



WFC POSITION STATEMENT

Chiropractors support and promote physical activity

WHEREAS it is well-established that physical activity is a protective factor in the prevention and management of noncommunicable diseases and can contribute to the maintenance of physical, mental, and social wellbeing.

AND WHEREAS physical inactivity is a leading contributor to global mortality, and that an estimated five million deaths per year could be avoided if the global population was more active.

AND WHEREAS the World Federation of Chiropractic recognizes that chiropractors are primary contact health care providers who support and promote improved neuromusculoskeletal health and thereby contribute to the promotion of physical activity.

AND WHEREAS the World Health Organization has developed physical activity guidelines that include evidence-based public health recommendations about healthy levels of physical activity and has established a call to all those working in the health services community to convey these guidelines to stakeholders and the wider community.

NOW THEREFORE IT IS THE POSITION THAT the World Federation of Chiropractic endorses the World Health Organization's public health guidelines to promote physical activity and that the WFC recognizes that chiropractors play an important role in the support and promotion of physical activity with their patients and their communities.

**Adopted by the WFC Board of Directors
February 15, 2022**

Explanatory notes: Materials supporting this position statement are included in the following document: WHO guidelines on physical activity and sedentary behaviour. Geneva: World Health Organization; 2020. License: CC BY-NC-SA 3.0 IGO.