

Developing the Guidelines

• Process

1. Summarize scientific evidence of 2020 WHO guidelines
2. Systematically analyze existing Swiss guidelines & develop update proposals
3. Participatory process - gain consensus
4. Finalize guidelines

• Strengths:

- Systematic approach in identifying aspects to update
- Participatory approach
- Scientific consortium
- Project coordination group – different thematic backgrounds

• Challenges

- Large amount of feedback
- Finding scientifically sound compromises

Cite as:
Kahlmeier, S., Frei, A., Kriemler, S., Nigg, C. R., Radtke, T., Manike, K., & Endes, S. (2023). Updating national physical activity guidelines based on the global WHO guidelines: Experiences and challenges from Switzerland. *Current Issues in Sport Science*, 8(1), Article 014. <https://doi.org/10.36950/2023.1ciss014>

The Swiss National Physical Activity Guidelines:

<https://www.hepa.ch/de/bewegungsempfehlungen.html>

Figure 1. Swiss guidelines – preschool children



Figure 2. Swiss guidelines – children and young people 5-17 years of age



Figure 3. Swiss guidelines – adults 18-64 years of age

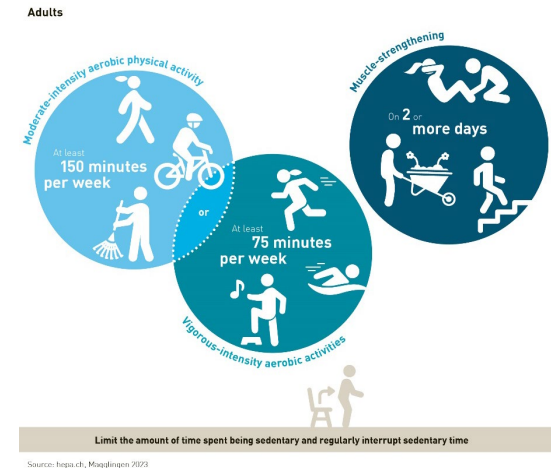


Figure 4. Swiss guidelines – adults > 64 years of age

