

Physical Activity

Articles

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Toolkit

Promoting walking and cycling: a toolkit of policy options.

World Health Organization (WHO); 2025.

<https://www.who.int/publications/i/item/9789240109902>

[This toolkit presents a compendium of policy options for walking and cycling, highlighting the multiple benefits that promoting and enabling safe walking and cycling for recreation and transport can bring to individuals, communities, the environment, and the economy. Case studies are included to showcase real-world examples of how policy options are being successfully put into practice.]

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Systematic Reviews / Meta-Analysis

Effect of nature-based health interventions for individuals diagnosed with anxiety, depression and/or experiencing stress-a systematic review and meta-analysis. [Abstract]

Jessen N H. *BMJ Open* 2025;15(7):e098598.

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[The use of natural environments and nature activities as elements in the treatment and rehabilitation of mental health challenges is gaining international attention. The objective of the present review was to summarise the knowledge on the effects of nature-based health interventions (NBHIs) targeting individuals diagnosed with anxiety, depression and/or experiencing stress.]

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