

SUAVA

Sistema
Universal
de Apoio
à Vida Ativa

PRR | C01-i09

2024



DIAGNOSIS OF PHYSICAL ACTIVITY AND SPORTS PRACTICE IN PORTUGAL

Título: Diagnosis of Physical Activity and Sports Practice in Portugal

Editor: Instituto Português do Desporto e da Juventude, I.P.

Authors:

Faculdade de Motricidade Humana, Universidade de Lisboa

Inês R. Correia, Gil B. Rosa, Ana V. Bernardino, Juliana Lameiro, Mariana Lameiro, Martim Pires, André Vieira, Estela Oliveira, Fátima Baptista, Helena Santa-Clara, Analiza M. Silva, Luís B. Sardinha, João P. Magalhães

Instituto Português do Desporto e Juventude, I. P.

Sílvia Saiote, Ana Rita Fernandes, Carla Ribeiro

Coordination: SUAVA – Sistema Universal de Apoio à Vida Ativa do IPDJ, I. P.

ISBN: 978-989-8330-55-0

Suggested citation: Correia IC, Rosa GB, Bernardino AV, Saiote S, Fernandes AR, Ribeiro C, Lameiro J, Lameiro M, Pires M, Vieira A, Oliveira E, Baptista F, Santa-Clara H, Silva AM, Sardinha LB, Magalhães, JP. Diagnóstico da Prática de Atividade Física e Desportiva em Portugal. Instituto Português do Desporto e Juventude, I. P., 2025. ISBN: 978-989-8330-55-0. Available at: <https://apptiva.ipdj.gov.pt/relatorios/>

The information provided in this documents was prepared within the scope of the Resilience and Recovery Plan (PRR) RE-CO1-i09 – Sistema Universal de Apoio à Vida (SUAVA), with a study carried out as part of the SUAVA National Campaigning by the Faculdade de Motricidade Humana – Universidade de Lisboa (FMH-UL) in collaboration with the Instituto Português do Desporto e Juventude (IPDJ, I.P.). This report presents the diagnosis of physical and sports activity in Portugal between January 1, 2019 and July 12, 2024, in which a review of information sources at the national level was carried out, as well as a comparison of the results obtained in other countries.

U LISBOA

UNIVERSIDADE
DE LISBOA

f **MH** FACULDADE DE MOTRICIDADE HUMANA

C
IPER

Funding: The SUAVA project is funded by the Resilience and Recovery Plan (CO1-i09), coordinated by the IPDJ, I.P.



REPÚBLICA
PORTUGUESA



Financiado pela
União Europeia
NextGenerationEU



INSTITUTO PORTUGUÊS DO
DESPORTO E JUVENTUDE

TABLE OF CONTENTS

01.	Executive Summary.....	6
02.	Introduction.....	7
03.	Population level of physical activity and sports.....	8
04.	Type of physical activity and sports	13
05.	Barriers and motivations for physical activity practice..	15
06.	Locations for practicing physical activity.....	19
07.	Population Knowledge level on physical activity.....	20
08.	Physical activity incentives and best practices.....	22
09.	Physical activity and sports determinants.....	25
10.	Physical activity and environmental sustainability.....	27
11.	Summary of main results.....	29
12.	References.....	32
13.	Concepts.....	34
14.	Appendices.....	36

TABLE OF FIGURES

Figure 1	Level of physical activity among youth according to different monitoring systems.....	9
Figure 2	Level of physical activity among Portuguese population by region (NUTS II).....	10
Figure 3	Level of physical inactivity (Eurobarometer) and physical activity (Eurostat, IAN-AF and Monitoring and Surveillance System) of Portuguese adults.....	11
Figure 4	Level of physical activity of older adults according to different monitoring systems.....	12
Figure 5	Types of physical activity and sports practiced according to the different monitoring systems.....	13
Figure 6	Number of federated athletes and types of sport practiced by the Portuguese population	14
Figure 7	Barriers reported by the Portuguese for not practicing physical activity and sport.....	16
Figure 8	Motivations reported by the Portuguese for practicing physical activity and sport.....	18
Figure 9	Locations for physical activity and sports practice	20
Figure 10	Knowledge of the Portuguese population regarding physical activity and health.....	21
Figure 11	Policies considered as incentives and best practices of physical activity, organized according to the WHO Global Action Plan.....	23
Figure 12	Main determinants for the practice of physical activity and sports in Portugal.....	25
Figure 13	Active transportation and means of transport used by the Portuguese, according to age group.....	27
Figure 14	Dimensions of analysis on the physical activity of the Portuguese population: identification of the main characteristics associated with the practice of physical activity and sports participation.....	29

TABLE OF APPENDICES

Appendix 1	Physical activity recommendations for youth, adults, and older adults according to the World Health Organization.....	36
Appendix 2	Methodological considerations of the included studies with nationally representative samples, regarding the level of physical activity.....	37
Appendix 3	Data provided by the National Institute of Statistics on the typology of sports activities in the year 2022.....	38
Appendix 4	Methodological considerations of the included studies with nationally representative samples, regarding the barriers to physical activity and sport.....	39
Appendix 5	Methodological considerations of the included studies with nationally representative samples, regarding the motivations to physical activity and sport.....	40
Appendix 6	Methodological considerations of the included studies with nationally representative samples, regarding the population's level of knowledge about physical activity.....	41
Appendix 7	Brief description of the incentives and best practices identified in Portugal.....	42
Appendix 8	Methodological considerations of the included studies on the determinants of physical activity and sport practice.....	47
Appendix 9	Methodological considerations of the included studies with nationally representative samples on physical activity, sport and environmental sustainability	48

1. EXECUTIVE SUMMARY

This report aimed to systematize the information on the practice of physical activity and sports in Portugal, including a collection of information sources at the national level, as well as a comparison of the results obtained with other countries. In order to facilitate this process, the comparison was made with the European Union, but also with Sweden and Finland, since they were considered the reference countries, as they were the ones that, according to 2022 Eurobarometer, reported the highest levels of physical activity and sports practice in the European Union.

The report analyzed the issues related to: a) levels of physical activity and sports, b) the type of physical activity and sports carried out by the population, c) the barriers and motivations for physical activity practice, d) locations where physical activity is practiced, e) the population's level of knowledge about physical activity, f) physical activity incentives and best practices, g) the determinants of physical activity and sports, h) physical activity and environmental sustainability, and i) a final section dedicated to the report's main conclusions. The analysis of the

information was focused on governmental or non-governmental organizations, which included a representative sample of the national and/or regional population up to NUTS III level. Data obtained and focused on responses during the Covid-19 pandemic were not considered, as they were a transitory confounding factor and are not a reliable representation of the physical activity levels of populations at the time of this report.

The information provided in this document was prepared by the Faculdade de Motricidade Humana - Universidade de Lisboa, in order to carry out a comparative diagnostic analysis of the practice of physical activity and sports in Portugal, with the aim of supporting decision-making for stakeholders in the various areas of interest and for the implementation of SUAVA ("Sistema Universal de Apoio à Vida Ativa"). The SUAVA Project is an investment supported by the Portuguese Recovery and Resilience Plan (PRR) (CO1-i09) and is the responsibility of the "Instituto Português do Desporto e Juventude" (IPDJ).



2. INTRODUCTION

In 2022 the World Health Organization (WHO) published the first global report on the impact of physical inactivity, highlighting that between 2020 and 2030, approximately 500 million people would be at risk of developing chronic non-communicable diseases solely attributable to physical inactivity¹. According to the WHO, and while accounting for a scenario of stabilization in the prevalence of physical inactivity, it is estimated that the development of diseases attributed to the lack of regular physical activity will represent an increase in global public spending of around 25 billion euros per year¹. In Portugal, the most recent estimates show that the direct costs attributed to cancer, hypertension, type 2 diabetes, stroke, coronary artery disease, and depression will represent an estimated annual cost of 240 million euros by 2030².

Given the current situation, public health policies focused on increasing levels of physical activity are considered effective strategies for reducing the costs and impact of chronic non-communicable diseases and mental health problems. The WHO Global Action Plan for Physical Activity 2018-2030 has set a target of reducing physical inactivity by 15% by 2030¹. More precisely, the plan aims to create active societies, environments, people, and systems through 20 policy actions that fall within the global guidelines of the ecological model for health¹.

To respond to this urgent need, SUAVA was

conceived in Portugal as a system integrated into the Portuguese PRR, whose main mission is to implement a national campaign and build a technological platform to promote physical activity and meet the challenge of placing Portugal among the 15 most physically active countries in the European Union (currently in 27th place, according to self-reported 2022 Eurobarometer indicators³), namely by extending school sports to the community, encouraging active commuting and sports in a family context, and encouraging physical activity in the workplace. However, it is important to note that while considering objective measures such as movement sensors, Portugal has values like those observed in the small number of European countries that have a similar monitoring system. SUAVA is based on the WHO guidelines for physical activity (Appendix 1) and on a transtheoretical model that includes policies and practices to support behavior change⁴ specially aimed to increase citizens' literacy about the benefits of regular physical activity, while encouraging the adoption of more active lifestyles. In addition, the technological platform will integrate various features within the ecological model for health (i.e., individual, social, physical, and political)⁵, such as informing citizens about their level of physical activity, monitoring their progress, implementing incentive policies, and using gamification strategies and personalized benefits to promote a healthier lifestyle.

3. POPULATION LEVEL OF PHYSICAL ACTIVITY AND SPORTS

In Portugal, the assessment of the population's level of physical activity and sports results from information collected by traditional subjective methods, such as questionnaires and/or interviews, or through the use of objective methods, such as accelerometers. In the field of physical activity and sports, there have been several national monitoring systems that have used subjective and objective data to report the levels of physical activity and sports of the Portuguese population. The following subchapters will summarize the information on the level of compliance with the physical activity recommendations set out by the WHO for the different age groups, while providing a new perspective on the information obtained through the different collection methods. Additional information can also be found in Appendix 2, which summarizes the main studies carried out in Portugal and their methodological characteristics.

YOUTH

Considering youth, the main reference investigations/reports on the level of physical activity published in the last 5 years and with representative samples of the Portuguese population at the national or regional level, are: the Health Behavior in School-Aged Children survey⁶, the 2019 Eurostat⁷ and the Physical Activity and Sports Surveillance and Monitoring System⁸. **Figure 1** illustrates the main results regarding physical activity at the national and international level (i.e., Finland, Sweden, and the average of

the European Union).

From the different sources of information available at the national level, and regardless of the investigation analyzed, the values reported for complying with physical activity recommendations tended to be relatively low. As for the differences between sexes, both the Physical Activity and Sports Surveillance and Monitoring System⁸ and 2019 Eurostat⁷ suggest that boys tend to report higher levels of physical activity when compared to girls. Furthermore, based on the objective information provided by the Physical Activity and Sports Monitoring and Surveillance System⁸, the compliance with physical activity recommendations tends to be lower among girls aged 10 to 14y (5.9%) when compared to those aged 15 to 19y (9.8%). In boys, the values are similar for both age groups (10 to 14y: 25.3% and 15 to 19y: 23.3%)⁸.

At the international level, and regardless of whether questionnaires or accelerometers were used to assess physical activity, levels of physical activity in Portuguese youth were lower than the average of the European Union, as well as those observed in Finland and Sweden^{6,7}. The only exception is the data reported by Health Behavior in School-Aged Children, in which compliance with physical activity recommendations is similar between Portuguese and Finnish youth⁶. In this context, it should also be noted that 2019 Eurostat⁷ considers the physical activity recommendations of adults (i.e., perform at least 150 minutes of aerobic activity per week) when assessing the

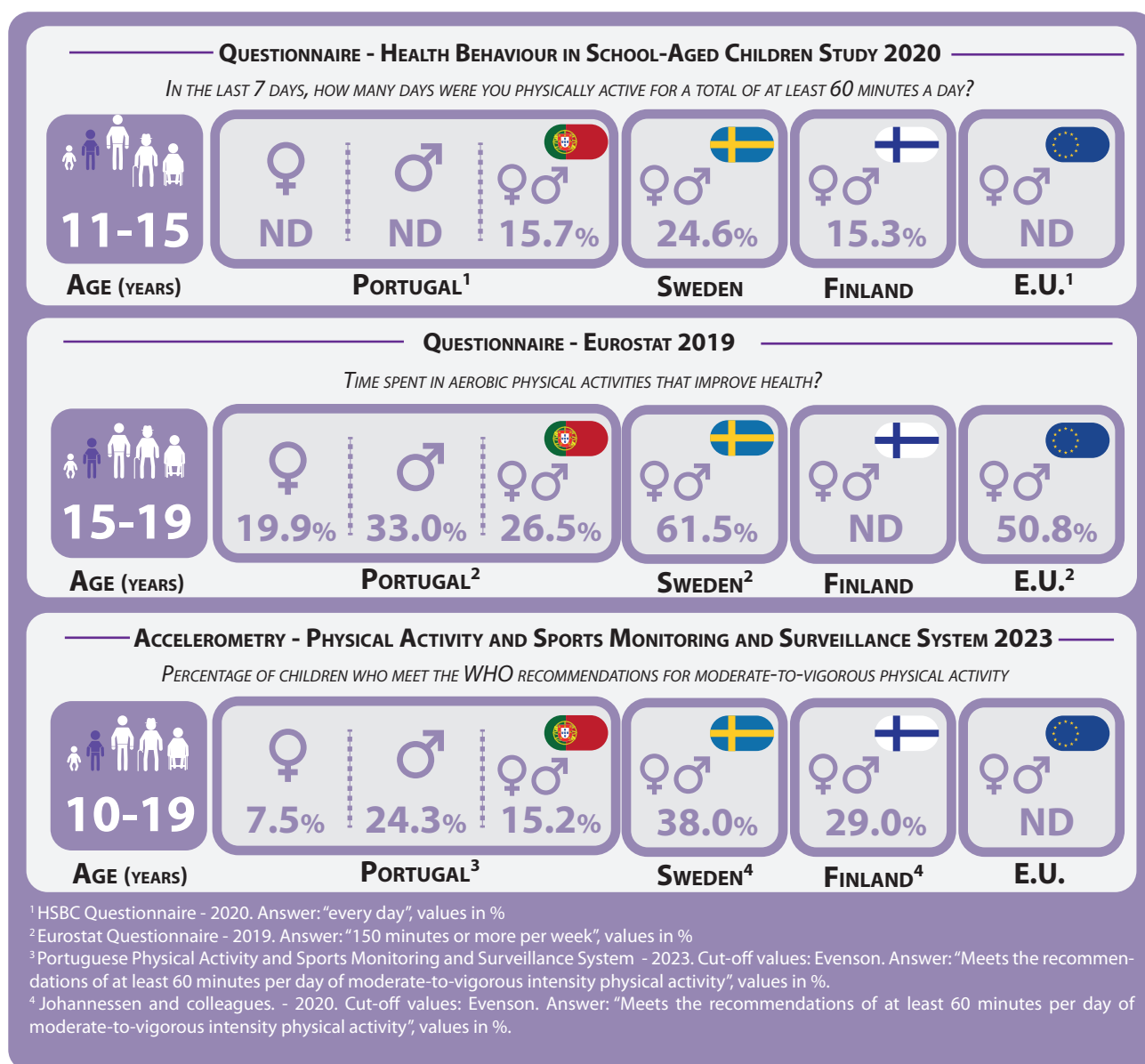


Figure 1 - Level of physical activity among youth according to different monitoring systems.

physical activity levels of adolescents (i.e., 15 to 19y). This may explain the higher prevalence of physical activity in adolescents found in 2019 Eurostat⁷, since the minutes needed to be considered physically active are less demanding in adults (150 minutes of moderate-to-vigorous activity per week) when compared to adolescents (60 minutes of moderate-to-vigorous physical activity per day).

ADULTS

In adults, there are more monitoring systems providing information on the level of physical activity of the Portuguese population (**Figure 3**). The methodological particularities of each of the studies differ according to: 1) the questions in the different questionnaires, which tend to be analyzed differently (i.e., the 2022 Eurobarometer question³ differs from the questions used by the

international Physical Activity Questionnaire (IPAQ))⁹; 2) the use of information obtained from accelerometers vs. subjective information from the questionnaires; 3) and the detailed information by region of Portugal (i.e., NUTS I vs. NUTS II). Based on these characteristics, the analysis of the information should be done carefully when it comes to determining the overall percentage of compliance with physical activity recommendations in Portugal. Of the different investigations selected and whose samples were considered to be representative of the population, both the National Food and Physical Activity Survey (n= 3 187)⁹ and the Physical Activity and Sports Surveillance and Monitoring System (n=1 898)⁸ reported different trends for which sex is more active in Portugal. Regarding international evidence, namely 2019 Eurostat⁷ and the 2022 Eurobarometer³, Portugal has lower values of physical activity and sports practice levels when compared to Finland, Sweden, and the average of the European Union. However, using information on physical activity collected by accelerometry in the Portuguese Physical Activity and Sports Surveillance and Monitoring System⁸, the percentage of Portuguese adults who comply with the recommendations is similar to that of Sweden¹⁰. This difference in values between the objective data and the questionnaires is highly relevant, given that the assessment of physical activity through a questionnaire (2019 Eurostat⁷ and 2022 Eurobarometer³) is consistent with the existence of a significant bias arising from each person's response, particularly regarding the type, the duration, and intensity of physical activity they practice. This issue will be further explored in the

chapter on the population's level of knowledge about the population's level of knowledge about physical activity.

Analysis of the regional information provided by the National Food and Physical Activity Survey (**Figure 2**) shows that adults in the northern region of Portugal report the highest levels of physical activity (IPAQ questionnaire scores of "High" and "Moderate"), followed by those living in the autonomous regions of Madeira and the Azores⁹. This is the only monitoring system in Portugal that provides an assessment of physical activity by NUTS II.

OLDER ADULTS

Considering older adults, it should be noted that, regardless of the monitoring system, the levels of physical activity reported by participants in 2019 Eurostat⁷ or the National Food and Physical Activity Survey⁹, as well as those measured objectively in the Physical Activity and Sports Surveillance and Monitoring System⁸, are considerably

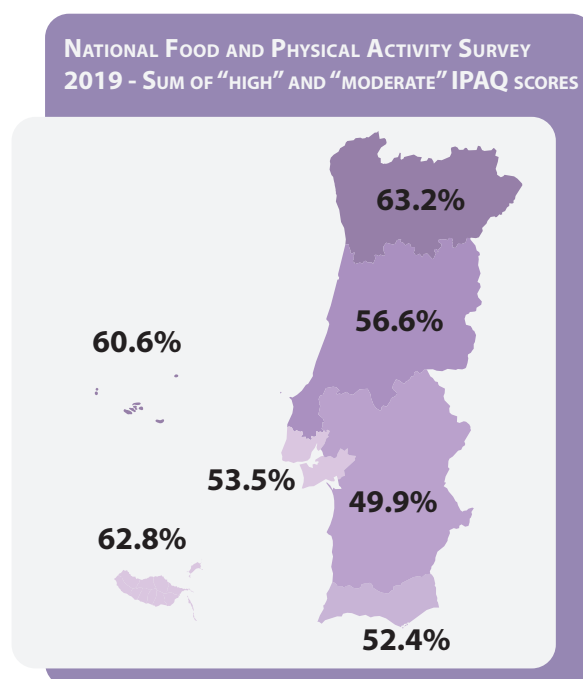


Figure 2 - Level of physical activity among Portuguese population by region (NUTS II).

