

WHO 原文如下：

Physical inactivity

Estimates for adult prevalence of insufficient physical activity were produced by WHO for the standard year 2010. Insufficient physical activity was defined as the percentage of adults aged 18+ years not meeting the WHO recommendations on Physical Activity for Health (6), which is, doing less than 150 minutes of moderate physical activity per week, or equivalent. Prevalence of insufficient physical activity was estimated from population-based surveys meeting the following criteria: (i) provide survey data for the definition of doing less than 150 minutes of moderate physical activity per week (or equivalent), or doing less than 5 times 30 minutes of moderate physical activity per week (or equivalent); (ii) survey data cover all domains of life, including work/household, transport and leisure time; (iii) include randomly selected participants of the general population who were representative of the national or a defined subnational population; (iv) present prevalence by age and sex, with a sample size of each sex-age group of at least a sample size of 50 participants. Countries with no surveys were

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