

The European Week of Sport #BeActive

The European Commission marked the European Week of Sport with two events organised at Şehit Doğan Ahmet Primary School and Namık Kemal High School in partnership with PeacePlayers International Cyprus and Turkish Cypriot Diabetes Association on 27th and 29th September. The aim was to promote participation in sport and physical activity and raise awareness about the numerous benefits of both. The European Week of Sport also aims to generate discussion amongst all stakeholders about how sport can improve health and contribute to healthy life.

Participation in sport and physical activity is stagnating, and in some EU Member States, even declining. It's not just people's health and well-being that suffers; it's the society and economy as a whole. Increased spending on health care, a loss of productivity in the workplace and reduced employability are just a few of the negative knock-on effects. In response to this challenge, the European Commission has launched an annual European Week of Sport to encourage everyone to seize the opportunity to be more physically active in their daily lives.

The European Week of Sport aims to promote sport and physical activity across Europe. The Week is for everyone, regardless of age, background or fitness level. With a focus on grassroots initiatives, it will inspire Europeans to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more.

In addition to the above events, the EU Infopoint and Turkish Cypriot Diabetes Association also visited Arabahmet Primary School on 28 September for an interactive workshop with grade 4 and 5 students about healthy eating and the benefits of physical activity.

Background:

The idea to establish a European Week of Sport originated in the European Parliament as part of the 2012 Fisas Report. In the same year, Member States called on the European Commission to consider establishing a European Week of Sport to promote physical activity and participation in sport at all levels. The Commission then embarked on extensive consultations with Member States and sport organisations to learn from existing initiatives and to ensure full support for the initiative.

Interested individuals can get more information on this event on the EU Infopoint Facebook page [f/abbilgi](https://www.facebook.com/abbilgi) or by contacting the EU Infopoint: info@abbilgi.eu, 228 2577 and 11A Hasene Ilgaz Street, Köşklüçiftlik Nicosia.

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