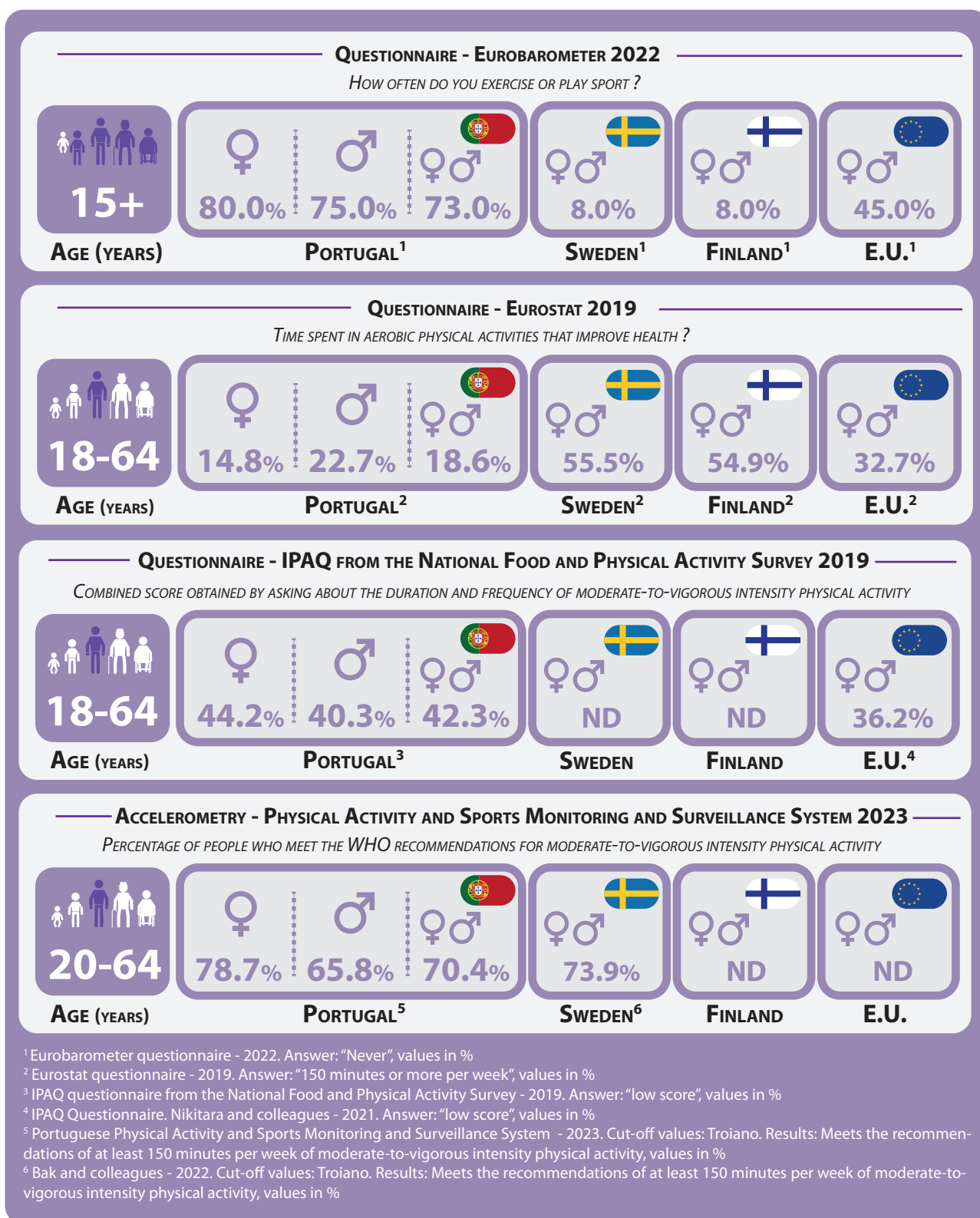


Figure 3 - Level of physical inactivity (Eurobarometer) and physical activity (Eurostat, IAN-AF and Physical Activity and Sports Monitoring and Surveillance System) of Portuguese adults.

lower than those of the adults, underlining the vulnerability of this population (**Figure 4**). As with young people, older adult males tend to have higher levels of physical activity than women. Another important observation is the compliance

with the physical activity recommendations assessed by accelerometry: older adults, regardless of sex, aged between 65 and 69y have considerably higher values (54.4%) compared to people over 85 (14.3%). There is also a gradual

decrease in compliance with the recommendations as the age groups progress between 70 and 85 years⁸.

In this age group, the information available at the international level is limited to the 2019 Eurostat

data, where average values observed in Sweden and the European Union are considerably higher than those obtained in the Portuguese population⁷.

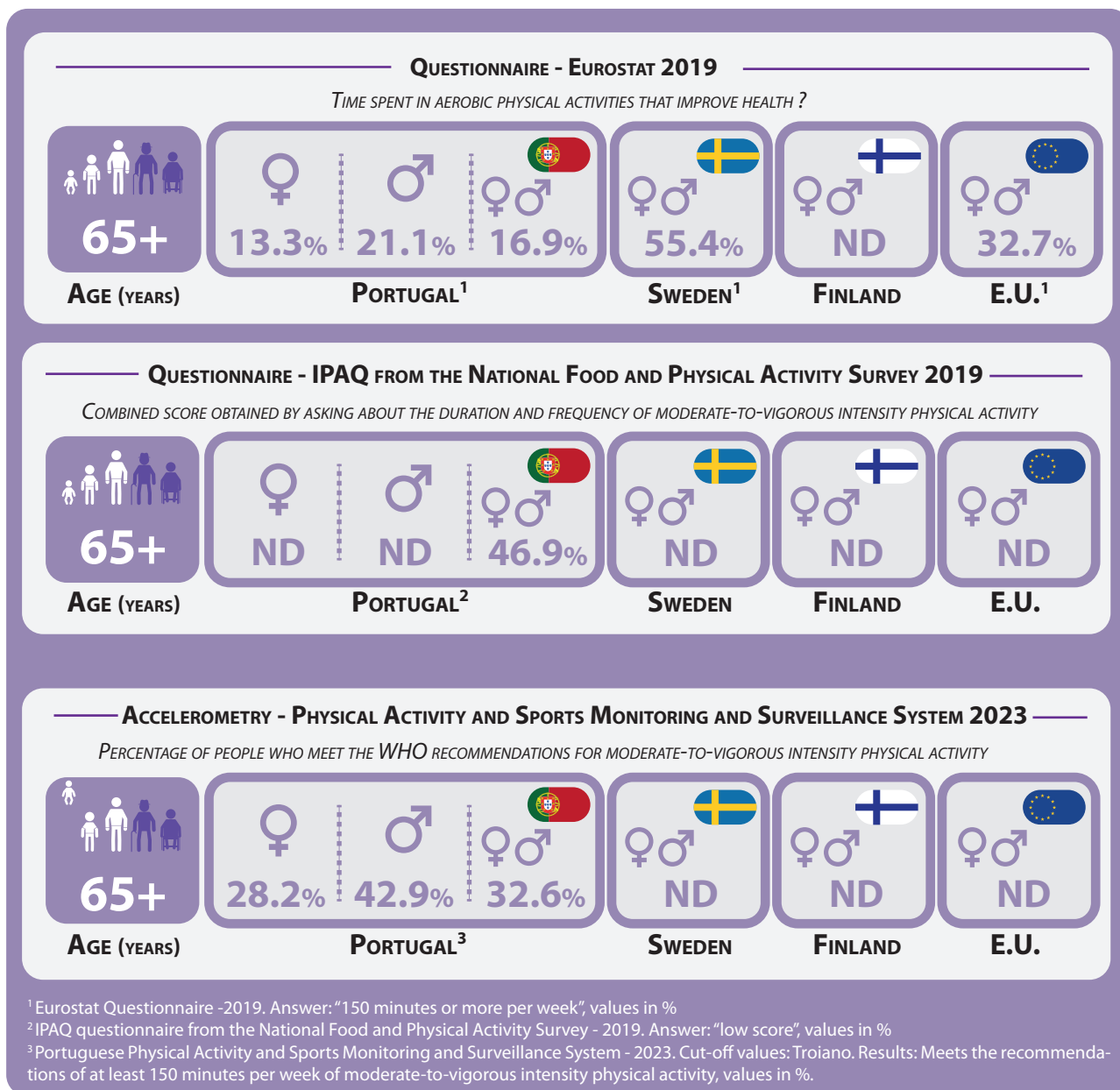


Figura 3 - Level of physical activity of older adults according to different monitoring systems.



3. TYPE OF PHYSICAL ACTIVITY AND SPORTS

Regarding the type of physical activity, the WHO¹¹ generally recommends aerobic, strength, stretching and mobility activities. However, citizens, based on their context and personal preferences, engage in different types of physical activity that allow them to be considered physically active. According to 2019 Eurostat data⁷, collected through the European Health Interview Survey (EHIS) (**Figure 5**), in Portugal around 68% of people over the age of 15, walk at least 10 minutes a day to

to commute (EU average: 82.6%), and only 6.1% do so by using a bicycle (EU average: 23.6%). In Sweden and Finland, the percentages are higher when compared to both Portugal and the EU average⁷. In fact, 90.0% and 33.8% of Swedes and 95.7% and 38.8% of Finns report that they walk or cycle at least 10 minutes a day to commute, respectively⁷. On this note, around 33.2% of the Portuguese population performs at least 10 minutes a day of aerobic activities, a substantially

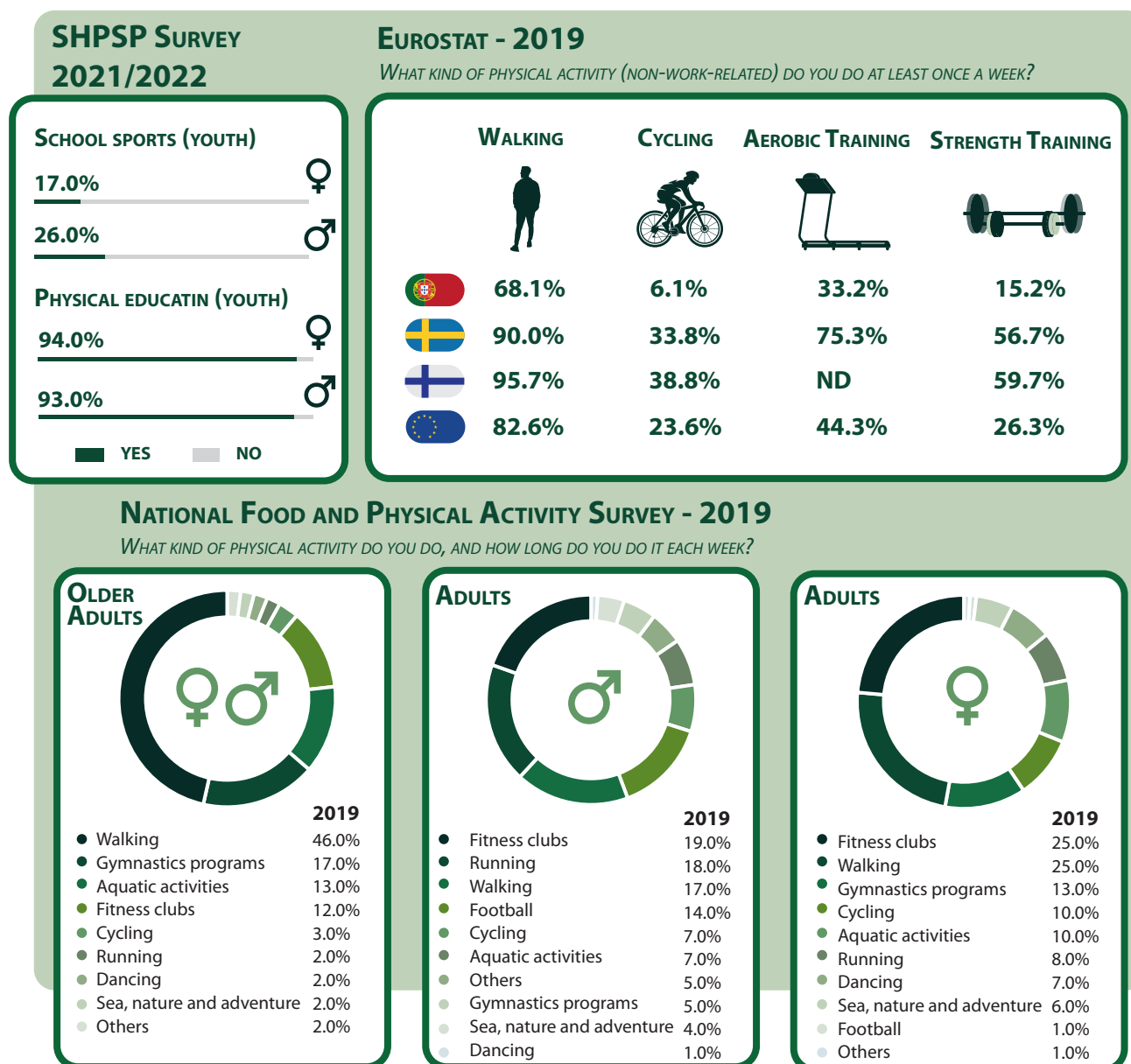


Figure 5 - Types of physical activity and sports practiced according to the different monitoring systems.

Abbreviations: SHPSP: Sports Habits of the Portuguese School Population

lower proportion when compared to the average of the European Union (44.3%), and even lower when compared to Sweden (75.3%)⁷. As far as muscle strength is considered, disparities still remain, as only 15.2% of the Portuguese population report performing such activities. In comparison, the average of the European Union is 26.3%, Sweden 56.7% and Finland 59.5%⁷.

Regarding Portuguese Youth, the sports habits of the Portuguese school population survey from 2021/2022¹², which included a sample of 85 224 children and adolescents, reported that 93.0% of boys and 94.0% of girls attended classes of physical education. On the other hand, only 26.0% and 17.0% of boys and girls were involved in the school sports programme, respectively (Figure 5).

The National Food and Physical Activity Survey suggests that the most frequently practiced physical

activities differ according to age and sex⁹ (Figure 5). The most common type of physical activity among older adults is walking (46.0%), followed by group classes (17.0%), aquatic activities (13.0%), and gym activities (12.0%). Activities such as running, cycling, dancing, or nature and adventure activities are less common (2-3%)⁹. In the case of the adult population, both women (25.0%) and men (33.6%) revealed that their preferred physical activity/exercise were gym activities; in the case of women, this preference was similar with that of walking (25.0%), while in the case of men, the second most common activity was running (26.0%). As for the remaining activities, walking was followed by group classes, cycling, and aquatic activities for women; for men, walking, soccer, and aquatic activities were the most popular activities after the gym and running⁹.

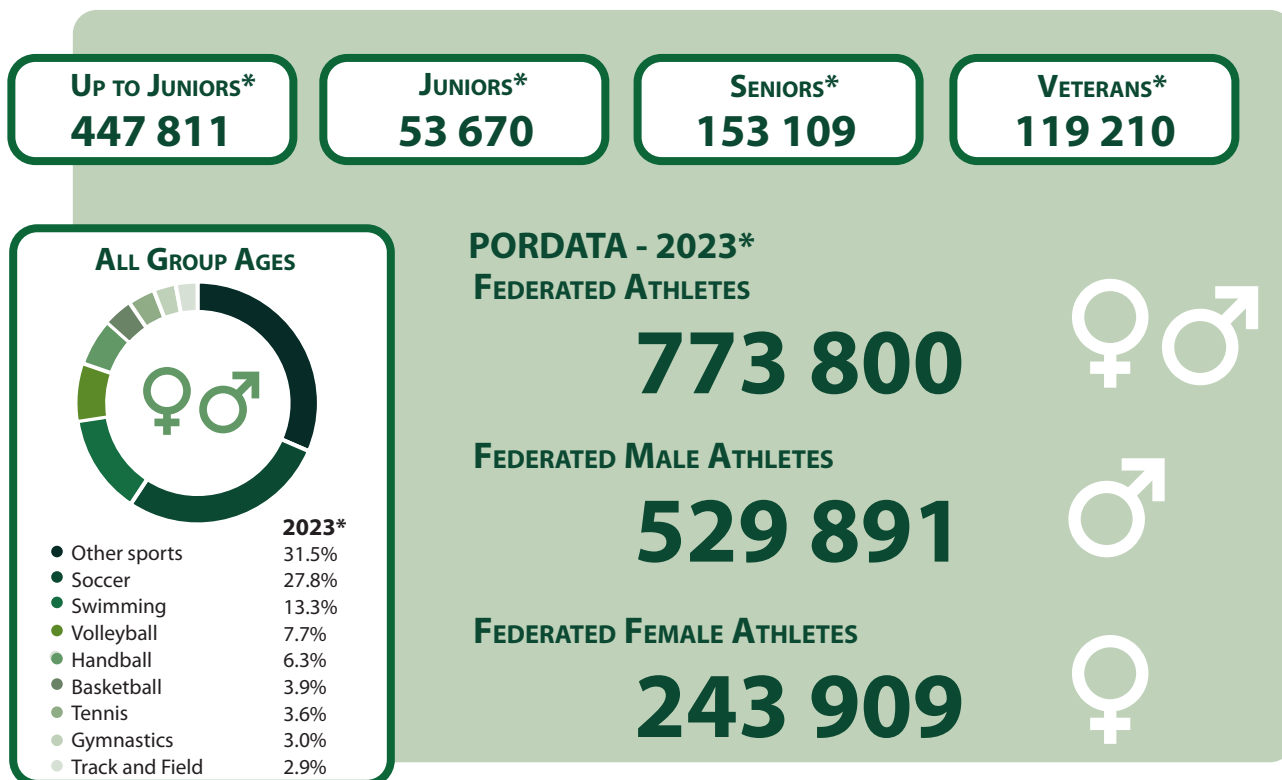


Figure 6 - Number of federated athletes and types of sport practiced by the Portuguese population.

*Preliminary data from PORDATA 2023, consulted at July 25, 2024.

According to the latest update of PORDATA (**Figure 6**), there are around 773 800 federated athletes in Portugal, of which 529 891 are male and 243 909 are female¹². The most common sports are football (27.8%), swimming (13.3%), volleyball (7.7%), handball (6.3%), basketball

(3.9%), tennis (3.6%), gymnastics (3.0%), and track and field (2.9%)¹². The data provided by the Portuguese National Statistics Institute can be consulted in the appendices (Appendix 3) as they relate to the year 2022.

