

Nicosia, 9 September 2016

The European Week of Sport #BeActive Panel

The European Commission will highlight the European Week of Sport with a panel organised by the EU Infopoint in partnership with PeacePlayers International Cyprus and Turkish Cypriot Diabetes Association on 28th of September, from 10:30 – 13:00 at Major Conference Hall, Nicosia. The aim of the panel is to generate discussion amongst all stakeholders about how sport can improve health, and social inclusion. The EU policy and examples from other EU countries will be presented at the event by an EU expert. The event partners are currently implementing the EU funded “Promoting Peace And Wellness In Cyprus” Project and have been working to promote the health and social inclusion benefits of sport.

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.

Running from 7-13 September, the week and its simple message, that sports makes for a healthy, happy and inclusive society, is celebrated with events and activities across Europe.

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.

Media contact: Selen Mesutoğlu Altan, selen.altan@abbilgi.eu or 0533 840 8583



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