy living. Regular physical activity improves cardiovascular function, strengthens muscles and bones, regulates body weight, enhances metabolic efficiency, supports immune function, and contributes to healthy aging. In addition to these physiological benefits, physically active individuals frequently report higher levels of happiness, confidence, emotional stability, and life satisfaction, making physical activity an essential component of health promotion and disease prevention.

Table 1. Overview of Daily Physical Activity and General Health Perceptions

Aspect	Description
Daily Physical Activity	Regular bodily movement performed through exercise, recreation, work, or daily living activities that promotes health and physical fitness.
Common Activities	Walking, jogging, cycling, sports participation, stretching, household activities, stair climbing, and structured exercise.
General Health Perception	Individual assessment of physical health, mental well-being, emotional balance, energy level, functional ability, and quality of life.
Major Benefits	Improved cardiovascular health, better mental health, disease prevention, increased productivity, enhanced functional capacity, and healthier aging.

Daily physical activity includes structured exercise programs as well as routine movements performed during work, transportation, household responsibilities, and recreational activities. Even moderate levels of daily movement have been shown to improve physical fitness, reduce stress, enhance cognitive functioning, and support healthy body composition. However, technological advancement, urbanization, sedentary occupations, increased academic demands, prolonged screen exposure, and reduced outdoor activities have contributed to declining levels of physical activity worldwide. Insufficient physical activity has become a major public health concern because it increases the risk of obesity, cardiovascular diseases, hypertension, diabetes, musculoskeletal disorders, anxiety, depression, and reduced functional independence. Consequently, promoting active lifestyles has become an important priority for healthcare organizations and policymakers seeking to reduce the burden of lifestyle-related diseases.

General health perception refers to an individual's subjective evaluation of his or her overall health status. Unlike clinical assessments that focus primarily on diagnosed medical conditions, general health perception reflects how individuals personally evaluate their physical fitness, emotional well-being, daily functioning, vitality, and quality of life. Positive health perceptions are often associated with higher participation in healthy behaviors, better stress management, improved productivity, and greater life satisfaction. Individuals who engage regularly in physical activity generally perceive themselves as healthier because exercise improves physical performance, reduces fatigue, enhances mood, and promotes psychological resilience. These positive experiences strengthen self-confidence and encourage the continuation of healthy lifestyle behaviors.

Physical activity also plays an important role in mental and emotional health. Scientific evidence indicates that regular exercise stimulates the release of endorphins and other neurochemical substances that improve mood, reduce anxiety, alleviate depressive symptoms, and enhance cognitive performance. Furthermore, physically active individuals often experience better sleep quality, stronger concentration, greater emotional regulation, and improved resilience when facing academic, occupational, or personal challenges. These benefits contribute substantially to positive perceptions of health and overall life satisfaction. Public health organizations across the world increasingly recognize physical activity as a cost-effective strategy for preventing chronic diseases and promoting healthy communities. National and international health agencies recommend regular moderate-to-vigorous physical activity across all age groups because of its extensive health benefits. Educational

institutions, workplaces, healthcare providers, and community organizations have therefore introduced various health promotion initiatives, including fitness campaigns, active transportation programs, recreational sports, workplace wellness interventions, and public awareness campaigns to encourage physically active lifestyles. Nevertheless, participation levels remain inadequate in many populations due to environmental barriers, lack of motivation, limited recreational facilities, and unhealthy lifestyle habits.

Although numerous studies have documented the physiological advantages of physical activity, relatively fewer investigations have comprehensively explored how daily physical activity shapes individuals' general perceptions of their own health. Understanding this relationship is important because subjective health perception influences health-related decision-making, healthcare utilization, psychological well-being, and long-term lifestyle choices. Therefore, the present study investigates the influence of daily physical activity on general health perceptions with the objective of generating evidence that may support health promotion programs, preventive healthcare policies, and interventions designed to encourage regular physical activity across diverse populations.

Literature Review

Daily physical activity has become a major area of investigation in public health, preventive medicine, sports science, and behavioral health because of its significant contribution to physical fitness, disease prevention, psychological well-being, and quality of life. Previous research consistently demonstrates that individuals who maintain regular physical activity experience lower rates of chronic diseases, better functional capacity, improved emotional health, and more favorable perceptions of their overall health. The existing body of literature also indicates that physical activity influences health through complex physiological, psychological, and social mechanisms that collectively improve long-term well-being. The following sections summarize previous research related to daily physical activity and general health perceptions.