4. BARRIERS AND MOTIVATIONS FOR PHYSICAL ACTIVITY PRACTICE

BARRIERS

Although there are numerous benefits associated with physical activity, a high proportion of the population faces challenges and barriers that limit their regular physical activity³ (**Figure 7**). In Portugal, data from the 2022 Eurobarometer suggests that 44.0% of the adult population considers the lack of time to be the main reason for not practicing sports or physical activity, a figure slightly higher than the European average (41.0%)³. Another nationwide study also reveals that the lack of time is reported as the main barrier (33.9%)¹⁴. It is also noted that women (20.0% more than men) and people aged 30 to 59y (20.0-25.0%) and 60 to 69y (37.0%) are the groups who most often mention this factor as a barrier to be active¹⁴. The data reported differs from the European reality, where the largest fraction of people reporting a lack of time is between the ages of 25 and 54y¹⁴. The 2022 Eurobarometer also reports that, for 29.0% of the Portuguese population lack of motivation is the second main reason for not practicing sports or physical activity (vs. 25.0% average for the European Union)³. On the other hand, only 12.0% report not practicing sports or physical activity due to lack of interest, a figure slightly higher than that of the European Union (9.0%)³. In

another study carried out in Portugal, 20.5% of participants reported a lack of motivation and a dislike of practicing sports or physical activity as a potential barrier, with men showing higher figures than women (16% more)¹⁴. In addition, lack of motivation/interest was more frequent among people aged 18 to 39y (+26.0% compared to other ages), with a level of education equal to or higher than the 10th grade (+33.0% compared to lower education), unemployed (+70.0% compared to employed), and with a medium-high level of health literacy (+20.0% compared to low health literacy)¹⁴. As far as health is concerned, approximately 11.0% and 10.0% of the 2022 Eurobarometer respondents report that having an illness/disability and fear of injury were barriers to practice sports or physical activity, respectively³. When compared to the European Union average (8.0%), the Portuguese respondents identify the risk of injury as a barrier with a slightly higher percentage. However, the presence of illness/disability is lower compared to the European Union average (14.0%) and other countries such as Finland (22.0%)³. Although the information provided by the 2022 Eurobarometer suggests that there are no inequalities by sex and age in the proportion of European citizens who report not practicing sports or

physical activity for health reasons, the current Portuguese panorama shows different trends. For example, men report not engaging in sports or physical activity for health reasons more often than women (+17.0%), while people over 70y, compared to people of other ages, reported more than twice as often not doing any sports or physical activity for the same reason¹⁴. In addition, among responders who globally report not doing sports or physical activity due to physical limitations or illness, it is important to focus on those with a level of education of 5 years or more (+36.0% compared to less than 5 years), who are unemployed (+19.0% compared to employees), with low levels of health literacy (+30.0% com-

pared to those with medium-high health literacy) and who report never exercising or doing physical activity between 2-6 times a week (+13.0% compared to daily exercise and/or sports practice)¹⁴. Alongside the identification of barriers to practice physical activity and sports in the personal domain i.e., individual characteristics (e.g., beliefs and knowledge) and which tend to be mentioned more by young physically inactive people¹⁵, the evidence also supports the need to intervene in the social and contextual domains. In this context, the available data on Portuguese youth suggests a direct influence of parents and peers on their levels of physical activity. More precisely, 67.7% of parents report promoting their

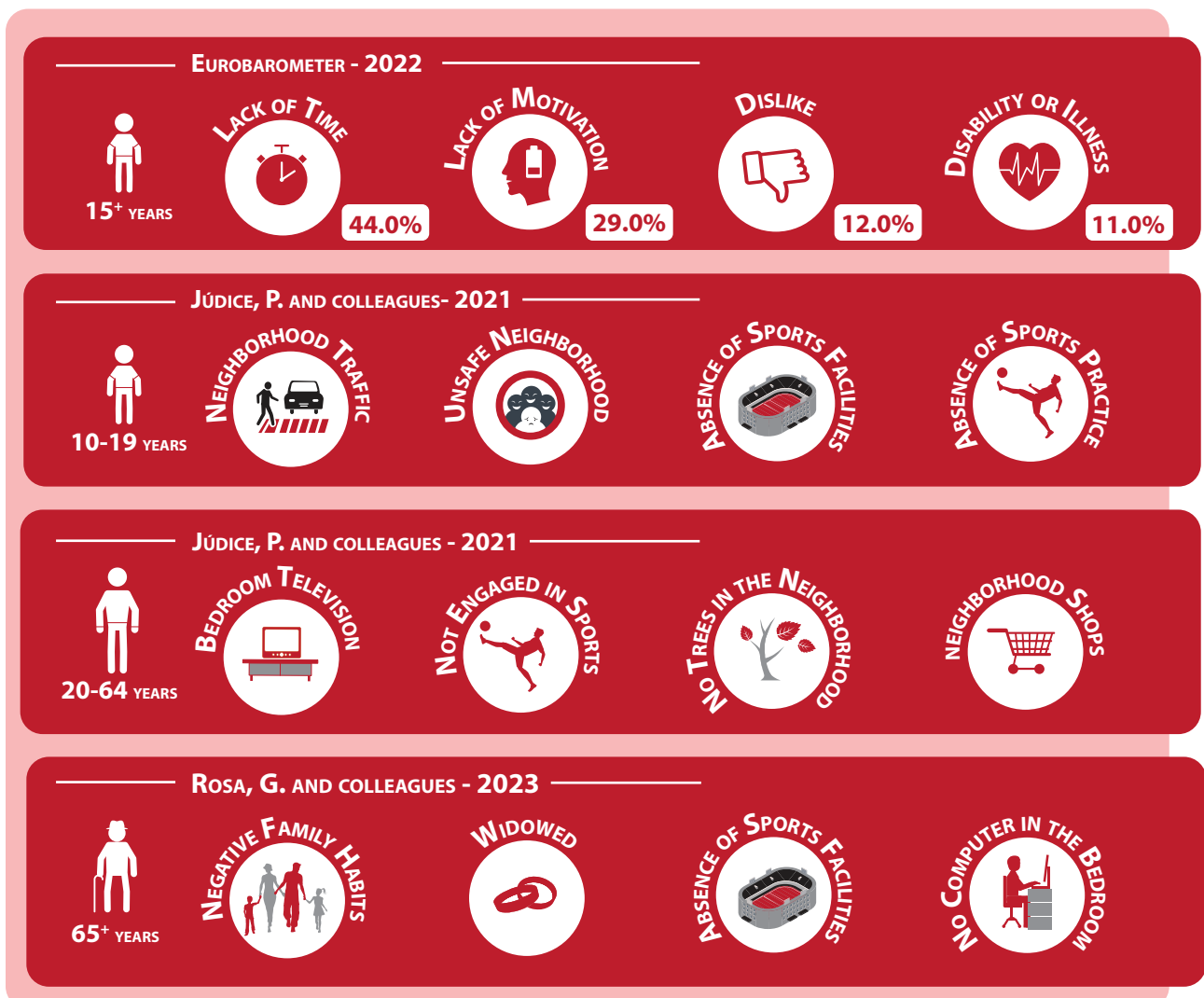


Figure 7 - Barriers mostly reported by the Portuguese population for not practicing physical activity and sport.

children's participation in sport¹⁶. At the other end of the Portuguese population (i.e., older adults), the marital status as well as the family's sports practice characteristics seem to influence the level of physical activity of people over the age of 65¹⁷ (**Figure 7**). In this example, we know from the accelerometry data collected in the most recent Portuguese Physical Activity and Sport Monitoring and Surveillance System shows that more than a third of the Portuguese older adults (37.8%) who are married, single or divorced, and report having a family with regular exercise habits comply with the current physical activity recommendations proposed by the WHO¹⁷.

In the contextual field, inaccessibility to sports facilities stands out as the main limitation to engage in physical activity in Portugal. According to the 2022 Eurobarometer, around 4.0% of Portuguese adults mentioned this factor as a barrier to regularly perform sports or physical activity, a proportion slightly lower than that reported by the average of the European Union Member States (5.0%)³. This information is also supported by objective data from the Physical Activity and Sport Monitoring and Surveillance System, which showed that young and older adults who report not having access to sports facilities present higher rates of physical inactivity^{17,18}. In the case of the adult population,

MOTIVATIONS

The practice of physical activity can be motivated by a diverse set of factors, which are organized into five main categories and include reasons related to health, well-being, psychological state, physical performance, and social order. According to the information provided by the 2022

the lack of sports facilities does not stand out as a key factor, but there are other factors that should be considered, such as the absence of trees in the local neighborhood¹⁹. At the same time, evidence shows that adults who have children and play sports report fewer limitations associated with infrastructure (-75.0%) and safety in the neighborhood (-59.0%), compared to adults whose children do not play sports regularly¹⁶. In addition, parents more often perceive the following factors as barriers to their children's sports practice: inaccessibility to stores, public transport, or nearby places to walk to, as well as the lack of sidewalks, green spaces, and other physically active people in the neighborhood²⁰. Finally, it is important to highlight the role of physical activity promotion campaigns in changing people's perceptions to these reported barriers. For example, following the national "Follow the Whistle" campaign, there was a positive change in the reporting of barriers associated with the availability of time, equipment, financial resources, and the perception of suitable places for physical activity²¹. More specifically, the number of people who feel more confident about staying active, regardless of existing barriers, has increased²¹, underlining the effectiveness of these types of campaigns in the Portuguese population.

Eurobarometer, 49.0% of Portuguese adults take part in Physical activity and sports in order to improve their health, such as the process of weight management (weight maintenance or weight loss, 27.0%) and to slow down the ageing process (15.0%)³ (**Figure 8**). In this context, it

should be noted that the proportion of the Portuguese population reporting health as a motivation to practice physical activity and sports is lower than the European average (54.0%), and that of Sweden (71.0%) and Finland (67.0%)³. These figures are, however, different when considering the older adult population, in which there is a higher proportion of people who mention health as a motivating factor compared to youth and adults²², and for whom a closer relationship is documented between motivations associated with health and the regular practice of physical activity and sports²³. At the same time, Portuguese adults also practice physical activity and sports for relaxation (46.0%) and for fun (22.0%)³. In Portugal, fun has been documented as one of the main motivations for practicing physical activity and sports in all age groups²². Considering the international dimension, Portugal more often mentions relaxation as a reason for practicing when compared to the average for the European Union (39.0%), Finland (41.0%), and Sweden (28.0%)³. It is also important to recognize other motivations that support the practice of physical activity in Portugal, such as those associated with sports performance, psychological state, and the social dimension. Regarding the improvements in physical fitness, i.e., sports performance, Portugal is one

of the countries with the lowest values reported for this dimension as a motivating factor for practicing exercise and sport in the European context (34.0% vs. 43.0%, European Union and 64.0%, Finland)³. Curiously, Portugal belongs to the group of European countries that report practicing physical activity and sports driven by social factors the most: 27.0% of the Portuguese state that the possibility of socializing with friends is a relevant motivation (vs. 19.0% in the European Union)³. Given the current European scenario, the Portuguese population is among those who most often cite reasons associated with physical appearance (26.0%) and self-esteem (20.0%) for practicing sport, regardless of the age of those surveyed³, whereas the European average for the same motivations is 21.0% and 13.0% respectively³. Given the need to consolidate the motivations for practicing physical activity, which in turn enables long-term adherence to structured physical activity, there has been a focus on nationwide media campaigns to increase physical activity levels and literacy. The national campaign “Follow the Whistle” has contributed to an increase in the proportion of Portuguese indicating more interest and enjoyment while practicing physical activity²¹, reinforcing the role of this type of initiative in promoting healthier lifestyles.

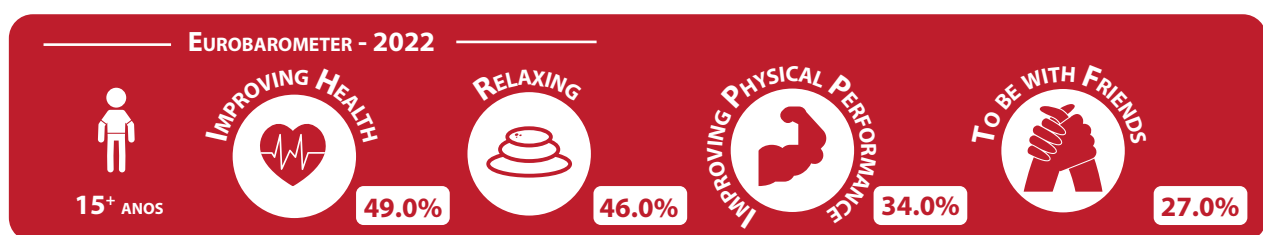


Figure 8 - Top four motivations reported by the Portuguese population for practicing physical activity and sport, according to the Eurobarometer 2022.

5. LOCATIONS FOR PRACTICING PHYSICAL ACTIVITY

Considering the 2022 Eurobarometer data³, around half of Europeans who do physical activity and sports prefer to do so in an outdoor area, namely in parks or gardens (47.0%) (**Figure 9**). In addition, 37.0% of the European Union citizens mention that they practice physical activity at home or while commuting to work/school (24.0%), whereas only 13.0% report using gyms for this purpose³. In line with the European average, 52.0% of the Portuguese population report the outdoors as their preferred place to practice physical activity and sports. However, gyms are identified as the second most common place for

performing physical activity (30.0%), followed by commuting (i.e., home, work, school (14.0%), and those activities inside a school/university (11.0%)³. Considering other European realities, both Sweden and Finland have different preferences when it comes to where they do their physical activity and sports. Sweden reports that the preferred place for physical activity and sports is at home, followed by the outdoors (37.0%) and gyms (31.0%)³, whereas Finland reports as favorite locations those on an outdoor setting (66.0%), at home (48.0%), and while commuting to work/school (31.0%)³.



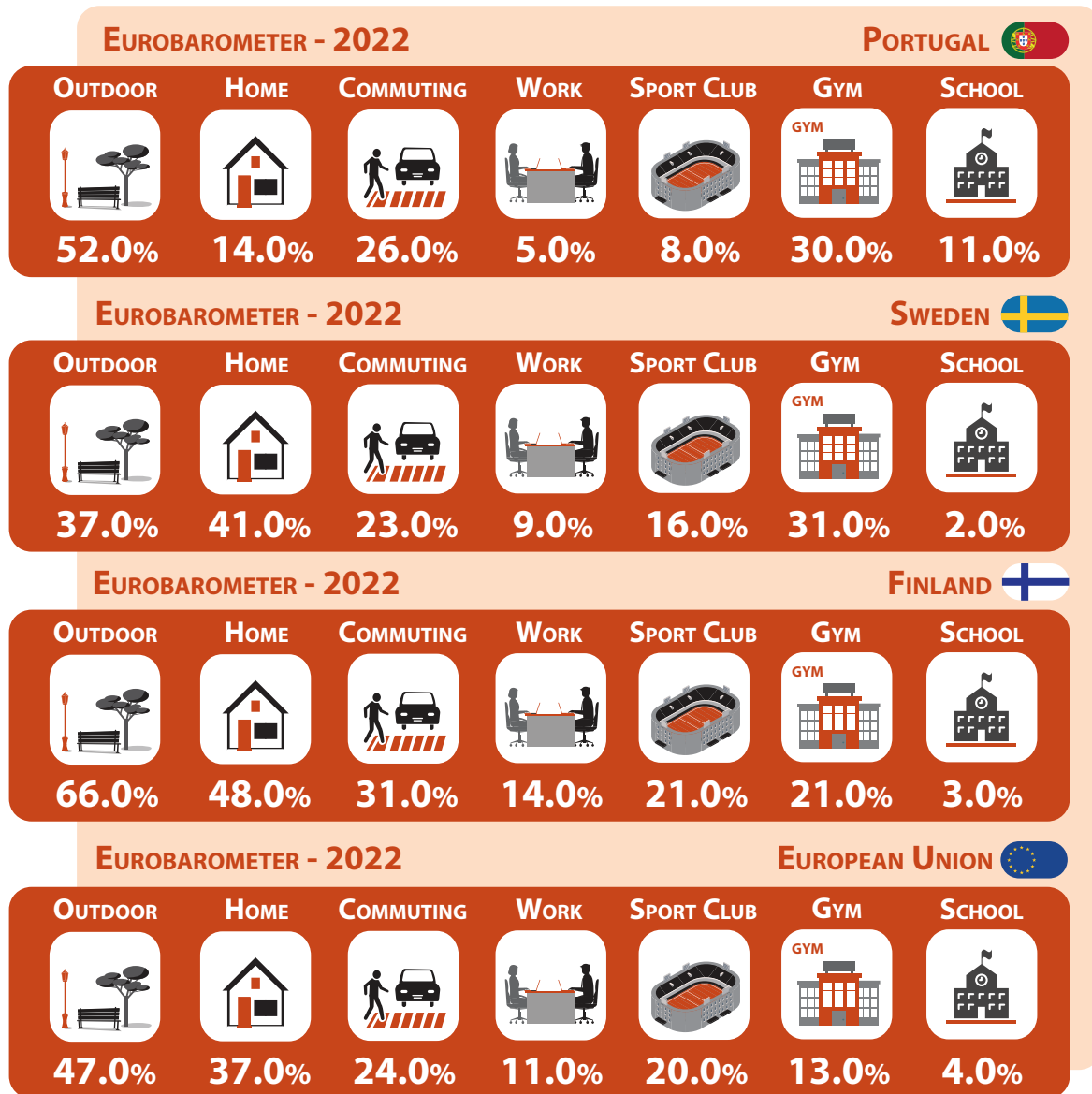


Figure 9 - Locations for physical activity and sports practice.

7. POPULATION KNOWLEDGE LEVEL ON PHYSICAL ACTIVITY

Health literacy is reflected in the ability to find, understand, and use information to make everyday health-related decisions, such as those related to physical activity. Evidence suggests that low levels of health literacy are associated with poor health indicators, as well as poor access to health conditions. In 2019, the Directorate General for Health launched the “Follow the Whis-

tle” campaign with the aim of increasing competence, opportunity, and motivation to practice physical activity through a marketing campaign disseminated through various media, such as television, radio, and the internet²¹ (Figure 10). According to the results of the campaign, the Portuguese seem to be familiar with the concept of physical activity, since they tend to agree that

climbing stairs or walking are forms of physical activity and that the benefits of being physically active are not only restricted to exercise at greater intensities²¹ (**Figure 10**). On the other hand, according to the Physical Activity Barometer published in 2019, the Portuguese showed a lack of knowledge about the WHO's international physical activity recommendations, since only 2.4% of the Portuguese population knew the recommendations, namely 2.7% of women and 2.1% of men²⁴. However, considering a more detailed analysis of the data already presented in

the 2022 Eurobarometer (chapter on the population's level of physical activity and sports), it is possible that the lack of knowledge of the recommendations could partially explain Portugal's position as the least active country in Europe³. In fact, according to data from the Physical Activity and Sport Monitoring and Surveillance System⁸, 56.4% of the Portuguese who reported not practicing physical activity or sport (i.e., a question asked in the Eurobarometer³), actually complied with the WHO's physical activity recommendations when assessed by accelerometry. Therefore,

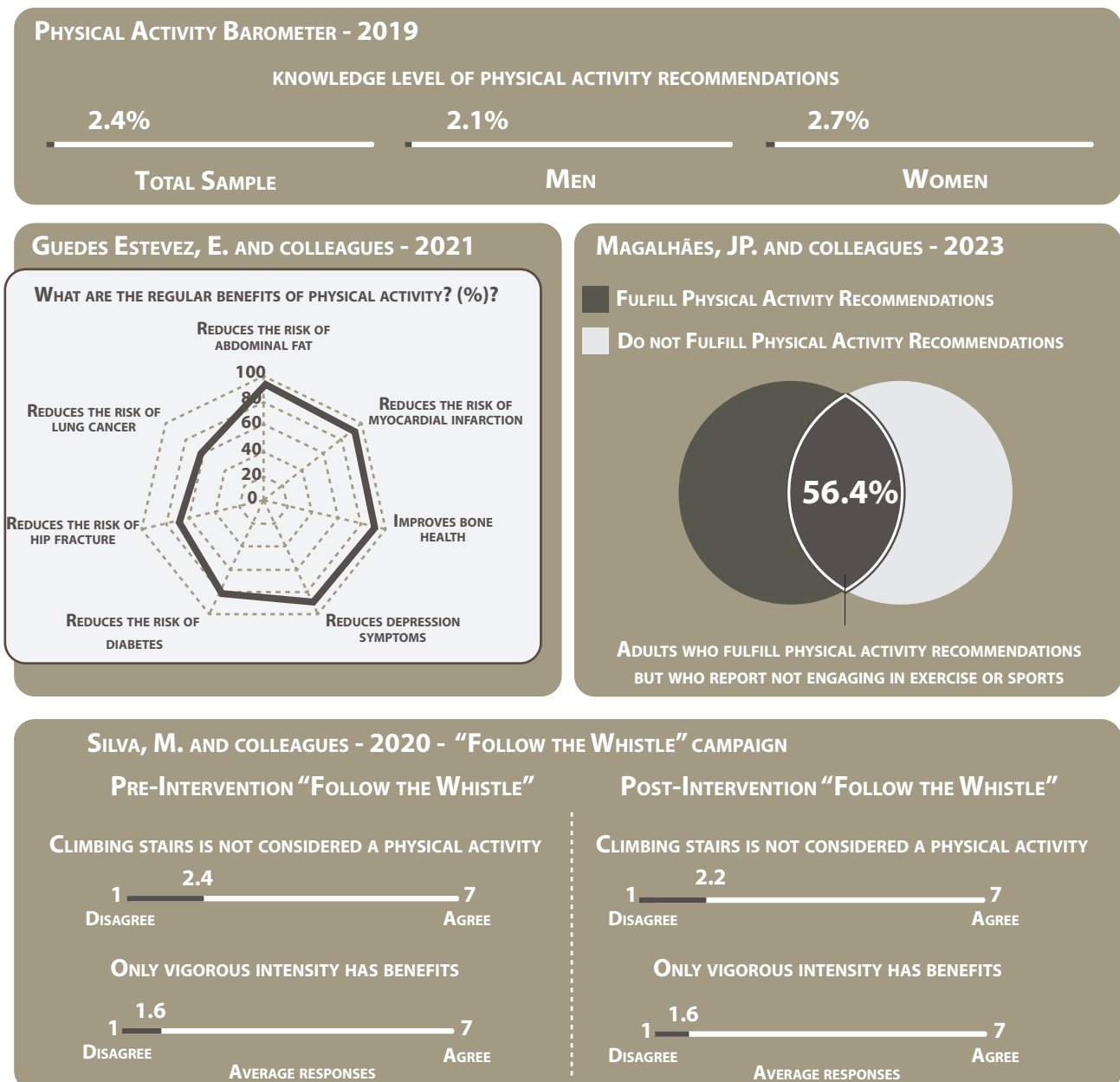


Figure 10 - Knowledge of the Portuguese population regarding physical activity and health.

it is clear that a significant bias arises from individual responses, particularly concerning the type, intensity, and duration of the physical activity practiced, i.e., circumstantial day-to-day physical activities (e.g., commuting, occupational, and/or domestic activities). Nonetheless, such activities contribute to meet the physical activity recommendations, despite the fact that they are not perceived as “exercise or physical activity of moderate-to-vigorous intensity”. Despite the lack of awareness of the recommendations, the Portuguese population is aware that practicing physical activity has health benefits, namely in reducing abdominal adiposity (95.8%), the risk of myocardial infarction (92.9%), symptoms of depression (87.8%), and diabetes (80.7%), while also improving bone health (90.7%)¹⁴. However,

this recognition seems to be lower in older age groups (i.e., 70 to 79y), whose percentage of physical activity is lower¹⁴.

