



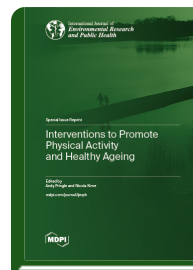
Special Issue Reprint

Interventions to Promote Physical Activity and Healthy Ageing

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The Healthy Ageing Challenge aims for people to enjoy at least five extra healthy independent years of life by 2035 while narrowing the gap between the experiences of the richest and poorest. Regular physical activity is important for healthy ageing, not only for maintaining health in midlife but also for maintaining health, independence, and quality of life as people become older. Global physical activity guidelines highlight the benefits and importance of helping adults to adopt and maintain regular physical activity participation throughout the course of life and not only in later life, and interventions and activities that support this aspiration are so important. As experienced researchers, Professor Andy Pringle and Dr Nicky Kime's text, *Interventions to Promote Physical Activity and Healthy Ageing*, features contributions reporting the impact and implementation of physical activity interventions for adults and older adults, as well as the experiences of performing research and evaluation in this context in a diverse range of projects.

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