

【Special Article】

The Japanese version of the Toronto Charter for Physical Activity: A Global Call for Action

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Abstract

“The Toronto Charter for Physical Activity: A Global Call for Action” was adopted at the Third International Congress of Physical Activity and Public Health held in Toronto, Canada, in May, 2010. The Charter was developed by the Global Advocacy Council for Physical Activity of the International Society of Physical Activity and Health. The authors translated the Charter into Japanese. In this article, we explained the background, process of translation, and contents of the Charter. The Japanese version was attached as appendix.

The Charter is a consensus of researchers, practitioners and policymakers involved in physical activity promotion, and calls for the need for increased priority given to physical activity worldwide. It is an advocacy tool, discussing the rationale, nine guiding principles, and four key areas of action for promoting physical activity. We expect the Charter to be used in various ways such as a checklist for existing and future policies and projects, official document to be shared with policymakers, material that helps researchers to identify research directions, and reference for journal articles.

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