In the European context, particularly in Finland, only 4.0% of a sample of 776 adult men were able to fully recognize the physical activity recommendations established by the WHO, with 7.0% identifying the aerobic activity and 25.0% muscle strengthening components related with the recommendations²⁵. Interestingly, higher levels of knowledge about international recommendations were associated with variables such as being in a relationship (marital or not), having a higher level of education, and higher levels of physical activity during leisure time. In turn, lower levels of knowledge were associated with lower cardiorespiratory and muscular fitness values²⁵.

8. PHYSICAL ACTIVITY INCENTIVES AND BEST PRACTICES

The WHO's Global Action Plan 2018-2030 aims to reduce the prevalence of physical inactivity by 15.0% in the adult population by 2030, focusing on a systemic approach to policies that promote active environments, societies, systems, and people. Based on this organization, this report has identified examples of incentives and best practices that have an ongoing status, or that have been initiated since 2019, but have already ended (**Figure 11**). In Portugal, the “*Programa Nacional para a Prática da Atividade Física*” (PANAF) has been in place since 2017, focusing on 5 priority areas of intervention (surveillance and

monitoring, communication and information, physical activity in life contexts, community interventions and health systems) through which various initiatives to promote physical activity have been implemented (**Figure 11**).

For the purposes of this report, 5 successful policies/incentives will be described, representing each of the areas of action defined by the WHO (i.e., active environments, societies, systems, and people). A brief description of the other policies/incentives identified can be found in the appendices (Appendix 7).

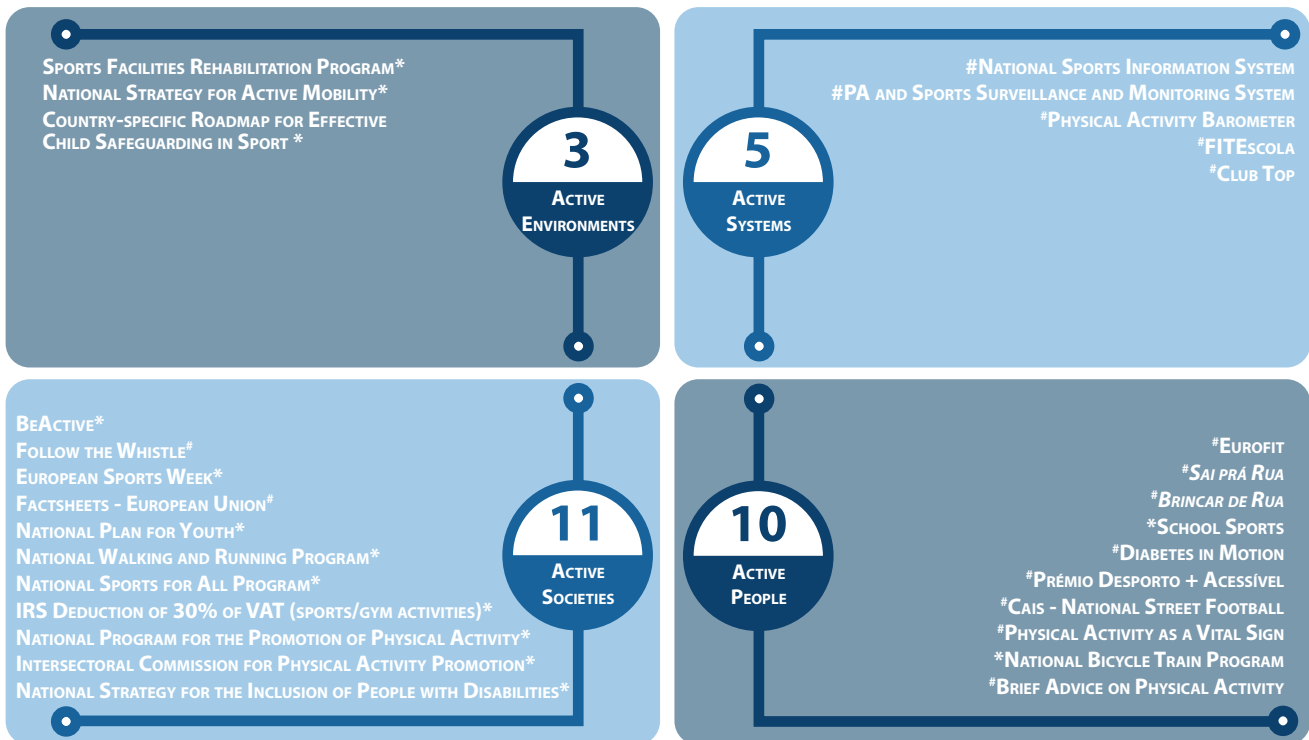


Figure 11 - Examples of public policies (*) and initiatives (#) considered as incentives and best practices of physical activity, organized according to the WHO Global Action Plan.

Abbreviations: PA, physical activity; VAT, value added tax; IRS, internal revenue service.

ACTIVE ENVIRONMENTS

“REHABILITATION PROGRAM FOR SPORTS FACILITIES”

An example of an “Active Environment” policy is the Program for the Rehabilitation of Sports Facilities, which was set forward by the Secretary of State for Youth and Sport in partnership with the IPDJ. This program covers the mainland of Portugal and aims to provide financial support, up to a maximum of 50 000 euros, to non-profit sports clubs and associations that promote sports activities. The program's total budget for 2023 was 2 million euros. The budget covers various types of intervention, namely those focused on the modernization of sports facilities, their rehabilitation or conservation, as well as those that promote not only a reduction in the energy consumption of a given facility, but also the use of renewable energies.

ACTIVE SOCIETIES

“BeACTIVE AND FOLLOW THE WHISTLE”

#BeACTIVE is a European Commission campaign created in 2015 with the aim of promoting an active and healthy lifestyle inside and outside Europe. Based on three basic cornerstones in the sports context - involvement, inclusion, and innovation - this campaign promotes different initiatives to promote sport and physical activity, such as: the European Sports Week, which takes place annually between September 23-30 and that had more than 37 335 events and around 11 million participants across Europe in 2023 (in Portugal, around 953 activities took place during this week); the active break at work, which consists of sharing videos with suggestions for strength and stretching exercises to be carried out in the work context or teleworking; and the celebration of the

day for physical activity and the international day of sport for development and peace on April 6. At the same time, the European Commission set up the EU Sport Forum, which brings together political and educational bodies, European institutions, private sector companies, and other celebrities from the sport context, encouraging discussion on the challenges, opportunities, and future prospects of the European sports reality.

In 2019, the Directorate-General for Health launched the "Follow the Whistle" campaign, which seeks to encourage physical activity through various media, such as television, radio, and internet. The post-campaign results (n= 1 730) suggest that only 22.2% of the inquired sample remembered the "Follow the Whistle" message and of these, 80.0% identified the campaign's key message, which was that there are countless opportunities to be active on a daily basis. In addition, the percentage of people with a low level of physical activity decreased (24.3% vs. 17.4%), while the percentage of people with a moderate-to-high level of practice increased (75.7% vs. 82.7%).

ACTIVE SYSTEMS

"NATIONAL SPORTS INFORMATION SYSTEM"

The National Sports Information System aims to support the entire sports community (i.e., sports

practitioners, sports stakeholders, and researchers in the field) by centralizing information on sports, facilities, and equipment available in Portugal. In addition, this system aims to contribute to decision-making in spatial planning policies, particularly regarding the construction, conversion, and conservation of sports facilities. According to the most recent data, there are more than 295 municipalities registered in this system, with a total of 2 552 and 7 547 sports entities and facilities registered, respectively.

ACTIVE PEOPLE

"DIABETES IN MOTION"

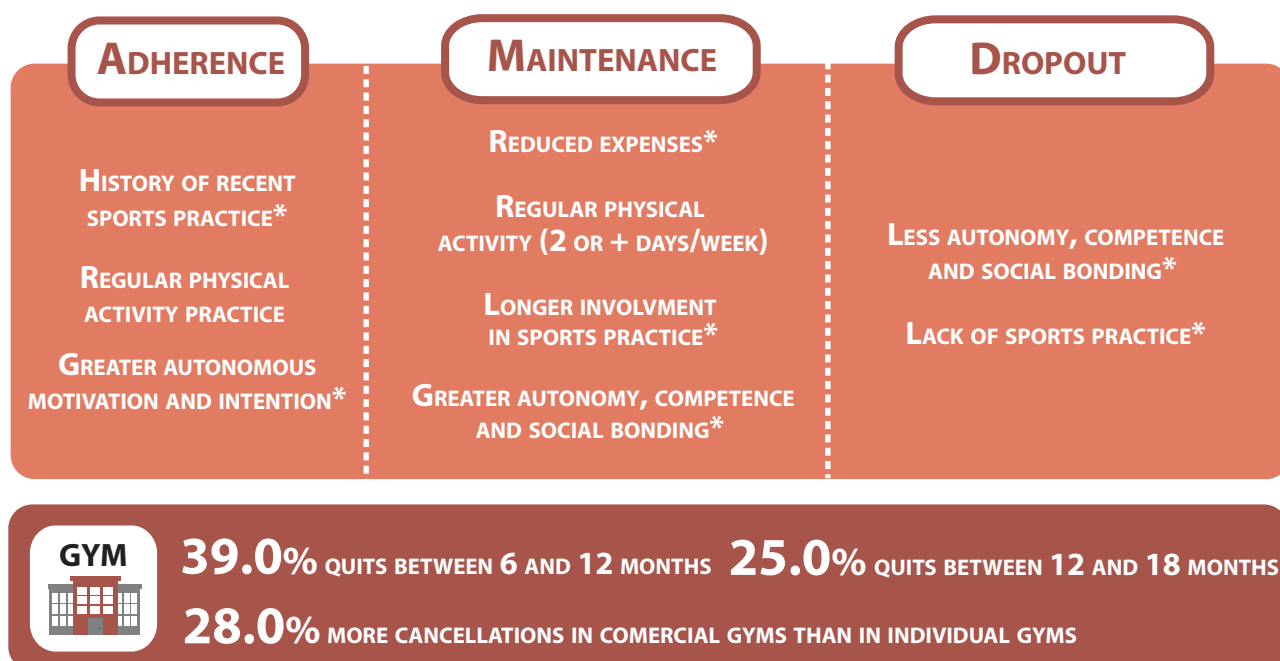
The Diabetes in Motion Program is a multidisciplinary, low-cost community initiative aimed at people with type 2 diabetes implemented by the Directorate-General for Health in 2009. It involves three 90-minute group (i.e., 20-30 participants) physical exercise sessions a week (aerobic, strength, mobility, and flexibility) supervised by exercise physiologists and nurses, and completely free of charge for the participants. This program was active in 32 municipalities across the country in 2020, involving around 1 500 users of the National Health Service. Due to the pandemic, the program was suspended that year and restarted in 2023 and is currently present in 42 municipalities.

9. PHYSICAL ACTIVITY AND SPORTS DETERMINANTS

Adherence, maintenance, and dropout from physical activity are influenced by a set of determinants that vary throughout the lifespan (**Figure 12**). While initial adherence to physical activity is generally motivated by the different variables previously mentioned in the “Motivations” chapter, it is known that there are other relevant parameters for adherence, particularly those carried out in a gym setting, such as physical activity or sports participation in the previous 6 months²⁶. More precisely, it has been documented that adults who have started regular physical activity practices are more frequently involved in gym activities²⁶.

The literature available in Portugal also identifies other adherence determinants to sports, including previous experience of physical activity,

frequency of previous physical activity, and higher levels of autonomous motivation and intention to practice^{26,27}. However, it is important to recognize that the impact of physical activity promotion campaigns on these indicators is reduced to insignificant. More precisely, following the national “Follow the Whistle” campaign, there was no increase in the Portuguese intention to start/practice physical activity in the near future²¹. Regarding physical activity’s long-term maintenance, the following are considered positive factors for the Portuguese population: regular practice of physical activity (2 or more times a week)²⁸, financial investment in the activity, and the length of time in months involved in a given sport²⁹. While recognizing the importance of the intention to continue practicing sport in adult-



* DATA REGARDING SPORTS PARTICIPANTS IN A GYM OR HEALTH CLUB CONTEXT

Figure 12 - Main determinants for the practice of physical activity and sports in Portugal.

hood, the evidence suggests that lower levels of frustration and hindrance in relation to feelings of competence, autonomy, and attribution of significance are positively related with the intention to perform physical activity³⁰. Considering other domains of motivation and personal regulation, the literature documents that the intention to practice physical activity is greater if the level of external or introjected motivation is lower³⁰. Therefore, it is crucial to emphasize the importance of promoting activities that increase people's intrinsic motivation. In another European context (i.e., Finland), there is evidence that stimulating intrinsic motivation not only contributes to maintain and increase regular physical activity, but also favors a long-term reduction in sedentary behavior³¹.

In Portugal, one of the main reasons for dropout from sports or physical activity, particularly in a gym setting, is the absence of physical activity in the previous months or weeks²⁹. In an investigation involving around 4 800 Portuguese adults, it was observed that when practice in a gym was

less than twice a week, the dropout rate of a membership would be considerably higher⁸. In the context of gym memberships, it's also important to note that 39.0%, 25.0%, and 10.0% of Portuguese people quit between the first 6-12, 12-18, and 18-24 months after joining, respectively. Despite the scarcity of evidence on the main determinants that lead young Portuguese people to give up practicing physical activity and sports, there are projects on a European scale, such as the "Keep Youngsters Involved" project, that aim to mitigate the dropouts. In the "Keep Youngsters Involved" project, 169 approaches to mitigate sports dropout were proposed and organized into 14 areas of action - autonomy, competence, meaning in sports, healthy learning climates, adapted management of the time invested and the goals to be achieved, bearable costs, realistic expectations, values, and best practices, positive relationships between the athlete and coach, peer involvement and support, accessibility and variability of the physical activities available, and policies to prevent sports dropout.



10. PHYSICAL ACTIVITY AND ENVIRONMENTAL SUSTAINABILITY

The interaction between physical activity and environmental sustainability has emerged as a topic of growing relevance in a global context, where awareness of environmental impacts is an important subject. In addition to the places where physical activity is carried out, which was previously described in the chapter "Locations for Practicing Physical Activity", other factors that

have a significant impact on the environment should be highlighted. Regarding the use of active transport, such as walking or cycling, the evidence suggests that there are health benefits, with not only an increase in the practice of daily physical activity, but also an improvement in the environmental dimension (**Figure 13**). In Portugal, as with the European Union average (70.2%),

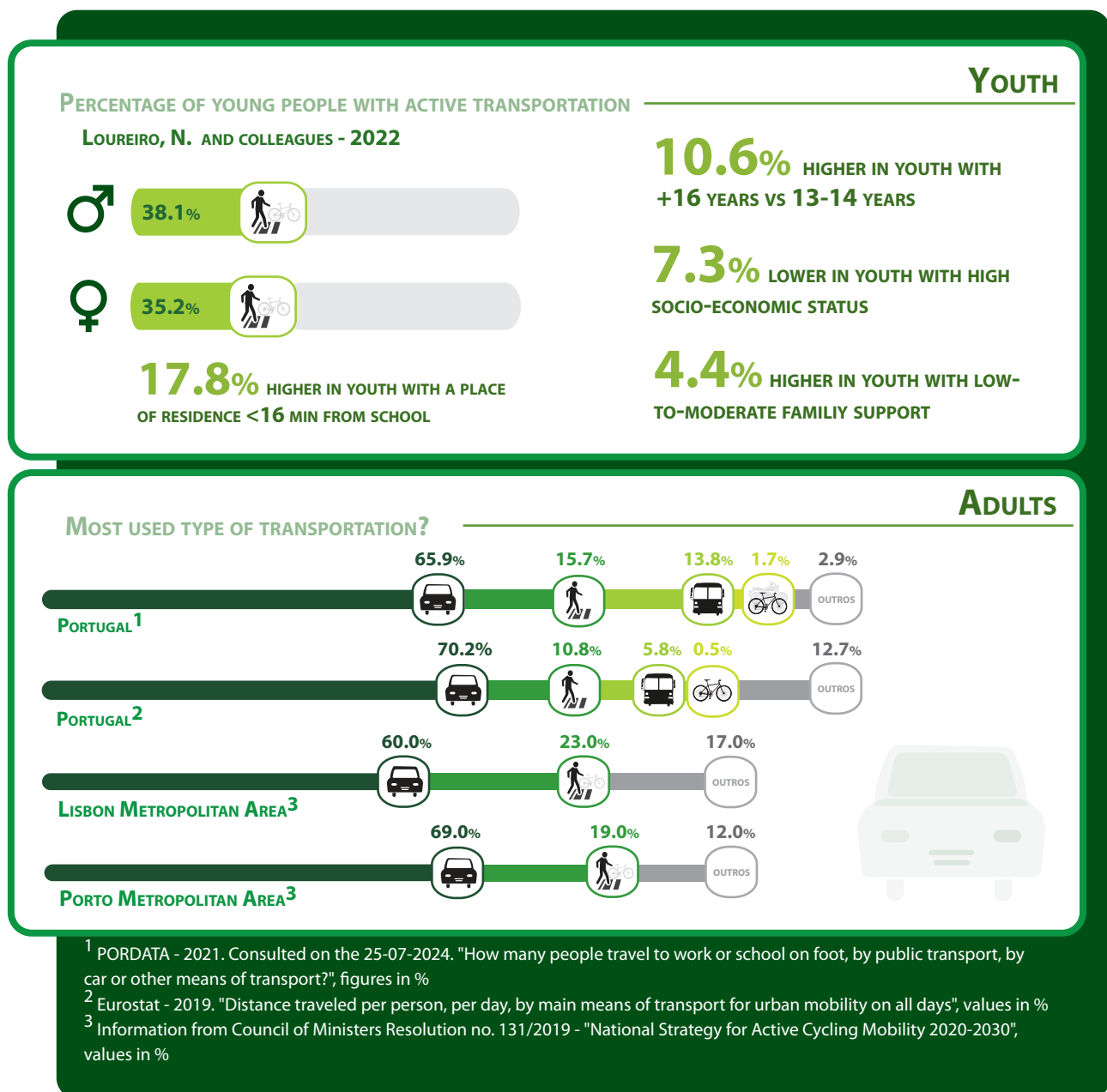
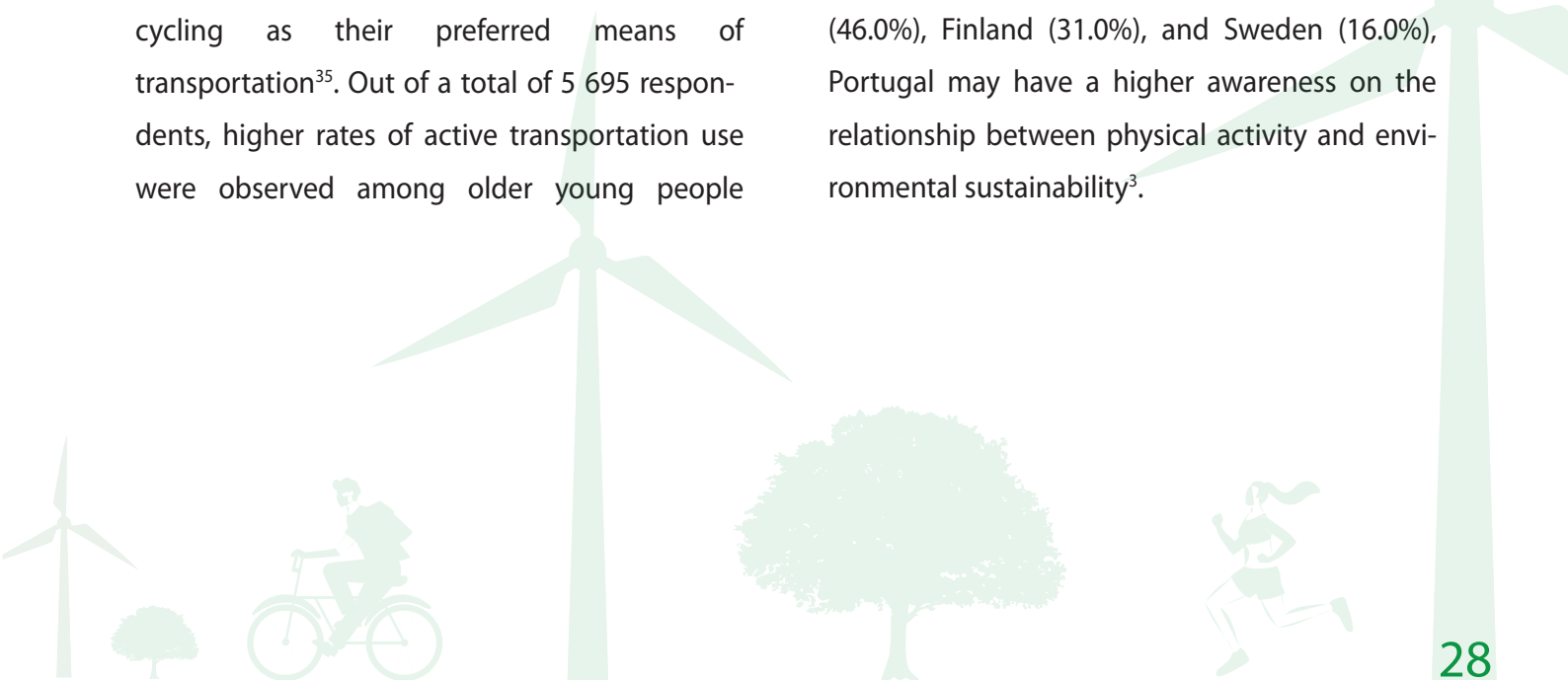