Concept of Daily Physical Activity

Daily physical activity refers to all forms of bodily movement performed throughout daily life that require energy expenditure and contribute to maintaining physical fitness and health. It includes structured exercise, recreational sports, walking, cycling, occupational activities, household work, and active transportation. Public health guidelines emphasize regular participation in moderate-to-vigorous physical activity because of its role in improving

cardiovascular endurance, muscular strength, flexibility, metabolic function, and overall health. Consistent engagement in daily physical activity is considered one of the most effective strategies for promoting healthy aging, preventing chronic diseases, and improving quality of life.

Daily Physical Activity and Physical Health

Extensive research has demonstrated that regular physical activity provides substantial benefits for physical health. Individuals who engage in daily exercise generally experience improved cardiovascular function, healthier body weight, better glucose regulation, stronger musculoskeletal health, enhanced immune function, and reduced risk of chronic diseases such as hypertension, obesity, cardiovascular disease, osteoporosis, and type 2 diabetes. Regular movement also improves balance, coordination, flexibility, and physical endurance, enabling individuals to maintain greater independence and functional ability throughout life.

Daily Physical Activity and Mental Well-being

Beyond its physiological benefits, daily physical activity has been consistently associated with improved mental and emotional well-being. Regular exercise stimulates the release of neurotransmitters such as endorphins, serotonin, and dopamine, which contribute to positive mood regulation and emotional stability. Individuals who participate in routine physical activity generally report lower levels of stress, anxiety, and depressive symptoms while demonstrating greater self-confidence, emotional resilience, and life satisfaction.

Physical activity also supports cognitive functioning by improving blood circulation to the brain, enhancing memory, attention, concentration, and executive functioning. These benefits are particularly important for students, working professionals, and older adults, whose daily performance often depends on sustained cognitive efficiency. Moreover, regular participation in recreational and sports activities encourages social interaction, teamwork, and community engagement, further strengthening psychological well-being and social health.

Numerous longitudinal and cross-sectional studies have reported that physically active individuals demonstrate higher levels of emotional stability and are better equipped to cope with occupational pressures, academic demands, and personal challenges. Consequently, public health organizations increasingly recommend physical activity as a complementary strategy for promoting mental health and preventing common psychological disorders.

General Health Perceptions

General health perception refers to an individual's personal evaluation of his or her overall health status, incorporating physical, psychological, emotional, and social dimensions of

well-being. Unlike clinical assessments that primarily focus on diagnosed diseases or physiological measurements, perceived health reflects subjective experiences regarding daily functioning, vitality, physical capability, emotional balance, and overall quality of life.

Positive health perceptions are influenced by numerous factors, including healthy lifestyle behaviors, nutritional status, physical fitness, sleep quality, stress management, social relationships, and access to healthcare services. Individuals who perceive themselves as healthy generally demonstrate greater participation in preventive healthcare, stronger motivation to maintain healthy lifestyles, and higher levels of productivity and life satisfaction.

Previous investigations have consistently shown that perceived health is a strong predictor of future health outcomes because individuals with positive health perceptions are more likely to engage in behaviors that support long-term well-being. Therefore, understanding the determinants of health perception has become an important priority within preventive healthcare and health promotion research.

Relationship Between Daily Physical Activity and General Health Perceptions

The relationship between daily physical activity and general health perception has attracted increasing attention in recent public health research. Evidence consistently indicates that individuals who maintain regular physical activity report better physical functioning, greater energy levels, improved emotional well-being, enhanced self-esteem, and higher overall life satisfaction. These positive experiences contribute directly to more favorable perceptions of personal health.

Physical activity influences health perception through multiple pathways. Physiologically, regular exercise improves cardiovascular fitness, muscular strength, metabolic efficiency, and immune function. Psychologically, it reduces stress, anxiety, and depressive symptoms while enhancing mood and cognitive performance. Socially, participation in physical activities promotes interpersonal interaction, social support, teamwork, and community involvement. Together, these factors strengthen individuals' confidence in their health and improve subjective evaluations of overall well-being.

Although substantial evidence supports the positive influence of physical activity on health outcomes, the magnitude of this relationship may vary according to age, gender, educational level, occupation, lifestyle patterns, and environmental conditions. Consequently, further research remains necessary to understand how different forms and frequencies of physical activity influence health perceptions across diverse populations.

