

HNC/HND

Physical Activity & Health



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The world is currently facing many global challenges which can have local, national, and international impacts. These impacts can be grouped into what are commonly referred to as 'the three pillars of sustainability'.

One pillar represents environmental stewardship, reflecting the need for responsible and conscientious management of Earth's natural resources and for the protection of the environment.

Another pillar represents social sustainability, referring to the ability of a society to maintain and enhance the well-being and quality of life. This involves creating an equitable and just society that promotes social cohesion, protects human rights, and ensures that everyone has access to basic needs and opportunities.

The final pillar represents economic sustainability, which involves balancing economic development with the preservation of natural resources, social well-being, and the needs of future generations.

All three pillars are of equal importance. Achieving sustainability requires collective action from individuals, businesses, governments, and organisations at local, national, and international levels. It involves making conscious choices and adopting practices that minimise negative impacts on the environment, promote social equity, and contribute to long-term economic sustainability.

To address global challenges and promote sustainability, the United Nations established the [2030 Agenda for Sustainable Development](#), a shared blueprint for people, planet, prosperity, peace, and partnership. At its heart is a set of 17 goals ([Sustainable Development Goals](#) or SDGs), which aim to stimulate action by 2030 in areas of critical importance for humanity and the planet. Behind each goal is a set of specific targets against which progress towards the individual goals can be monitored.

The infographic below displays some social, economic, and environmental impacts that may be associated with poor physical activity, and examples of sustainable development goals associated with these impacts.



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