



Physical Activity, Sport for All & Health

Resolution of the General Assembly of TAFISA

Warsaw, September 20, 2005

TAFISA (The Association For International Sport for All) and its member organisations in 103 nations of the world:

- are challenged by the reduction of physical activity in daily life and the growing role of mechanical and electronic devices in leisure, education, work and transport
- are aware of the health dangers of sedentary life style of major parts of the populations in developed as well as developing countries
- are confronted by the strong link between physical inactivity, chronic diseases and premature death and are aware of its influence on individual well being and the cost to society.
- are conscious that the combination of inactivity with an inappropriate diet (for example, diets high in fat, sugar and salt, and too low in vegetables and fruit)
- poses an even higher danger for health
- are aware that Sport for All and physical activity provides a strong counterforce against the decline of health, disability and premature death
- are in agreement with the World Health Organization's Global Strategy for Diet, Physical Activity and Health, will contribute to its future adjustments and commit to a partnership for action
- In acknowledgement of the above concerns, TAFISA member organisations will work to meet the emerging challenges mentioned above and therefore
- will extend our understanding of sport and Sport for All to include physical activity in all its basic forms
- will increase our efforts to reach out to the presently inactive parts of the population through respective campaigns and programs
- will widen our existing Sport for All events like Challenge Day, World Walking day and the World Festival of Traditional Games and develop innovative strategies to address sedentary populations.
- will focus especially on contemporary challenges like the growing obesity of children and the inactivity in the retired population and in minority groups.
- will use our influence in the areas of city planning, transport systems, sport facilities, schools, cultural events etc. and raise their voice for a strong role of physical activity and sport in public life.
- will integrate the physical activity and health aspect into the new education programs for professional leaders and volunteers in Sport for All management
- will report on the status of implementing the before mentioned tasks to the future congresses of TAFISA.