



## Healthy Lifestyle for All

### Mission 2030 Workshop

**31 August (12:00-14:00 UTC+2/CEST)**

The connection between sport and health has been well known and researched for a long time. With its benefits to physical, mental, and social health and well-being, Sport for All has a key role to play in the promotion of a healthy lifestyle. However, the global physical inactivity crisis still affects a large part of the population, with devastating consequences for people's health, health systems and infrastructures, the economy at large, and human potential.

How can we work together with various actors and stakeholders to tackle the issue head-on and develop a comprehensive framework for action to promote a healthy lifestyle for all?

#### PROGRAMME

*Moderator: **Gaëtan Garcia**, Communications, Marketing & PR Manager, TAFISA, France*

#### 12.00 – WELCOME

- **Dionysios Karakasis**, Vice-President, TAFISA, Greece.

#### 12.10 – IMPULSE

- **Prof. Dr.Uwe Pühse**, UNESCO Chair on “Physical Activity and Health in Educational Settings”, University of Basel, Switzerland

#### 12:30 – Q&A

#### 12:45 – ROUND TABLE SHOWCASING CASE STUDIES

- **Marisa Fernandez Esteban**, Deputy Head, EU Sport Unit, Spain  
*The #HealthyLifestyle4All Initiative*
- **Stanley Mutoya**, CEO, African Union Sports Council Region 5  
*The Morning Doctor*
- **Mansoor AlSughayer**, Director of Community Programs, Saudi Sports for All Federation  
*Saudi Sports for All Federation – Health and Wellness Programmes*
- **Claudia Campos**, SESC SP, Brazil  
*Managing campaigns for well-being and healthy habits in Sesc São Paulo*

#### 13:35 – Q&A

#### 13:55 – CLOSING

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