

DECLARATION FOR ACTION FROM THE EUROPEAN FITNESS & PHYSICAL ACTIVITY SECTOR

Europe is facing many challenges in dealing with the Covid-19 health crisis and our recovery will require vision and a level of cooperation unprecedented in the modern era. At the centre must be our overriding concern for the health of our citizens irrespective of age, gender, social position, creed, or any other health determinant.

Lockdowns and restrictions across Europe have put a huge strain on everyone's health and wellbeing, with people being isolated, detached and concerned about returning to play sport and to exercise together. Levels of physical activity have been falling at the very time we realise that physical activity has never played a more important role in people's lives than today. The incontrovertible evidence is that regular physical activity supports both physical and mental health and helps our social wellbeing.

Especially at this time as Covid-19 levels are increasing, but also during our recovery, we call upon the European Institutions, national governments and their agencies to promote the importance of regular physical activity in the explicit understanding of its critical role played in strengthening and improving immune functioning and therefore lowering the risk of viral illness.

The European fitness and physical activity sector is uniquely placed and capable of supporting the citizens of Europe to promote and deliver this message. Our gyms, trainers and experts have developed innovative ways to ensure it is safe for people to exercise safely and effectively. More specifically we ask for coordinated action to promote physical activity with four key reasons:

Be Active for personal Wellbeing

There is no condition for which physical activity is not beneficial

Be Active to help your Immune System

Exercise strengthens the immune system

Be Active for your Resilience

Exercise guards your mental health and wellbeing

Be Active for your Community

Healthier citizens means stronger communities | support each other to #BeActive

David Stalker
President



Andreas Paulsen
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Brussels 24th September 2020.

THIS DECLARATION IS ENDORSED BY

