

**PHYSICAL
INACTIVITY
LEADING CAUSE
OF DEATHS
WORLDWIDE**

Since 2012, physical has become the leading cause of preventable death worldwide, accounting for more deaths than smoking.

According to the World Health Organization, physical inactivity alone accounts for 10% of deaths in Europe. Conversely, physical activity can significantly reduce premature deaths.

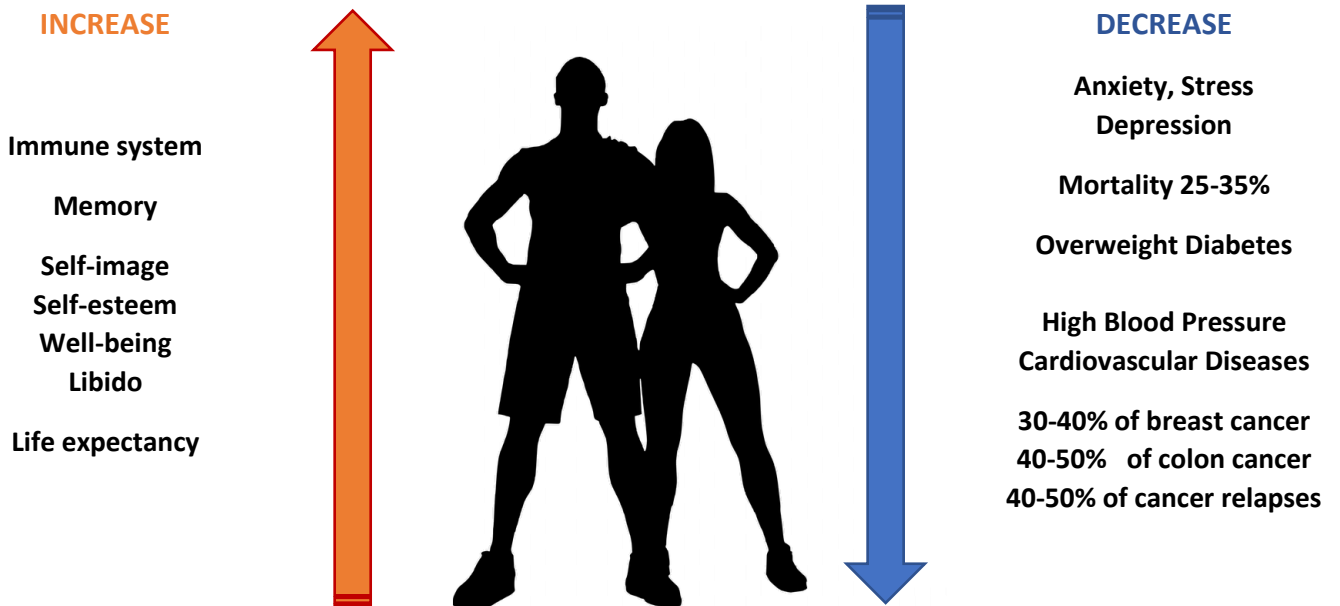
Thus, adding **at least 15 minutes of walking to your lifestyle every day reduces mortality by 14%**, whether you are young or old, a man or a woman, in good cardiovascular health or not, hypertensive or not, obese or not, diabetic or not etc...

**THE PHYSICAL
INACTIVITY
RESPONSIBLE FOR
10% OF DEATHS
IN EUROPE**

Moreover, sedentary lifestyle costs France nearly 18 billion euros each year and nearly 70 billion euros worldwide.

30 MINUTES OF SPORT A DAY CAN CHANGE EVERYTHING

Health benefits of a minimum of 30 minutes of activity - 5 days/week



SKEMA SPORTS IS BACK!

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or

COURSES FACE TO FACE