Figure 13 - Active transportation and means of transport used by the Portuguese, according to age group.

around two-thirds of the population (66.0%) use the car as their main means of transportation³²: 60.0% in the Lisbon Metropolitan Area and 69.0% in the Porto Metropolitan Area³³. Although Portugal is among the countries whose population travels the longest distances during the day (18.4 km)³⁴, which may justify the preference for using the car, there is a considerable proportion of the population (16 to 18%) who regularly uses active means of transport, such as walking and cycling³². When looking at the regions with the most inhabitants - the Lisbon Metropolitan Area and the Porto Metropolitan Area - the proportion of people that uses active transportation can potentially reach 23.0% and 19.0%, respectively³³. However, the most recent Eurostat data (2022)³⁴ points to lower levels of active transport use in Portugal. Although the proportion of Portuguese who choose walking as a means of transportation (5.8%) is similar to other European countries, the national population lags behind the rest in terms of bicycle use (0.5%)³⁴. Considering active transportation in youth, the most recent data shows that around 35.2% of girls and 38.1% of boys between the ages of 13 and 20 use walking or cycling as their preferred means of transportation³⁵. Out of a total of 5 695 respondents, higher rates of active transportation use were observed among older young people

(41.6% of young people over 16) and those with a residence less than 16 minutes from school (41.1%)³⁵. In particular, the distance from home to school has been identified as the main determinant for the use of walking or cycling as a form of active transportation. Following the example of Finland, there are higher rates of active transportation among students who live less than 5 km from school³⁶. More precisely, 80 to 82% of youth between 9 and 13 years, 58.0% of those with 15 years, and 72.0% of youth above 15 years choose to walk or cycle to school³⁶. In addition, other factors of a social nature, i.e., socio-economic status and family support, seem to strongly determine the use of active means of transportation. Portuguese youth with lower family support (39.3%) and belonging to families with lower socioeconomic status (39.7%) had higher proportions of active transportation³⁵. Data from the 2022 Eurobarometer³ indicates that more than half of the adult Portuguese population (54.0%) is aware of the impact that practicing sports or physical activity has on the environment. This information suggests that, compared to the average for European countries (46.0%), Finland (31.0%), and Sweden (16.0%), Portugal may have a higher awareness on the relationship between physical activity and environmental sustainability³.



11. SUMMARY OF MAIN RESULTS

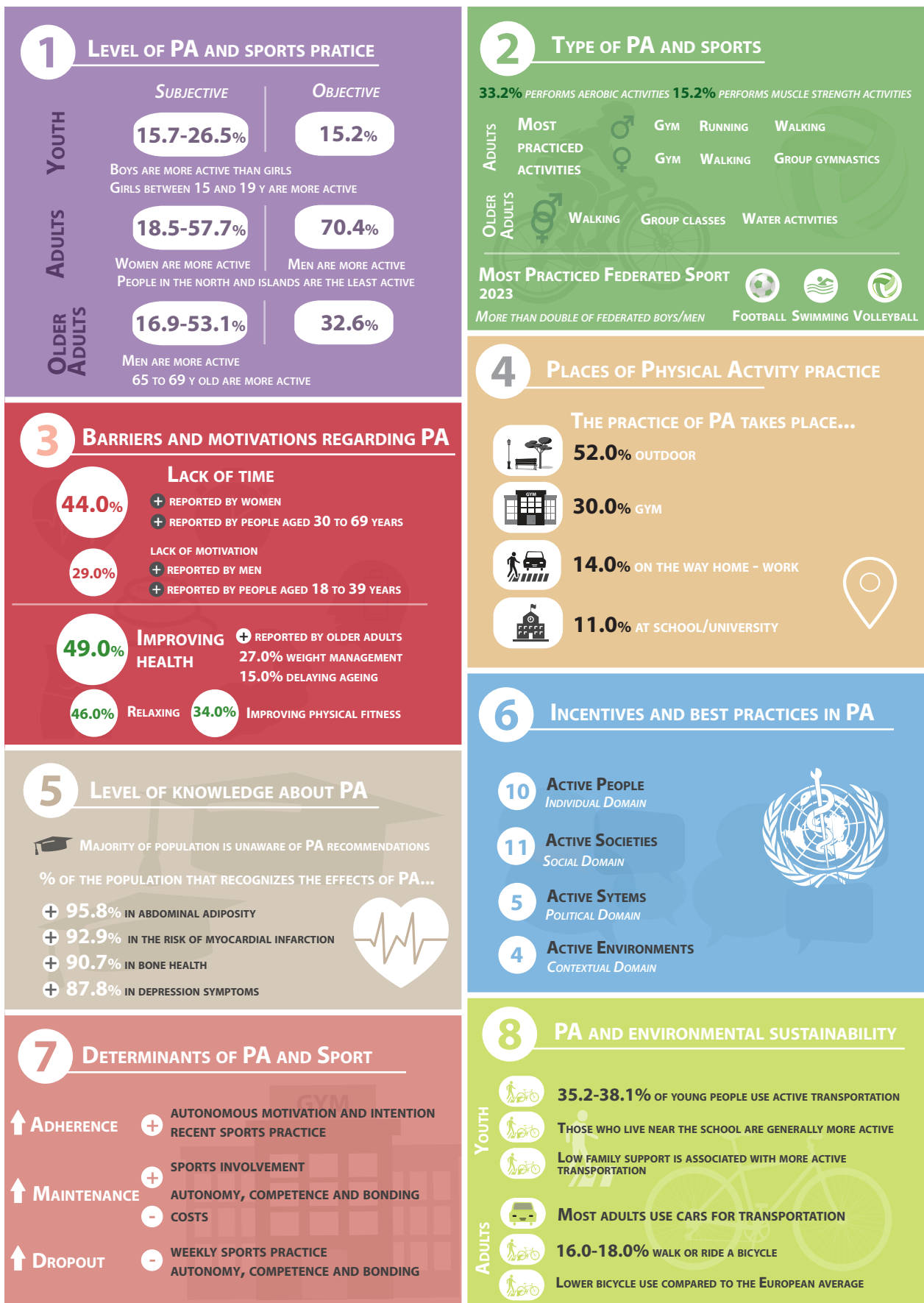


Figure 14 - Dimensions of analysis on the physical activity of the Portuguese population: identification of the main characteristics associated with the practice of physical activity and sports participation. Abbreviations: PA, physical activity.

Figure 14 is a summary that aggregates the information of the different dimensions analyzed in this report, of which the following points stand out:

1- Information on the level of physical activity and sports in Portugal is derived from different monitoring systems, with different instruments for assessing physical activity, which limits the ability to assess the percentage of people who are complying with physical activity guidelines. Despite these limitations, the evidence suggests a higher percentage of adults who are physically active compared to other age groups. In adulthood, the northern region and the Portuguese islands have the lowest prevalence levels of complying with the physical activity recommendations. Finally, the physical activity levels vary with sex, age groups, and the physical activity assessment tool used in the monitoring system.

2- Regarding the type of physical activity and sports, there are more than twice as many boys/men doing federated sport in Portugal compared to girls/women, with soccer, swimming, and volleyball standing out as the main sports practiced. Considering the main physical activities/exercises reported in adulthood, gym activities, running, and walking stand out regardless of sex.

3- Although the main reported barriers to physical activity and sport practice include lack of time and motivation, the prevalence of these barriers varies according with age and sex. On the other hand, the need to improve health and physical condition, as well as the moments of fun and relaxation are other motivations reported by the Portuguese population for practicing physical

activity or sports.

4- The main locations for practicing physical activity and sports in Portugal are outdoors and in the gyms.

5- Although the portuguese population is able to recognize and list several physical activity health benefits, the level of knowledge on WHO recommendations is relatively low (2.4%).

6- Portugal currently has 29 policies and initiatives focused on improving and increasing the practice of physical activity and sports, of which we can highlight the Diabetes in Motion, #BeActive, "Follow the Whistle", National Sports Information System, and the Sports Facilities Rehabilitation Program as best practices.

7- People with greater autonomous motivation and who recently had the intention to practice sport are more likely to increase their adherence to physical activity and sports. Physical activity and sports maintenance is positively reinforced by engagement, autonomy, competence, and attribution of significance to a given activity. On the other hand, the high economic cost associated with practicing physical activity and sports can negatively influence maintenance. Lastly, dropout is reinforced in people with low physical activity frequency per week, autonomy, and sense of competence and attachment.

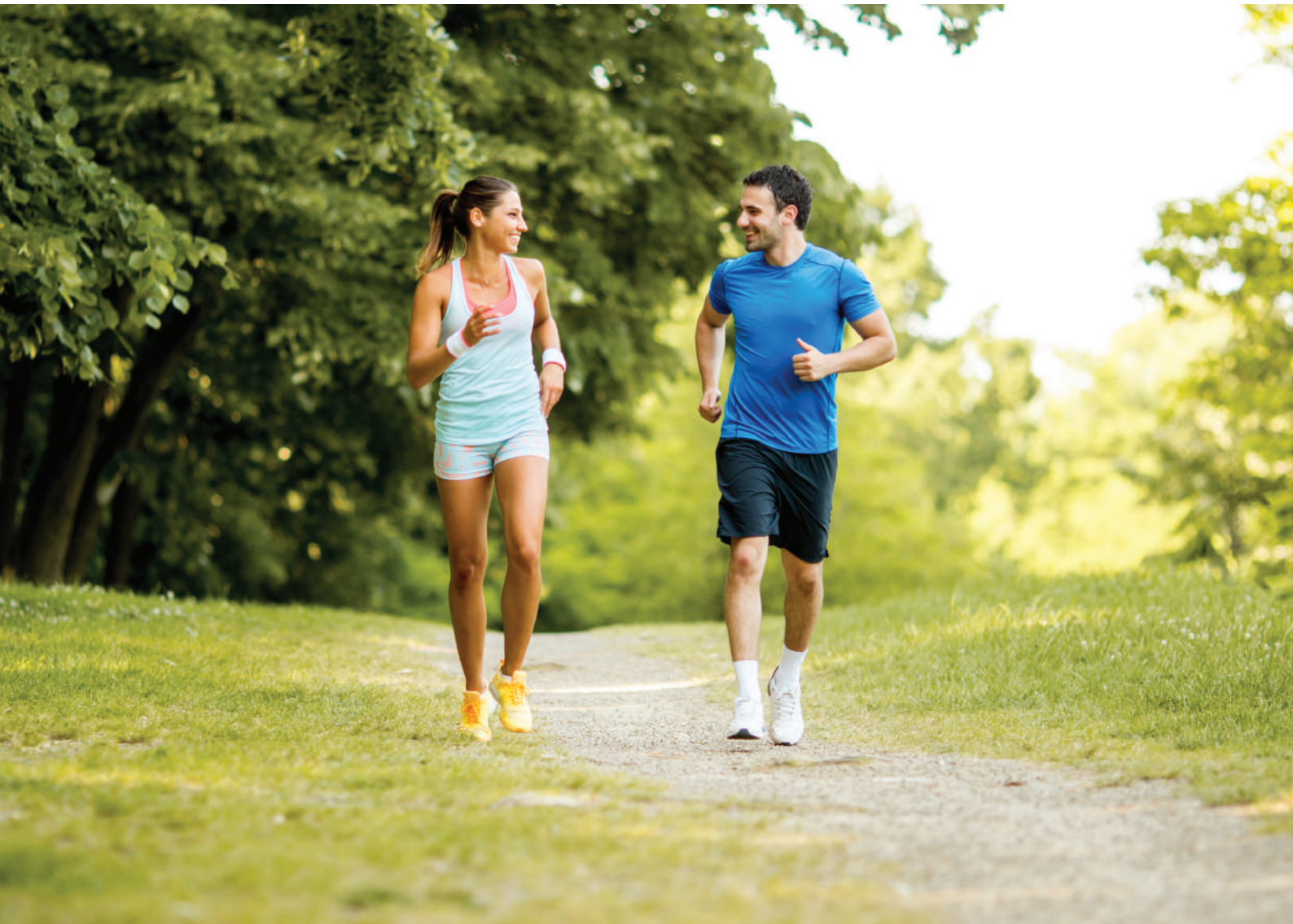
8- The environmental sustainability associated with active transportation varies with age, in which 35.3-38.1% of Portuguese youth uses active transportation in their daily commute. In youth, socio-economic status is a factor that influences the use of active transportation. In contrast, the majority of adults use the car as their main means of transportation, and only 17.0-18.0%

walk or cycle.

In summary, the different dimensions analyzed regarding the practice of physical activity and sports in Portugal, provide crucial information to support stakeholders' decision-making, especially in the implementation of SUAVA, whose objective is to increase citizens' knowledge

about the benefits of regular physical activity, at all ages and according to their ability, encouraging the adoption of healthier lifestyles.

The Faculdade de Motricidade Humana - Universidade de Lisboa is exclusively responsible for the veracity and authenticity of the data presented, as well as the full content of the work.



12. REFERENCES

1. World Health Organization. Global status report on physical activity 2022. World Health Organization. <https://iris.who.int/handle/10665/363607>. 2022.
2. Santos AC, Willumsen J, Meheus F, Ilbawi A, Bull FC. The cost of inaction on physical inactivity to public health-care systems: a population-attributable fraction analysis. *The Lancet Global Health*. 2023;11(1):e32-e9.
3. European Commission. Eurobarometer - Sport and Physical Activity. European Commission. 2022.
4. Prochaska JO, Velicer WF. The transtheoretical model of health behavior change. *American journal of health promotion : AJHP*. 1997;12(1):38-48.
5. Sallis JF, Owen N, Fisher EB. Ecological models of health behavior. *Health behavior and health education: Theory, research, and practice*, 4th ed. San Francisco, CA, US: Jossey-Bass; 2008. p. 465-85.
6. Guthold R, Stevens GA, Riley LM, Bull FC. Global trends in insufficient physical activity among adolescents: a pooled analysis of 298 population-based surveys with 1.6 million participants. *Lancet Child Adolesc Health*. 2020;4(1):23-35.
7. European Commission. Eurostat - Health-enhancing physical activity statistics. European Commission. <https://ec.europa.eu/eurostat>. 2019.
8. Magalhaes JP, Hetherington-Rauth M, Rosa GB, Correia IR, Pinto GM, Ferreira JP, et al. Physical Activity and Sedentary Behavior in the Portuguese Population: What Has Changed from 2008 to 2018? *Med Sci Sports Exerc*. 2023;55(8):1416-22.
9. Teixeira PJ, Marques A, Lopes C, Sardinha LB, Mota JA. Prevalence and Preferences of Self-Reported Physical Activity and Nonsedentary Behaviors in Portuguese Adults. *J Phys Act Health*. 2019;16(4):251-8.
10. Ekblom-Bak E, Borjesson M, Bergman F, Bergstrom G, Dahlin-Almevall A, Drake I, et al. Accelerometer derived physical activity patterns in 27.890 middle-aged adults: The SCAPIS cohort study. *Scand J Med Sci Sports*. 2022;32(5):866-80.
11. World Health Organization. WHO guidelines on physical activity and sedentary behaviour. World Health Organization. <https://www.who.int/publications/i/item/9789240015128>. 2020.
12. Republica Portuguesa. Inquérito aos hábitos desportivos da população escolar portuguesa, 2021/22: principais resultados. Direção-Geral de Estatísticas da Educação e Ciência. <http://www.dgeec.mec.pt/>. 2024.
13. PORDATA. Praticantes desportivos federados 2023. <https://www.pordata.pt/>. Consultado a 25 de Julho de 2024.
14. Guedes-Estevez E, Costa AR, Moura-Ferreira P, Lunet N, Morais S. Regular physical activity-related awareness and knowledge in Portugal: results from a population-based survey. *Porto Biomed J*. 2021;6(2):e130.
15. Alves R, Gomes Precioso, J. A., & Becoña Iglesias, E. Physical activity among Portuguese university students and its relation to knowledge and perceived barriers. *Sportis Scientific Technical Journal of School Sport, Physical Education and Psychomotricity*. 2021;71(1):25-42.
16. Rodrigues D, Padez C, Machado-Rodrigues AM. Parental Perception of Barriers to Children's Participation in Sports: Biological, Social, and Geographic Correlates of Portuguese Children. *J Phys Act Health*. 2019;16(8):595-600.
17. Rosa GB, Judice PB, Hetherington-Rauth M, Magalhaes JP, Correia IR, Sardinha LB. A hierarchy of correlates for objectively measured physical activity, sedentary time, and physical fitness in older adults: A CHAID analysis. *Eur J Sport Sci*. 2023;23(8):1741-9.
18. Judice PB, Magalhaes JP, Rosa GB, Henriques-Neto D, Hetherington-Rauth M, Sardinha LB. Sensor-based physical activity, sedentary time, and reported cell phone screen time: A hierarchy of correlates in youth. *J Sport Health Sci*. 2021;10(1):55-64.
19. Judice PB, Rosa GB, Magalhaes JP, Hetherington-Rauth M, Correia IR, Henriques-Neto D, et al. A hierarchy of correlates impacting adults' sensor-based physical activity and sedentary time. *J Sports Sci*. 2021;39(24):2821-8.
20. do Carmo AS, Rodrigues D, Nogueira H, Mendes LL, Dos Santos LC, Gama A, et al. Influence of parental perceived environment on physical activity, TV viewing, active play and Body Mass Index among Portuguese children: A mediation analysis. *Am J Hum Biol*. 2020;32(6):e23400.
21. Silva MN, Godinho C, Salavisa M, Owen K, Santos R, Silva

