

TAFISA-World Union of Olympic Cities Call for Action on Sport and Active Cities

The world's population is growing and becoming increasingly urban, with 66% of people expected to be living in cities worldwide by 2050. Meanwhile, our sedentary lifestyle is causing a global pandemic of physical inactivity, with devastating consequences for society. Cities can play a crucial role in curbing the deadly trend of physical inactivity and positively changing the lives of their citizens. Research shows that people who are active are also healthier and happier, and these benefits spread across all sectors of society.

An Active City approach empowers cities to take on the challenges of the 21st century, making them attractive, sustainable and futureproof. Active Cities enjoy the many advantages of happy and healthy citizens. An Active City approach means to:

- Prioritise physical activity as a solution and embed it in the city setting by building opportunities for physical activity into city policies, master plans and incentive schemes,
- Foster dialogue and cooperation with key stakeholders to bring together all parties responsible for Sport for All and physical activity, including the governments, media and NGOs, health and medical, education and sport sectors, universities, professionals, city planners, municipalities, sport organisations, observers and other organisations,
- Utilise existing resources as active resources, such as programmes within existing open spaces and parks, after-hours access to facilities including school playgrounds and sports grounds, establishing “car-free” zones and times for citizens to utilise the streets for physical activity and play, and encouraging the practice of traditional sports and games,
- Make physically active commuting more attractive by providing safe sidewalks, walking and biking paths, bike parking, efficient and convenient public transport solutions.

We call on the global Sport for All Movement, cities and relevant stakeholders worldwide to:

- Raise awareness, highlight and communicate the many benefits of the Active City approach across the world. These benefits include economic development, enhanced safety, environmental improvement, enhanced health, social inclusion and community cohesion,
- Advocate the strong role of physical activity and sport in the everyday life of citizens,
- Promote sustainable legacy for local, national and international sporting events,
- Empower relevant managers and decision-makers to use the Active City approach for their community by providing resources and experience-sharing and educational opportunities,

Active Cities contribute to tackling current and future global challenges and align with the objectives and values of the UN's Sustainable Development Goals, WHO's GAPP, the IOC's Agenda 2020, and TAFISA Mission 2030.

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