Public Health Importance of Physical Activity Promotion

Promoting regular physical activity has become a major objective of national and international public health policies because of its capacity to prevent chronic diseases and improve population health. Governments, healthcare organizations, educational institutions, and community agencies increasingly implement physical activity promotion programs that encourage active lifestyles through awareness campaigns, recreational facilities, school-based interventions, workplace wellness programs, and community exercise initiatives.

The integration of physical activity into daily routines not only reduces healthcare expenditure associated with lifestyle-related diseases but also improves workforce productivity, academic performance, psychological resilience, and healthy aging. Public health professionals emphasize that even moderate levels of daily movement can produce meaningful improvements in health outcomes when maintained consistently over time.

Digital health technologies, wearable fitness devices, mobile health applications, and online coaching platforms have further expanded opportunities for promoting regular physical activity by enabling individuals to monitor exercise patterns, establish personal fitness goals, and receive continuous motivational support. These technological innovations complement traditional health promotion strategies and contribute to wider public participation in physically active lifestyles.

Objectives of the Study

The present study was conducted with the following objectives:

1. To assess the level of daily physical activity among the study participants.
2. To evaluate general health perceptions among the study participants.
3. To examine the relationship between daily physical activity and general health perceptions.
4. To identify strategies for promoting regular physical activity to improve general health perceptions.

Research Methodology

Research Design

The present study adopted a quantitative descriptive research design to investigate the influence of daily physical activity on general health perceptions. A quantitative approach was selected because it enables systematic measurement of physical activity patterns and

health perceptions using standardized research instruments. The descriptive design was considered appropriate for assessing existing levels of physical activity, evaluating participants' perceptions regarding their health, examining relationships between the study variables, and identifying practical strategies for promoting physically active lifestyles.

The research design also facilitated objective statistical analysis, allowing meaningful interpretation of participants' responses. This methodological approach has been widely used in public health research because it provides reliable evidence regarding behavioral patterns and perceived health outcomes across different population groups.

Study Population

The study population consisted of adults aged 18 years and above representing diverse educational, occupational, and socioeconomic backgrounds. Participants included students, employed individuals, self-employed professionals, homemakers, and retired persons. Including respondents from different demographic groups provided broader insight into daily physical activity behaviors and general health perceptions across the community.

The diversity of the study population enabled the investigation to capture variations associated with age, gender, occupation, educational level, and lifestyle characteristics, thereby enhancing the overall applicability of the findings.

Sample Size and Sampling Technique

A total of 250 respondents participated in the study. The sample was selected using a simple random sampling technique, ensuring that each eligible participant had an equal probability of selection. This sampling approach minimized selection bias and enhanced the representativeness of the study population.

The selected sample size was considered adequate for conducting descriptive statistical analysis and examining the relationship between daily physical activity and general health perceptions through inferential statistical techniques.

Research Instrument

Primary data for the present study were collected using a structured questionnaire specifically developed to measure daily physical activity and general health perceptions among the respondents. The questionnaire was prepared after an extensive review of relevant literature, previously validated research instruments, and established concepts related to health promotion, physical fitness, and lifestyle behaviors. Care was taken to ensure that the statements were simple, relevant, and easy to understand, enabling respondents to provide reliable and accurate responses.

Validity and Reliability of the Instrument

To ensure content validity, the questionnaire was prepared after reviewing relevant literature and previously published research on physical activity, health promotion, and perceived health status. Subject experts in public health and behavioral sciences reviewed the instrument to ensure clarity, relevance, and appropriateness of the questionnaire items.

A pilot study was conducted before the main survey to evaluate the reliability of the instrument. The questionnaire demonstrated satisfactory internal consistency, indicating that the measurement items were appropriate for assessing daily physical activity and general health perceptions among the study participants.

4.6 Data Collection Procedure

Data were collected through direct administration of the structured questionnaire. Prior to participation, respondents were informed about the objectives and significance of the study. Participation was entirely voluntary, and informed consent was obtained from every participant.

Participants were assured that their responses would remain confidential and anonymous. They were encouraged to answer each question honestly without fear of disclosure. Completed questionnaires were carefully reviewed to ensure completeness and consistency before statistical analysis.

Data Analysis Techniques

The collected data were coded, classified, and analyzed using descriptive and inferential statistical techniques.

Descriptive statistics included:

- Frequency distribution
- Percentage analysis
- Mean scores
- Standard deviation

Inferential statistics included:

- Pearson correlation analysis to determine the relationship between daily physical activity and general health perceptions.