- CS, et al. "Follow the Whistle: Physical Activity Is Calling You": Evaluation of Implementation and Impact of a Portuguese Nationwide Mass Media Campaign to Promote Physical Activity. *Int J Environ Res Public Health*. 2020;17(21).
22. de Maio Nascimento M, Gouveia ER, Gouveia BR, Marques A, Franca C, Campos P, et al. Differential Patterns in Motivations for Practicing Sport and Their Effects on Physical Activity Engagement across the Lifespan. *Healthcare (Basel)*. 2023;11(2).
23. Rodrigues F, Jacinto M, Couto N, Monteiro D, Monteiro AM, Forte P, et al. Motivational Correlates, Satisfaction with Life, and Physical Activity in Older Adults: A Structural Equation Analysis. *Medicina (Kaunas)*. 2023;59(3).
24. Republica Portuguesa. Programa Nacional para a Promoção da Atividade Física - Portugal 2019. Direção-Geral da Saúde. https://ciencia.ucp.pt/ws/portalfiles/portal/43084918/2019_Relatorio_Anual_PNPAF_1_.pdf. 2019.
25. Vaara JP, Vasankari T, Koski HJ, Kyrolainen H. Awareness and Knowledge of Physical Activity Recommendations in Young Adult Men. *Front Public Health*. 2019;7:310.
26. Rodrigues F, Figueiredo N, Teixeira D, Cid L, Monteiro D. The relationship between past exercise behavior and future exercise adherence: A sequential mediation analysis. *J Sports Sci*. 2022;40(18):2095-101.
27. Rodrigues F, Teixeira DS, Neiva HP, Cid L, Monteiro D. Understanding Exercise Adherence: The Predictability of Past Experience and Motivational Determinants. *Brain Sci*. 2020;10(2).
28. Rodrigues F, Macedo R, Teixeira D, Cid L, Monteiro D. Análise comportamental da prática de exercício físico em adultos em contexto de ginásio ao longo de dois anos. *Cuadernos de Psicología del Deporte*. 2021;21:282-9
29. Sobreiro P, Guedes-Carvalho P, Santos A, Pinheiro P, Gonçalves C. Predicting Fitness Centre Dropout. *Int J Environ Res Public Health*. 2021;18(19).
30. Rodrigues F, Teixeira DS, Cid L, Machado S, Monteiro D. The role of dark-side of motivation and intention to continue in exercise: A self-determination theory approach. *Scand J Psychol*. 2019;60(6):585-95.
31. Gråstén A, Yli-Piipari S, Huhtiniemi M, Salin K, Hakonen H, Jaakkola T. A one-year follow-up of basic psychological need satisfactions in physical education and associated in-class and total physical activity. *European Physical Education Review*. 2021;27(3):436-54.
32. PORDATA. População estudante e empregada segundo os Censos: total e por meio de transporte utilizado para o local de estudo/trabalho. <https://www.pordata.pt/>. Consultado a 25 de Julho de 2024.
33. Republica Portuguesa. Presidência do Conselho De Ministros: Resolução do Conselho de Ministros n.º 131/2019. Diário da República, 1.ª série, nº147, página 46. <https://files.diariodarepublica.pt/1s/2019/08/14700/0004600081.pdf>. 2019.
34. European Commission. Eurostat - Passenger mobility statistics. Eurostat <https://ec.europa.eu/eurostat>. 2019.
35. Loureiro N, Loureiro V, Grao-Cruces A, Martins J, Gaspar de Matos M. Correlates of Active Commuting to School among Portuguese Adolescents: An Ecological Model Approach. *International Journal of Environmental Research and Public Health*. 2022;19(5):2733.
36. LIKES. Finland's Report Card 2022 on Physical Activity for Children and Youth. <https://www.activehealthykids.org/wp-content/uploads/2022/03/Finland-report-card-long-form-2022.pdf>. 2022.

13. CONCEPTS

Active Environments of the WHO Global

Action Plan: one of the four objectives of the WHO global action plan, which aims to create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces in their cities and communities in which they can engage in regular physical activity according to their ability.

Active People from the WHO Global Action

Plan: one of the four objectives of the WHO Global Action Plan, which aims to create and promote access to opportunities and programs, in multiple settings, to help people of all ages and abilities engage in regular physical activity as individuals, families and communities.

Active Societies of the WHO Global Action

Plan: One of the four objectives of the WHO Global Action Plan, which aims to create a paradigm shift throughout society by improving knowledge, understanding, and appreciation of the multiple benefits of regular physical activity, depending on their own ability and at all ages.

Active Systems from the WHO Global Action

Plan : one of the four objectives of the WHO global action plan, which aims to create and strengthen leadership, governance, multisectoral partnerships, workforce capacities, advocacy, and information systems across all sectors. The aim is to achieve excellence in mobilizing resources and implementing coordinated inter-

national, and subnational actions to increase physical activity and reduce sedentary behavior.

Cardiorespiratory Fitness: the ability of the cardiovascular and respiratory systems to capture, fix, transport, and use oxygen at cellular level during physical activity.

Domestic Physical Activity: physical activity carried out at home or in the surrounding environment (e.g., cooking, cleaning, or gardening).

Health: a state of complete physical, mental, and social well-being, and not just the absence of disease.

Leisure-time Physical Activity: physical activity performed when not working, commuting or doing household chores (e.g., walking, physical exercise or sport).

Light Physical Activity: bodily movement that results in an energy expenditure of between 1.5 and 3 METs.

METs: metabolic equivalent, where 1 MET is one average 3.5 ml of oxygen/kg/min.

Moderate-to-vigorous physical activity: bodily movement that results in an energy expenditure of more than 3 METs.

Muscular Strength: health-related component of physical fitness, which refers to the amount of external force that a muscle can exert.

Occupational Physical Activity: physical activity performed while working (e.g., delivering parcels, carrying tools or stocking shelves in a store).

Physical Activity: any bodily movement

produced by the skeletal muscles which result in an energy expenditure above resting value.

Physical Fitness: set of attributes that people have or achieve that are related with the ability to perform a physical activity; it is divided into two dimensions: components related to health and components related to motor skills.

Physical Inactivity: failure to comply with physi-

cal activity recommendations.

Sedentary Behavior: any behavior, while awake, performed in a sitting, reclining, and/or lying position that has an energy expenditure less than 1.5 METs.

Transportation Physical Activity: physical activity performed to move from one place to another (e.g., walking or cycling).






14. APPENDICES

APPENDIX 1

PHYSICAL ACTIVITY

RECOMMENDATIONS






	AEROBIC	STRENGTH	OTHER CONSIDERATIONS
 YOUTH 10-19 YEARS	60 MIN/DAY OF MODERATE-TO- VIGOROUS INTENSITY	3 DAYS PER WEEK	VIGOROUS AEROBIC ACTIVITIES 3 DAYS/WEEK
 ADULTS 20-64 YEARS	150-300 MIN/WEEK OF MODERATE INTENSITY OR 75-150 MIN/WEEK OF VIGOROUS INTENSITY	2 OR MORE DAYS PER WEEK	
 OLDER ADULTS 65+ YEARS	150-300 MIN/WEEK OF MODERATE INTENSITY OR 75-150 MIN/WEEK OF VIGOROUS INTENSITY	2 OR MORE DAYS PER WEEK	3 DAYS/WEEK OF BALANCE TRAINING

Appendix 1 - Physical activity recommendations for youth, adults, and older adults according to the World Health Organization¹¹.



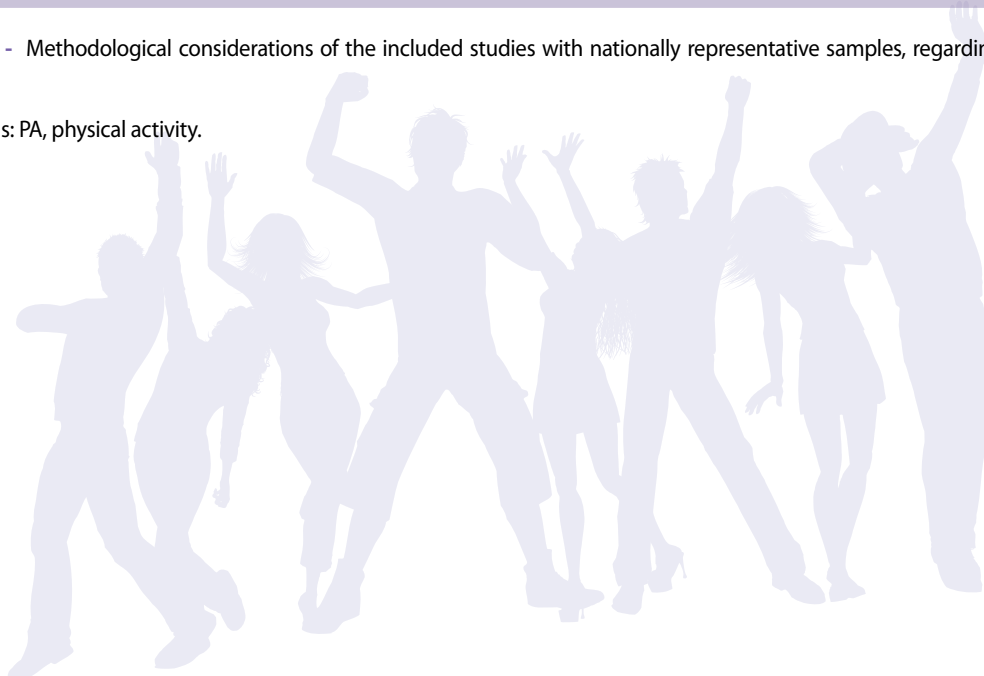
APPENDIX 2

PHYSICAL ACTIVITY LEVEL

EUROBAROMETER					
2022		1 006	RANDOM	NUTS I	SUBJECTIVE
YEAR	AGE GROUP	SAMPLE	SAMPLE TYPE	REGION	PA EVALUATION
SOURCE: EUROPEAN COMMISSION EUROBAROMETER ³					
HEALTH BEHAVIOUR AMONG SCHOOL-AGED CHILDREN					
2023		NA	NA	NUTS I	SUBJECTIVE
YEAR	AGE GROUP	SAMPLE	SAMPLE TYPE	REGION	PA EVALUATION
SOURCE: GUTHOLD, R. AND COLLEAGUES ⁶					
EUROSTAT					
2019		NA	NA	NUTS I	SUBJECTIVE
YEAR	AGE GROUP	SAMPLE	SAMPLE TYPE	REGION	PA EVALUATION
SOURCE: EUROSTAT ⁷					
NATIONAL FOOD AND PHYSICAL ACTIVITY SURVEY					
2019		5 811	RANDOM	NUTS I/II	SUBJECTIVE
YEAR	AGE GROUP	SAMPLE	SAMPLE TYPE	REGION	PA EVALUATION
SOURCE: TEIXEIRA, P.J. E COLLEAGUES ⁹					
PA AND SPORTS MONITORING AND SURVEILLANCE SYSTEM					
2023		6 369	CONVENIENCE	NUTS I	OBJECTIVE
YEAR	AGE GROUP	SAMPLE	SAMPLE TYPE	REGION	PA EVALUATION
SOURCE: MAGALHAES, J.P. AND COLLEAGUES ⁸					

Appendix 2 - Methodological considerations of the included studies with nationally representative samples, regarding the level of physical activity.

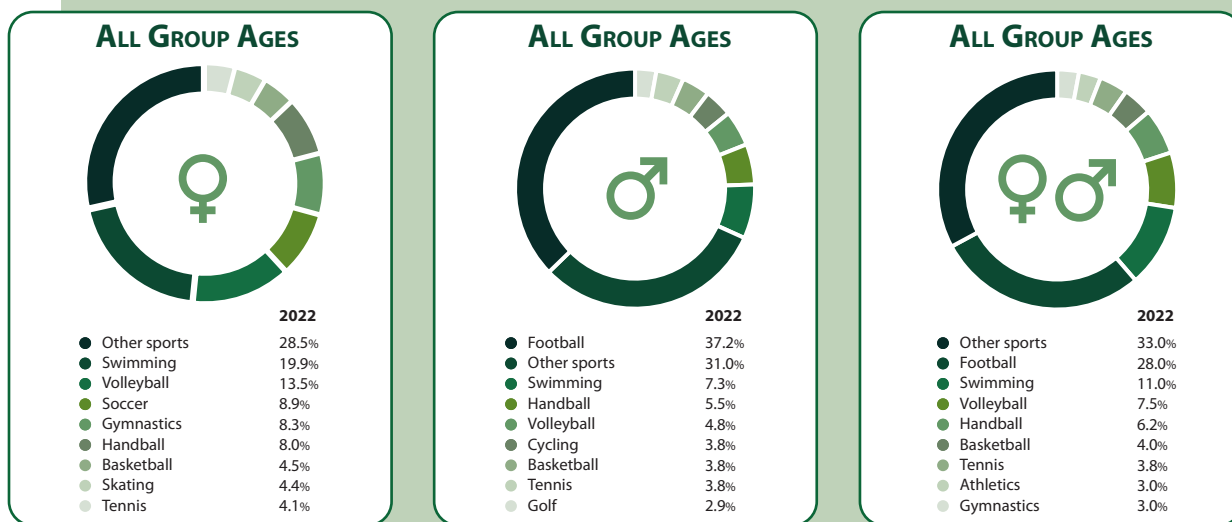
Abbreviations: PA, physical activity.



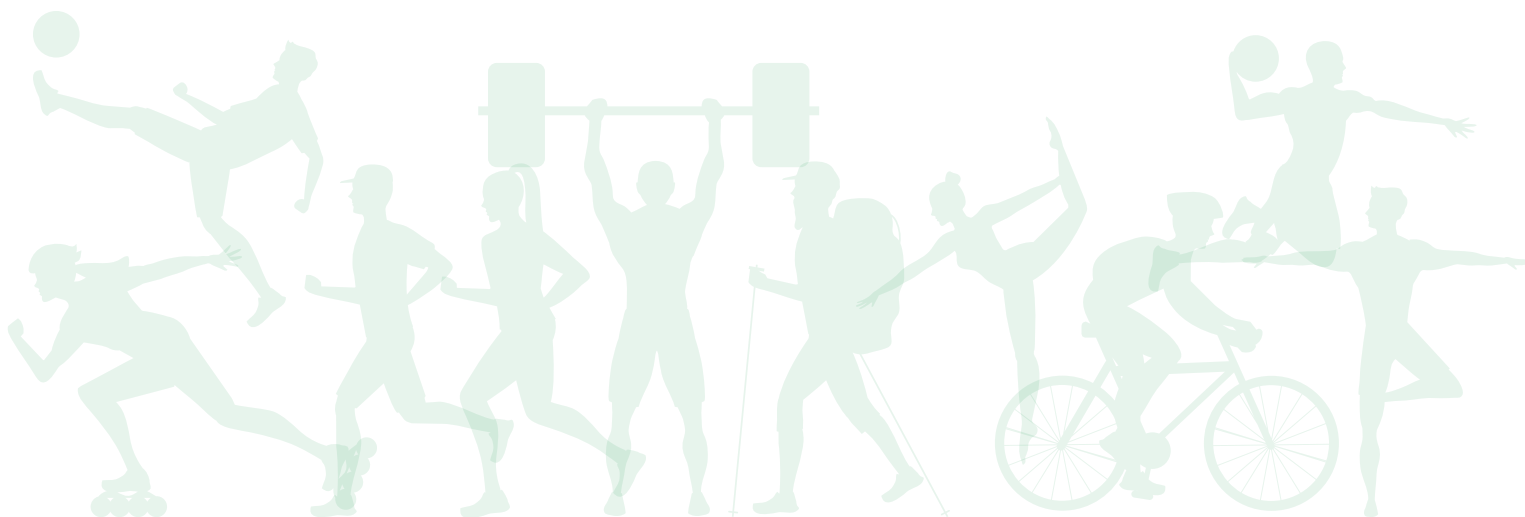
APPENDIX 3

TYPE OF SPORTS ACTIVITIES

SOURCE: NATIONAL INSTITUTE OF STATISTICS¹³ - 2022



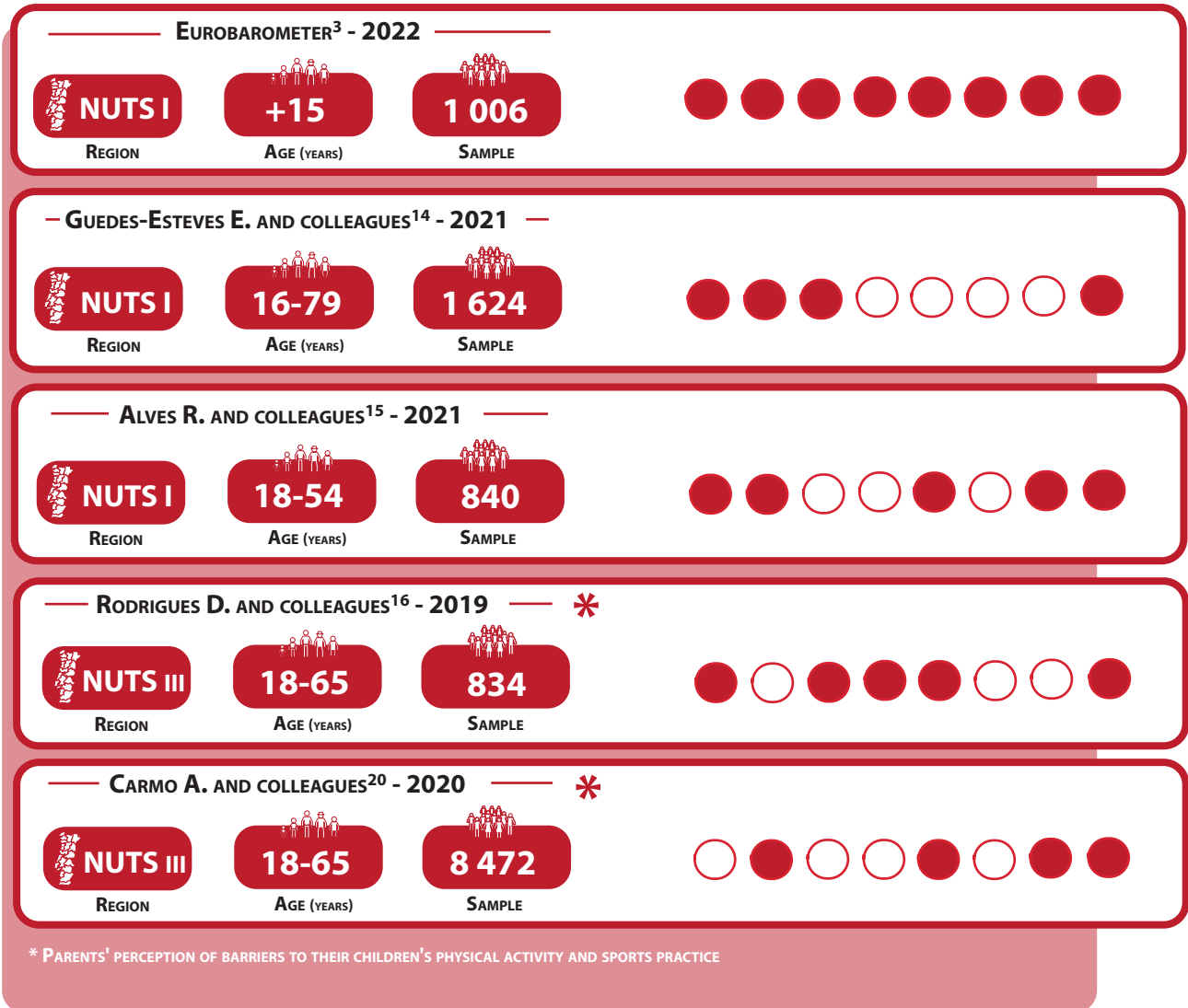
Appendix 3 - Data provided by the National Institute of Statistics, on the type of sports activities in the year 2022. Information consulted at www.ine.pt on the 25 July, 2024.



