

**Movement for Health**

8th September, World Physical Therapy Day

13<sup>th</sup> September, 2009

Information Release:

***The Malta Association of Physiotherapists in collaboration with the Health Promotion and Disease Prevention Unit Honours the World Physiotherapy Day by Organising a 'Movement for Health' Campaign – '09 for the General Public.***

The Malta Association of Physiotherapists in collaboration with the Health Promotion and Disease Prevention Unit is organising an awareness campaign for the general public throughout September 2009. The Campaign called *Movement for Health* will consist of 3 fun walks over a period of 2 weeks and is being co-ordinated internationally by the World Confederation of Physiotherapists on the occasion of the day dedicated to Physiotherapy.

*"The World Physiotherapy Day falls on 8th September every year, and is an opportunity for physiotherapists all over the world to raise awareness about the crucial role their profession plays in making and keeping people well, mobile and independent"* claims the World Confederation of Physiotherapists (WCPT). The Malta Association of Physiotherapists is a member organisation of WCPT, and it is supported by the confederation in organising this campaign. This day marks the unity and solidarity of the physiotherapy community from 101 countries around the world (including Malta).

Thus the Malta Association of Physiotherapists in collaboration with the Health Promotion and Disease Prevention Unit shall be dedicating 2 weeks, during the month of September to promote the physiotherapy profession amongst the general public. This campaign is designed to encourage the general public in engaging a healthy active lifestyle.

The Inauguration Ceremony for the Movement for Health Campaign was held on Sunday 13<sup>th</sup> September, 2009, at the Courtyard President's Palace at San Anton Gardens. Hon Minister John Dalli launched the campaign; during this ceremony Mr John Xerri de Caro, President of the Malta Association of Physiotherapists, and Dr. Charmaine Gauci, Director Health Promotion and Disease Prevention, have addressed the press and general public. The Movement for Health Campaign is promoting an Information Leaflet – *"Il-Mixi, tajjeb ghalik, tajjeb ghal sahhtek"*. Walking will decrease the incidence of preventable diseases such as diabetes, obesity, circulatory and cardiac disorders. The leaflet contains tips on walking, and how to motivate the individual to engage in daily physical activity. The Movement for Health Campaign shall resume on the 20th of September with a Fun Walk in Sliema, and will terminate on the 28th of September with a Fun Walk in Valletta.

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Attached Leaflet: *"Il-Mixi, tajjeb ghalik, tajjeb ghal sahhtek"*  
Information Sheet: *"Did you know?"*

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