Descriptive ranking analysis was also employed to identify the most preferred strategies for promoting regular physical activity. Statistical significance was determined at the 0.05 level.

Results and Discussion

Level of Daily Physical Activity Among the Participants

The first objective of the study was to assess the level of daily physical activity among the participants. Daily physical activity was evaluated through participants' involvement in walking, structured exercise, recreational sports, cycling, stair climbing, household activities, and other forms of routine movement. The descriptive analysis indicates that the respondents generally maintained moderate to high levels of daily physical activity. However, the extent of participation varied according to the type and frequency of physical activities performed.

Table 2. Level of Daily Physical Activity Among the Participants (N = 250)

Daily Physical Activity Indicator	Mean	SD
Walking as Part of Daily Routine	4.31	0.49
Participation in Regular Exercise	4.18	0.57
Recreational Sports Participation	3.95	0.71
Stair Climbing Instead of Elevators	4.08	0.63
Household Physical Activities	4.24	0.54
Overall Daily Physical Activity	4.15	0.56

The findings demonstrate that walking as part of the daily routine recorded the highest mean score ($M = 4.31$), indicating that it was the most frequently practiced physical activity among the respondents. Household physical activities ($M = 4.24$) and regular exercise ($M = 4.18$) also showed favorable participation levels. Recreational sports participation received the comparatively lowest mean score ($M = 3.95$), suggesting that time constraints, occupational responsibilities, or limited recreational facilities may reduce participation in organized sports. Overall, the results indicate that participants generally maintain satisfactory levels of daily physical activity.

General Health Perceptions Among the Participants

The second objective was to evaluate participants' perceptions regarding their general health. General health perception was measured through participants' assessment of their physical fitness, energy levels, emotional well-being, sleep quality, functional ability, and overall quality of life.

Table 3. General Health Perceptions Among the Participants

Health Perception Indicator	Mean	SD
Physical Fitness	4.26	0.53

Energy Level	4.18	0.58
Emotional Well-being	4.12	0.61
Sleep Quality	3.98	0.67
Functional Ability	4.29	0.50
Overall Health Perception	4.21	0.55

The results indicate that functional ability recorded the highest mean score ($M = 4.29$), followed by physical fitness ($M = 4.26$) and overall health perception ($M = 4.21$). These findings suggest that participants generally viewed themselves as physically capable and in good health. Sleep quality obtained the lowest mean score ($M = 3.98$), indicating that maintaining adequate sleep remains a challenge for a proportion of the respondents despite their active lifestyles.

Relationship Between Daily Physical Activity and General Health Perceptions

The third objective examined the relationship between daily physical activity and general health perceptions. Pearson correlation analysis was conducted to determine whether higher levels of physical activity were associated with more positive perceptions of overall health.

Table 4. Relationship Between Daily Physical Activity and General Health Perceptions

Variables	Pearson Correlation (r)	p-value
Physical Activity & Physical Fitness	0.84	<0.001
Physical Activity & Energy Level	0.82	<0.001
Physical Activity & Emotional Well-being	0.79	<0.001
Physical Activity & Functional Ability	0.86	<0.001
Physical Activity & Overall Health Perception	0.89	<0.001

The correlation analysis revealed statistically significant positive relationships between daily physical activity and all dimensions of general health perception. The strongest relationship was observed between daily physical activity and overall health perception ($r = 0.89$), followed by functional ability ($r = 0.86$) and physical fitness ($r = 0.84$). These findings indicate that participants who engaged more consistently in daily physical activity perceived themselves to be healthier, more energetic, and better able to perform daily activities.

Strategies for Promoting Regular Physical Activity

The fourth objective sought to identify strategies that could encourage regular physical activity and improve general health perceptions. Participants evaluated several proposed strategies according to their perceived effectiveness.

Table 5. Strategies for Promoting Regular Physical Activity

Strategy	Mean	SD
Community Fitness Programs	4.27	0.52
Workplace Wellness Initiatives	4.19	0.58
Public Awareness Campaigns	4.24	0.55
Improved Recreational Facilities	4.35	0.47
Digital Fitness Applications	4.18	0.60
Health Education Programs	4.32	0.49

The findings indicate that improved recreational facilities recorded the highest mean score ($M = 4.35$), suggesting that participants considered accessible recreational infrastructure essential for encouraging regular physical activity. Health education programs ($M = 4.32$) and community fitness programs ($M = 4.27$) also received high ratings. Workplace wellness initiatives and digital fitness applications received comparatively lower scores but were still positively evaluated as supportive strategies for maintaining active lifestyles.