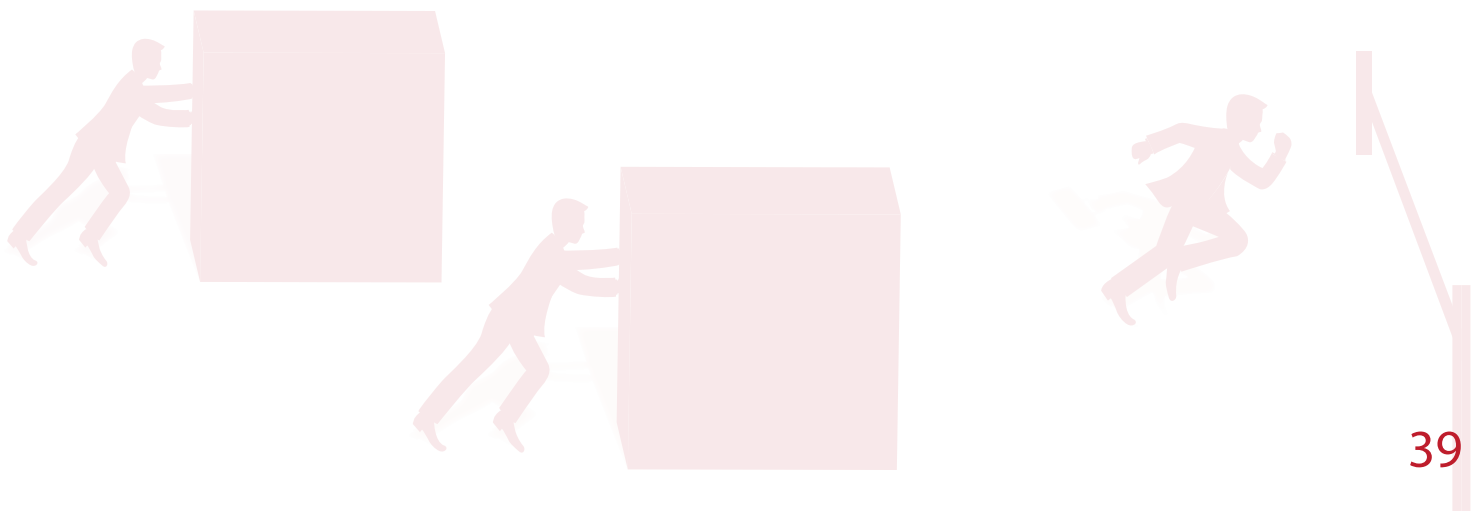
APPENDIX 4

BARRIERS

REPORTED



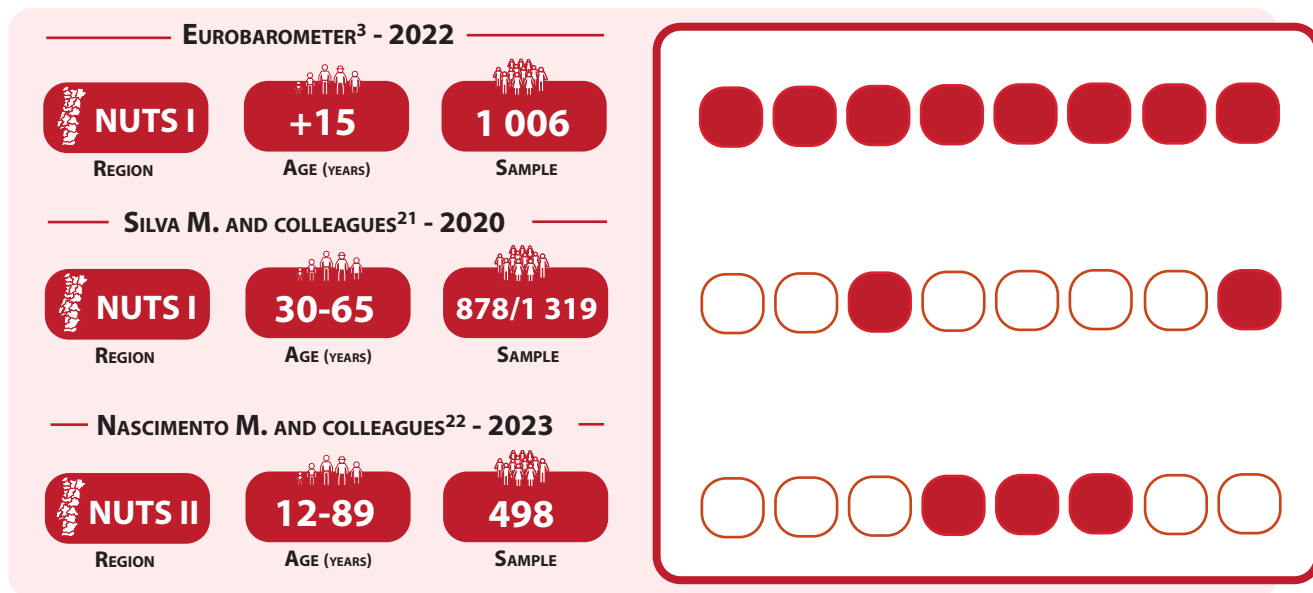
Appendix 4 - Methodological considerations of the included studies with nationally representative samples, regarding the barriers to physical activity and sport.



APPENDIX 5

MOTIVATIONS REPORTED

HEALTH
IMAGE
PSYCHOLOGICAL
WELL-BEING
PERFORMANCE
SOCIAL
NEW SKILLS
OTHERS

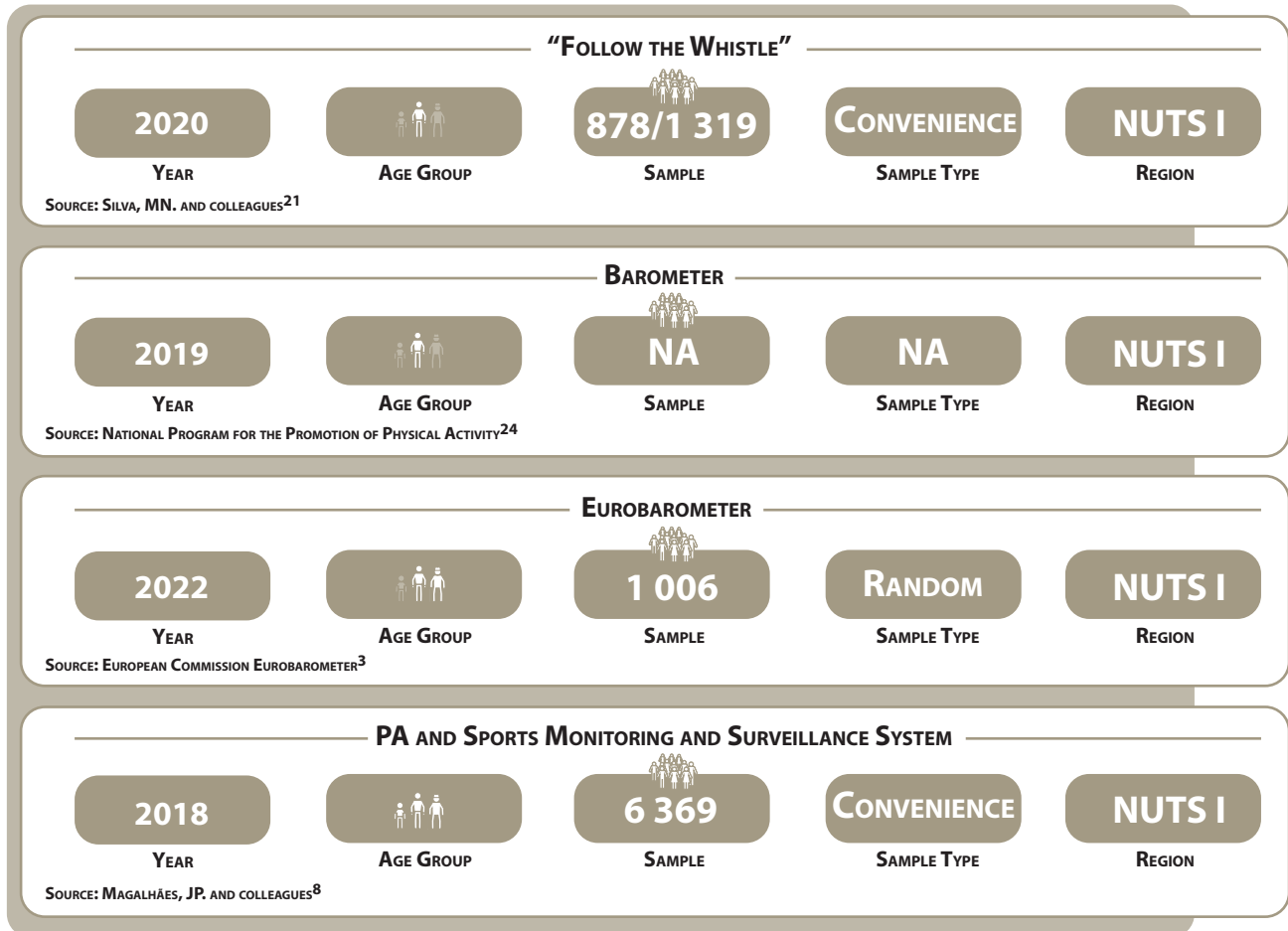


Appendix 5 - Methodological considerations of the included studies with nationally representative samples, regarding the motivations for physical activity and sport.

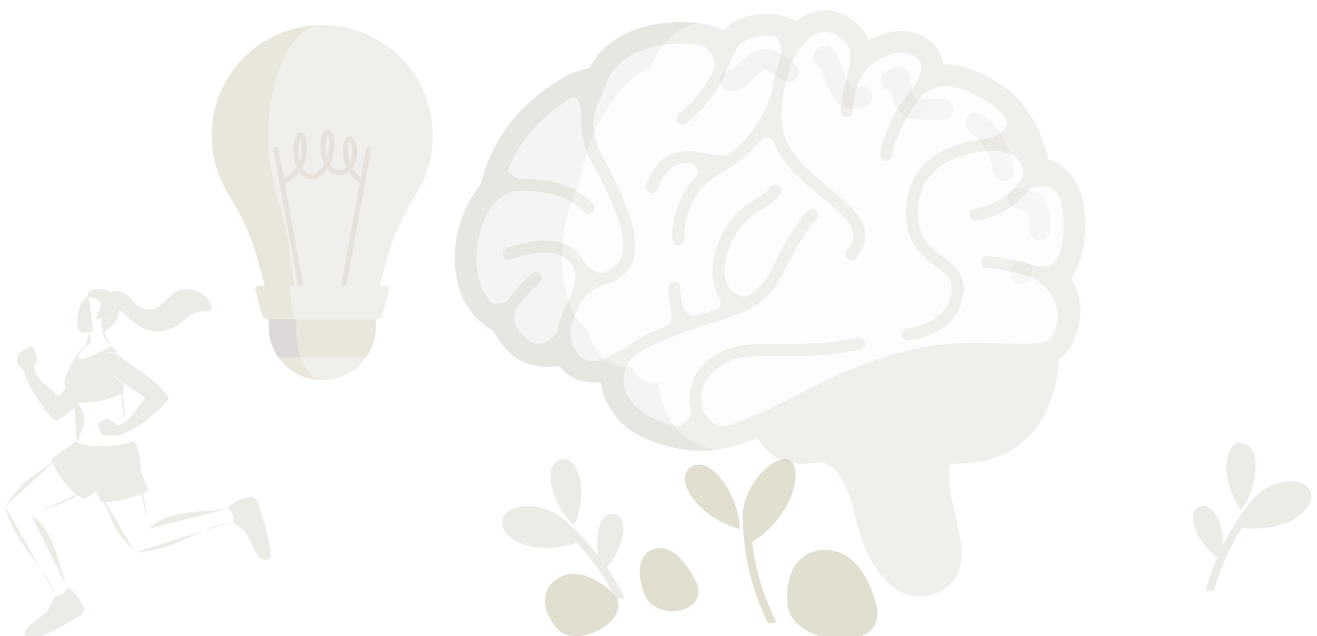
APPENDIX 6

LEVEL OF KNOWLEDGE

PHYSICAL ACTIVITY



Appendix 6 - Methodological considerations of the included studies with nationally representative samples, regarding the population's level of knowledge about physical activity.



APPENDIX 7

INCENTIVES & BEST PRACTICES

ACTIVE ENVIRONMENTS

SPORTS FACILITIES REHABILITATION PROGRAM

[HTTPS://IPDJ.GOV.PT/PROGRAMA-DE-REABILITACAO-DE-INSTALACOES-DESPORTIVAS-PRID](https://ipdj.gov.pt/programa-de-reabilitacao-de-instalacoes-desportivas-brid)

PROGRAM TO PROVIDE FINANCIAL SUPPORT, UP TO **50 000** EUROS, TO NON-PROFIT SPORTS CLUBS AND ASSOCIATIONS PROMOTING PHYSICAL ACTIVITY AND SPORTS.

NATIONAL STRATEGY FOR ACTIVE MOBILITY

[HTTPS://WWW.IMT-IP.PT/SITES/IMTT/PORTUGUES/NOTICIAS/PAGINAS/ESTRATEGIANACIONAL-MOBILIDADEATIVA1307.ASPX](https://www.imt-ip.pt/sites/IMTT/Portugues/Noticias/Paginas/EstrategiaNacional-MobilidadeAtiva1307.aspx)

THE NATIONAL STRATEGY FOR ACTIVE MOBILITY COMBINES THE CYCLING (ENMAC 2020-2030) AND PEDESTRIAN (ENMAP 2030) COMPONENTS, WITH THE AIM OF "MAKING PORTUGAL A COUNTRY WHERE WALKING OR CYCLING IS AN ATTRACTIVE AND SAFE DAILY MOBILITY OPTION , CONTRIBUTING TO AN ACTIVE, HEALTHY, HAPPY AND SUSTAINABLE LIFESTYLE».

COUNTRY-SPECIFIC ROADMAP FOR EFFECTIVE CHILD SAFEGUARDING IN SPORT

[HTTPS://RB.GY/9FSSN0](https://rb.gy/9fssn0)

THE ROADMAP DEFINES THE MEASURES TO BE IMPLEMENTED BY **2024** FOR A (MORE) EFFECTIVE PROTECTION OF CHILDREN AND YOUNG PEOPLE IN SPORTS, INCLUDING CONCRETE MEASURES FOR THE CREATION OF THE FIGURE OF "GUARDIAN", WHICH IS PROVEN TO BE A CENTRAL ELEMENT FOR THE PROTECTION OF CHILDREN AND YOUNG PEOPLE WITHIN SPORTS ORGANIZATIONS.



APPENDIX 7 (CONTINUATION)

ACTIVE SOCIETIES

BE ACTIVE

[HTTPS://BEACTIVEPORTUGAL.IPDJ.PT/](https://beactiveportugal.ipdj.pt/)

PROMOTING AN ACTIVE AND HEALTHY LIFESTYLE INSIDE AND OUTSIDE EUROPE, THROUGH DIFFERENT INITIATIVES TO PROMOTE SPORT AND PHYSICAL ACTIVITY.

FOLLOW THE WHISTLE

[HTTPS://PUBMED.NCBI.NLM.NIH.GOV/33147704/](https://pubmed.ncbi.nlm.nih.gov/33147704/)

INCREASING THE COMPETENCE, OPPORTUNITY, AND MOTIVATION TO PRACTICE PHYSICAL ACTIVITY THROUGH A MARKETING CAMPAIGN DISSEMINATED THROUGH VARIOUS MEDIA, SUCH AS TELEVISION, RADIO, AND INTERNET.

FACTSHEETS - EUROPEAN UNION

[HTTPS://SPORT.EC.EUROPA.EU/DOCUMENT/PORTUGAL-PHYSICAL-ACTIVITY-FACTSHEET-2021](https://sport.ec.europa.eu/document/portugal-physical-activity-factsheet-2021)

THEY PROVIDE DATA ON PHYSICAL ACTIVITY, NATIONAL POLICIES, AND MONITORING SYSTEMS IN THE MEMBER STATES, TO PROMOTE COLLABORATION IN DATA COLLECTION AND POLICY DEVELOPMENT IN THE AREA OF PUBLIC HEALTH.

NATIONAL WALKING AND RUNNING PROGRAM

[HTTP://WWW.MARCHAECORRIDA.PT/](http://www.marchaecorrída.pt/)

PROMOTING SPORTS AMONG THE PORTUGUESE POPULATION THROUGH DOZENS OF WALKING AND RUNNING CENTERS THROUGHOUT PORTUGAL.

EUROPEAN SPORTS WEEK

[HTTPS://IPDJ.GOV.PT/SEMANA-EUROPEIA-DO-DESPORTO](https://ipdj.gov.pt/semana-europeia-do-desporto)

PROGRAM THAT ASSISTS SPORTS ASSOCIATIONS IN IMPLEMENTING INITIATIVES AND ACTIVITIES THAT AIM TO INCREASE PHYSICAL ACTIVITY IN MUNICIPALITIES, SCHOOL, WORK, HEALTHCARE, GYMS, MILITARY CONTEXTS AND THE TOURISM SECTOR.

NATIONAL SPORTS FOR ALL PROGRAM

[HTTPS://IPDJ.GOV.PT/PROGRAMA-NACIONAL-DE-DESPORTO-PARA-TODOS](https://ipdj.gov.pt/programa-nacional-de-desporto-para-todos)

FINANCIAL SUPPORT FOR PUBLIC OR PRIVATE, NON-PROFIT SPORTS DEVELOPMENT PROGRAMS THAT PROMOTE GENERALIZED SPORTS PRACTICE, WHETHER IN A LEISURE OR COMPETITIVE CONTEXT.

NATIONAL PROGRAM FOR THE PROMOTION OF PHYSICAL ACTIVITY

[HTTP://WWW.PANAF.GOV.PT/](http://www.panaf.gov.pt/)

A PROGRAM DESIGNED TO INCREASE THE LEVELS OF PHYSICAL ACTIVITY OF THE PORTUGUESE POPULATION THROUGH INITIATIVES (ACTIONS, PROJECTS, PROGRAMS, OR EVENTS) FOR THE DEVELOPMENT AND IMPLEMENTATION OF POLICIES TO PROMOTE PHYSICAL ACTIVITY AS A HEALTH BOOSTER.

IRS DEDUCTION OF 30% OF VAT (SPORTS/GYM ACTIVITIES)

[HTTPS://DIARIODAREPUBLICA.PT/DR/DETALHE/LEI/82-2023-835864042](https://diariodarepublica.pt/dr/detalhe/lei/82-2023-835864042)

ANY MEMBER OF THE HOUSEHOLD CAN DEDUCT AN AMOUNT CORRESPONDING TO 30% OF THE VAT FROM INVOICES CERTIFYING SERVICES COMMUNICATED TO THE TAX AND CUSTOMS AUTHORITY, ISSUED BY SPORTS AND RECREATIONAL ENTITIES, SPORTS CLUBS, AND FITNESS GYMS.

