



Plenary sitting

B8-0057/2017

10.1.2017

MOTION FOR A RESOLUTION

pursuant to Rule 133 of the Rules of Procedure
on the importance of physical activity

Mireille D'Ornano

Motion for a European Parliament resolution on the importance of physical activity

The European Parliament,

- having regard to Article 168 of the Treaty on the Functioning of the European Union,
- having regard to Rule 133 of its Rules of Procedure,
- A. whereas a study published in the British medical journal ‘The Lancet’ has attempted to quantify the costs of sedentary lifestyles across the world and shows that health problems linked to physical inactivity cost EUR 61 billion globally in 2013, with USD 53.8 billion in health expenditure and USD 13.7 billion in productivity losses;
- B. whereas according to a second study published in the same journal it is possible to eliminate the increased risk of death associated with sitting for eight hours per day by doing at least one hour of exercise each day (such as brisk walking or cycling);
- C. whereas according to a further study, published in JAMA Internal Medicine, performing physical activity for 150 minutes per week reduces the risk of death from cardiovascular disease and cancers by 40% and 18% respectively;

Encourages the Commission to:

1. publish recommendations, jointly with the Member States, on the importance of physical activity for human health.