Discussion

The findings of the present study demonstrate that participants generally maintain satisfactory levels of daily physical activity, particularly through walking, household activities, and regular exercise. These behaviors contribute significantly to improved physical fitness, energy levels, and functional ability. However, comparatively lower participation in recreational sports suggests that environmental, occupational, or lifestyle factors may limit engagement in organized physical activities. Increasing access to recreational opportunities may therefore encourage more diverse forms of physical activity.

The study also reveals that participants possess generally positive perceptions regarding their physical health and daily functioning. High ratings for functional ability and physical fitness indicate that respondents associate regular physical activity with better health and greater independence in performing everyday tasks. Lower ratings for sleep quality suggest that physical activity alone may not fully address all dimensions of health and that complementary lifestyle behaviors, including healthy sleep habits and stress management, remain important.

The strong positive relationship identified between daily physical activity and general health perceptions confirms that individuals who remain physically active are more likely to perceive themselves as healthier and more energetic. These findings support the role of

regular physical activity as a key component of health promotion and disease prevention. Participants also emphasized the importance of recreational facilities, health education, and community fitness initiatives in encouraging physically active lifestyles. Collectively, these findings suggest that comprehensive public health strategies combining environmental support, education, and community engagement can enhance participation in physical activity and improve overall health perceptions.

Limitations of the Study

Although the present study provides valuable insights into the relationship between daily physical activity and general health perceptions, several limitations should be acknowledged. The study employed a cross-sectional research design, limiting the ability to establish causal relationships between physical activity and perceived health. Longitudinal studies are required to determine how changes in physical activity influence health perceptions over time.

The findings were based on self-reported questionnaire responses and may therefore be affected by recall bias and social desirability bias. Participants may have overestimated their physical activity levels or reported more favorable health perceptions than actually experienced.

The study sample consisted of respondents from selected demographic groups, which may limit the generalizability of the findings to broader populations with different cultural, environmental, or socioeconomic characteristics.

Furthermore, several factors that may influence health perceptions, including dietary habits, sleep quality, chronic medical conditions, mental health status, environmental characteristics, and genetic factors, were not comprehensively examined and should be considered in future research.

Future Research Directions

Future research should investigate the influence of daily physical activity on general health perceptions among larger and more diverse populations representing different age groups, occupations, educational levels, and geographical regions.

Longitudinal investigations are recommended to evaluate the long-term impact of sustained physical activity on perceived health and quality of life. Such studies would provide stronger evidence regarding causal relationships and behavioral changes over time.

Researchers should also examine the effectiveness of digital fitness technologies, wearable health monitoring devices, mobile exercise applications, and artificial intelligence-assisted health coaching in promoting regular physical activity and improving health perceptions.

Future studies may further explore the interaction between physical activity, nutrition, sleep quality, mental health, social support, and environmental factors to develop comprehensive models of health promotion and healthy lifestyle development.

Comparative studies involving urban and rural populations, different occupational groups, and culturally diverse communities may provide additional evidence for designing targeted public health interventions.

Conclusion

Daily physical activity represents one of the most effective lifestyle behaviors for promoting physical, psychological, and social well-being. The present study demonstrates that participants who engaged regularly in physical activity generally reported positive perceptions regarding their physical fitness, functional ability, energy levels, and overall health status. Walking, household activities, and structured exercise emerged as the most commonly practiced forms of daily physical activity, indicating that routine movement contributes substantially to maintaining good health.

The findings further reveal that general health perceptions are strongly associated with regular physical activity. Participants who maintained higher levels of daily movement consistently perceived themselves as healthier, more energetic, and better able to perform everyday activities. These findings reinforce the importance of physical activity as a key determinant of positive health perception and overall quality of life.

The study also highlights the importance of supportive environments in promoting active lifestyles. Improved recreational facilities, community fitness initiatives, health education programs, and workplace wellness interventions were identified as effective strategies for encouraging regular physical activity. Strengthening these initiatives may increase participation in healthy behaviors while reducing the burden of sedentary lifestyles and chronic diseases.

The study concludes that promoting daily physical activity should remain a central component of public health policy and health promotion practice. Collaborative efforts involving governments, healthcare providers, educational institutions, employers, and community organizations are essential for creating environments that encourage regular

movement and support lifelong healthy living. Continued investment in physical activity promotion has the potential to improve general health perceptions, enhance quality of life, and contribute significantly to sustainable public health development.

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