INTERSECTORAL COMMISSION FOR THE PROMOTION OF PHYSICAL ACTIVITY

[HTTP://WWW.PANAF.GOV.PT/2018/02/22/COMISSAO/](http://www.panaf.gov.pt/2018/02/22/comissao/)

THE COMMISSION WAS CREATED TO DEVELOP INTEGRATED PROCESSES FOR MONITORING, EVALUATING, AND PUBLICLY DISSEMINATING INFORMATION ON THE MAIN INDICATORS OF PROGRESS IN PROMOTING PHYSICAL ACTIVITY, AND RAISING AWARENESS AMONG THE SOCIAL PARTNERS AND PUBLIC OPINION.

APPENDIX 7 (CONTINUATION)

NATIONAL YOUTH PLAN

[HTTPS://DIARIODAREPUBLICA.PT/DR/DETALHE/RESOLUCAO-CONSELHO-MINISTROS/77-2022-200907658](https://diariodarepublica.pt/dr/detalhe/resolucao-conselho-ministros/77-2022-200907658)

THE AIM IS TO PROMOTE THE ADOPTION OF HEALTHIER LIFESTYLES THROUGH NUTRITIONAL LITERACY, PROMOTING PHYSICAL AND SPORTING ACTIVITY, PREVENTING THE CONSUMPTION OF TOBACCO, ALCOHOL AND OTHER SUBSTANCES, AND PROMOTING SEXUAL HEALTH AND RIGHTS AND REPRODUCTIVE HEALTH AMONG YOUNG PEOPLE. THE AIM IS ALSO TO ENSURE THAT YOUNG PEOPLE HAVE ACCESS TO HEALTH SERVICES THAT MEET THEIR NEEDS.

NATIONAL STRATEGY FOR THE INCLUSION OF PEOPLE WITH DISABILITIES

[HTTPS://WWW.INR.PT/ENIPD](https://www.inr.pt/enipd)

THE ENIPD IS A SET OF SPECIFIC INITIATIVES AND ACTIONS AIMED AT PROMOTING THE AUTONOMY, PARTICIPATION, AND SELF-DETERMINATION OF PEOPLE WITH DISABILITIES. ONE OF ITS STRATEGIC AXES IS BASED ON 'CULTURE, SPORT, TOURISM AND LEISURE', WITH THE OBJECTIVES IN THE AREA OF SPORTS BEING 'TO DEVELOP THE PRACTICE OF PHYSICAL ACTIVITIES AND ADAPTED SPORTS IN SCHOOLS; AND PROMOTE AND DEVELOP THE PRACTICE OF SPORTS AND PHYSICAL ACTIVITY, INFORMAL OR FORMAL, REGULAR OR NOT, THROUGHOUT THE LIFESPAN.

ACTIVE SYSTEMS

NATIONAL SPORTS INFORMATION SYSTEM

[HTTPS://WWW.SNID.PT/](https://www.snid.pt/)

A SYSTEM THAT AIMS TO SUPPORT THE SPORTS COMMUNITY BY CENTRALIZING INFORMATION ON THE SPORTS DISCIPLINES, FACILITIES, AND SPORTS EQUIPMENT AVAILABLE IN PORTUGAL.

PHYSICAL ACTIVITY AND SPORTS SURVEILLANCE AND MONITORING SYSTEM

[HTTPS://JOURNALS.LWW.COM/ACSM-MSSE/ABSTRACT/2023/08000/PHYSICAL_ACTIVITY_AND_SEDENTARY_BEHAVIOR_IN_THE.8.ASPX](https://journals.lww.com/acsm-msse/abstract/2023/08000/physical_activity_and_sedentary_behavior_in_the.8.aspx)

SURVEILLANCE AND MONITORING SYSTEM DESIGNED TO PROVIDE A DESCRIPTION OF CHANGES IN PHYSICAL ACTIVITY AND SEDENTARY TIME MEASURED BY SUBJECTIVE AND OBJECTIVE MEASURES OF PHYSICAL ACTIVITY IN THE PORTUGUESE POPULATION.

PHYSICAL ACTIVITY BAROMETER

[HTTP://WWW.PANAF.GOV.PT/INICIATIVA/BAROMETRO-DE-ATIVIDADE-FISICA/](http://www.panaf.gov.pt/iniciativa/barometro-de-atividade-fisica/)

STUDY ON THE KNOWLEDGE AND ATTITUDES OF THE PORTUGUESE TOWARDS PHYSICAL ACTIVITY AND ITS PROMOTION.

FITEsCOLA

[HTTPS://FITESCOLA.DGE.MEC.PT/HOME.ASPX](https://fitescola.dge.mec.pt/home.aspx)

FREE ONLINE PLATFORM, WHICH AIMS TO PROMOTE HEALTHY LIFESTYLES BY EDUCATING YOUNG PEOPLE TO BE PHYSICALLY ACTIVE. IT ALSO ALLOWS THE ASSESSMENT OF THE PHYSICAL FITNESS AND PHYSICAL ACTIVITY OF CHILDREN AND ADOLESCENTS THROUGH THE APPLICATION OF A BATTERY OF TESTS SELECTED FOR THIS PURPOSE.

CLUB TOP

[HTTPS://CLUBETOP.IPDJ.GOV.PT/PROGRAMACLUBETOP/](https://clubetop.ipdj.gov.pt/programaclubetop/) | [HTTPS://IPDJ.GOV.PT/CLUBE-TOP](https://ipdj.gov.pt/clubetop)

CLUB TOP IS A TRAINING PROGRAM FOR SPORTS CLUBS AND SUPPORTS CLUBS, MANAGERS AND EMPLOYEES, THROUGH TRAINING AND PRACTICAL MANAGEMENT SUPPORT ADVICE.

APPENDIX 7 (CONTINUATION)

ACTIVE PEOPLE

EUROFIT

[HTTP://WWW.PANAF.GOV.PT/INICIATIVA/EUROFIT/](http://www.panaf.gov.pt/iniciativa/eurofit/)

COMMUNITY PROJECT DEVELOPED IN SOCCER CLUBS TO PROMOTE ACTIVE AND HEALTHY LIFESTYLES IN SEDENTARY AND OVERWEIGHT MEN.

SAI PRÁ RUA

[HTTP://WWW.PANAF.GOV.PT/INICIATIVA/SAI-PRA-RUA/](http://www.panaf.gov.pt/iniciativa/sai-pra-rua/)

TRAINING AND CAPACITY-BUILDING ACTIONS FOR PRACTITIONERS AND TECHNICIANS IN THE FOLLOWING DISCIPLINES: HIKING, MOUNTAIN BIKING, FITNESS, SURFING, SUP, MOUNTAIN SPORTS AND CANOEING, DEVELOPING A SET OF INTEGRATED PRACTICE ACTIONS FROM A PEER2PEER PERSPECTIVE, FOSTERING THE PRACTITIONER/DISABLED PERSON DYAD.

SCHOOL SPORTS

[HTTPS://DESPORTOESCOLAR.DGE.MEDU.PT/](https://desportoescolar.dge.medu.pt/)

A SUPPLEMENTARY CURRICULAR ACTIVITY THAT AIMS TO PROVIDE STUDENTS WITH AN OPPORTUNITY TO TAKE PART IN A VARIETY OF SPORTS AND TO HIGHLIGHT THE IMPORTANCE OF SPORT IN PROMOTING HEALTH, PHYSICAL FITNESS, AND AS A CULTURAL OBJECT.

CAIS - NATIONAL STREET FOOTBALL

[HTTPS://WWW.CAIS.PT/FUTEBOL-DE-RUA/](https://www.cais.pt/futebol-de-rua/)

PROJECT STARTED IN 2004, WHICH INVOLVES A PARTNERSHIP BETWEEN THE CAIS ASSOCIATION AND PUBLIC AND PRIVATE ENTITIES AND WHICH PROMOTES SPORTS PRACTICE AND ITS USE AS AN INNOVATIVE INTERVENTION STRATEGY AND PROMOTION OF SOCIAL INCLUSION.

DIABETES IN MOTION

[HTTPS://WWW.DIABETEEMOVIMENTO.COM/](https://www.diabeteemovimento.com/)

A MULTIDISCIPLINARY COMMUNITY INITIATIVE AIMED AT PEOPLE WITH TYPE 2 DIABETES, IT INVOLVES THREE 90-MINUTE PHYSICAL EXERCISE SESSIONS A WEEK, ORGANIZED IN GROUPS OF 20-30 PARTICIPANTS.

PHYSICAL ACTIVITY AS A VITAL SIGN

[HTTP://WWW.PANAF.GOV.PT/INICIATIVA/ATIVIDADE-FISICA-COMO-SINAL-VITAL/](http://www.panaf.gov.pt/iniciativa/atividade-fisica-como-sinal-vital/)

STANDARDIZED AND SYSTEMATIC ASSESSMENT OF PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR IN USERS OF THE NATIONAL HEALTH SERVICE.

BRINCAR DE RUA

[HTTPS://BRINCARDERUA.LUDOTEMPO.PT/](https://brincarderua.ludotempo.pt/)

IT AIMS, THROUGH THE VOLUNTARY SUPERVISION OF ADULTS, TO CREATE OPPORTUNITIES FOR FREE PLAY AND PHYSICAL ACTIVITY FOR CHILDREN AGED 5 TO 12Y, IN A CITY AND NATURE SETTING.

DESPORTO + ACESSÍVEL

[HTTPS://IPDJ.GOV.PT/-/PREMIO-DESPORTO-MAIS-ACESSIVEL-COM-CANDIDATURAS-ABERTAS-ATE-7-DE-JUNHO](https://ipdj.gov.pt/-/premio-desporto-mais-acessivel-com-candidaturas-abertas-ate-7-de-junho)

THE «DESPORTO + ACESSÍVEL» AWARD, DEVELOPED IN PARTNERSHIP BY THE PORTUGUESE INSTITUTE OF SPORT AND YOUTH (IPDJ) AND THE NATIONAL INSTITUTE FOR REHABILITATION (INR), AIMS TO REWARD AND PUBLICIZE PROJECTS THAT PROMOTE THE DEVELOPMENT OF SPORT AND PHYSICAL ACTIVITY FOR PEOPLE WITH DISABILITIES, WITH A VIEW TO THEIR SOCIAL INCLUSION.

APPENDIX 7 (CONTINUATION)

NATIONAL BICYCLE TRAIN PROGRAM

[HTTPS://LISBOAPARAPESSOAS.PT/2023/05/30/COMBOIOS-DE-BICICLETAS-CICLOEXPRESSO-ALMADA/](https://lisboaparapeessoas.pt/2023/05/30/comboios-de-bicicletas-cicloexpresso-almada/)

BICYCLE TRIPS TO SCHOOL, IN WHICH CHILDREN PEDAL IN GROUPS, ACCOMPANIED BY ADULTS WHO HAVE RECEIVED SPECIFIC TRAINING FOR THIS ACTIVITY. PARENTS, TEACHERS, AND OTHER MEMBERS OF THE SCHOOL COMMUNITY CAN ALSO TAKE PART.

BRIEF ADVICE ON PHYSICAL ACTIVITY

[HTTP://WWW.PANAF.GOV.PT/INICIATIVA/ACONSELHAMENTO-BREVE-PARA-A-ATIVIDADE-FISICA/](http://www.panaf.gov.pt/iniciativa/acoes/acoes-breve-para-a-atividade-fisica/)

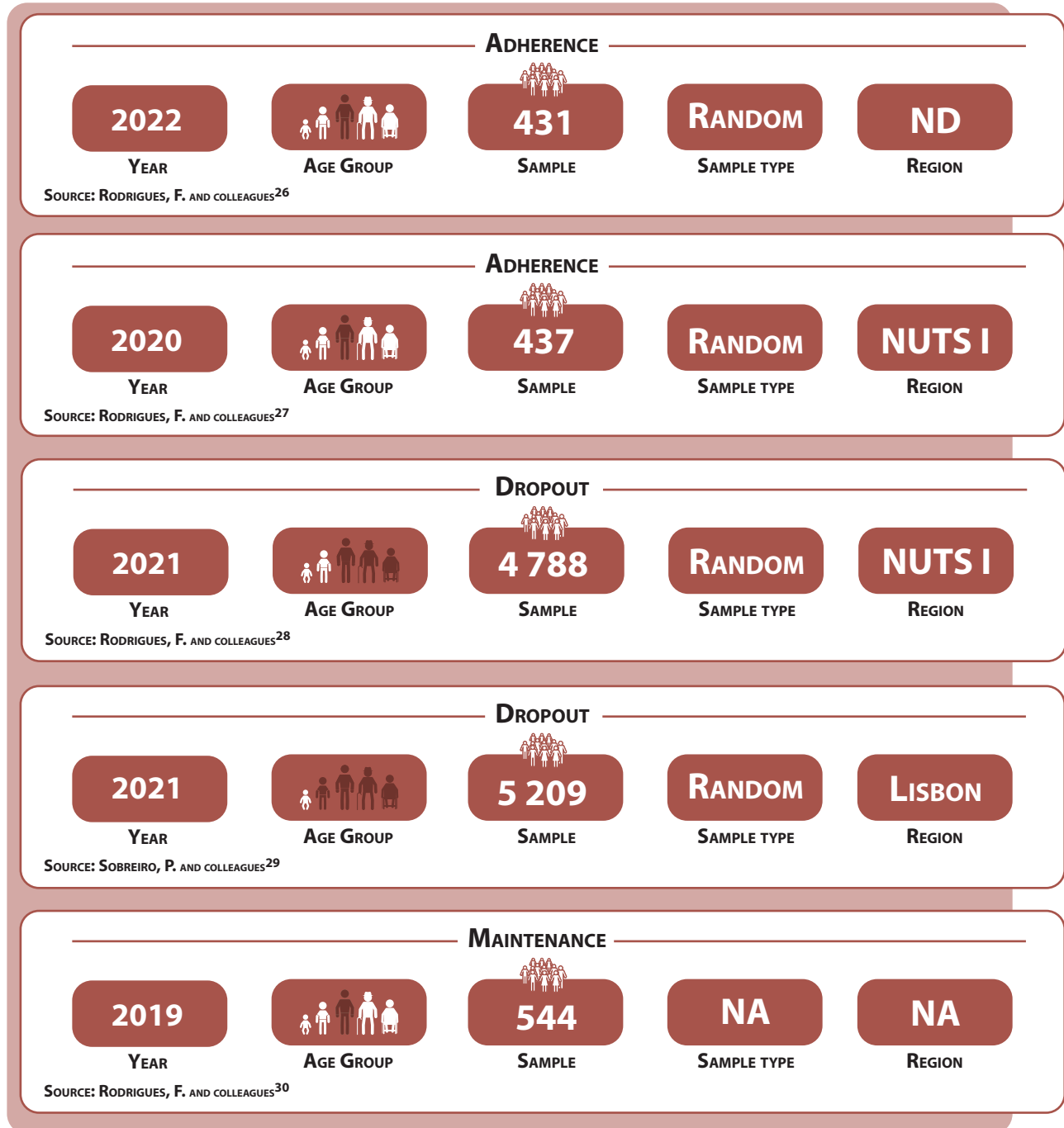
A BRIEF COUNSELING TOOL FOR PHYSICAL ACTIVITY IN THE NATIONAL HEALTH SYSTEM, WHOSE OBJECTIVES ARE: TO INCREASE LEVELS OF PHYSICAL ACTIVITY, REDUCE SEDENTARY BEHAVIOR AND PREVENT THE ONSET, AND MANAGE THE CLINICAL SITUATION OF CHRONIC DISEASES.

Appendix 7 - Brief description of the incentives and best practices identified in Portugal.



APPENDIX 8

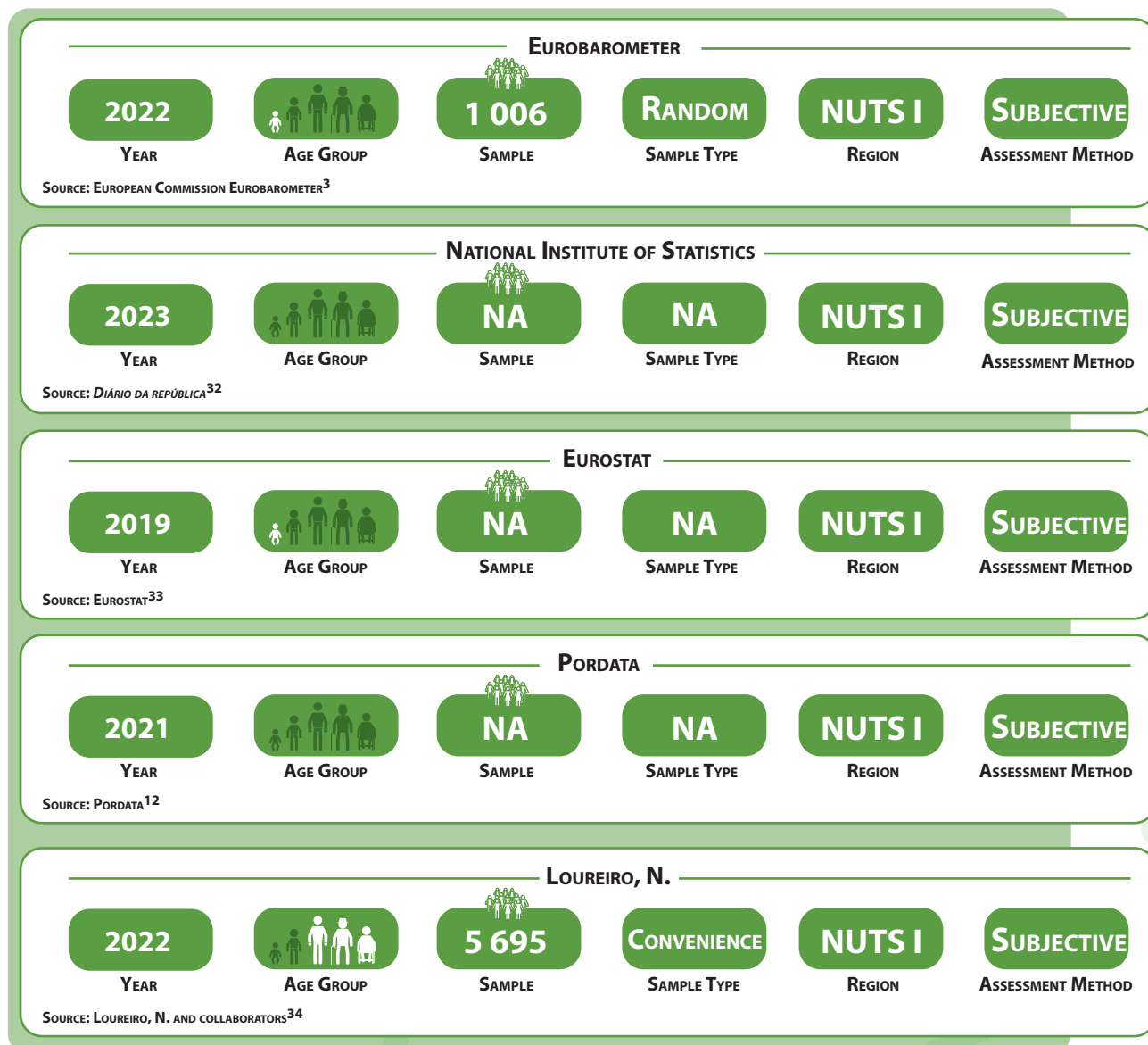
PHYSICAL ACTIVITY DETERMINANTS REPORTED



Appendix 8 - Methodological considerations of the included studies on the determinants of physical activity and sport practice.

APPENDIX 9

ENVIRONMENTAL SUSTAINABILITY



Appendix 9 - Methodological considerations of the included studies with nationally representative samples on physical activity, sport, and environmental sustainability.