



#BEACTIVE

European Week of Sport
23–30 September 2017

Seminar on Healthy Lifestyle

ESTONIAN NATIONAL MUSEUM
TARTU, ESTONIA
22 SEPTEMBER 2017

13:30 - 15:00 LUNCH

15:00 - 15:30 WELCOME

*The Seminar will be moderated by **Sir Graham Watson**, President of EuropeActive*

Mr Urmas Klaas, Mayor of Tartu

Mr Vytenis Andriukaitis, European Commissioner for Health & Food Safety

Mr Indrek Saar, Minister of Culture of Estonia

15:30 - 15:40 TESTIMONY

from **Ms Kelly Loufaki**, Paralympic athlete, wheelchair fencing and #BeActive Ambassador, Greece

15:40 - 16:25 ROUND TABLE on “What does healthy lifestyle mean; how can we live more healthy lives?”

- **Dr João Breda**, Programme Manager, Nutrition, Physical Activity and Obesity, World Health Organization
- **Dr Karim Abu-Omar**, Institute of Sport Science and Sport, Friedrich-Alexander-Universität Erlangen-Nürnberg (Germany), and Co-director of World Health Organization Collaborating Centre on Physical Activity and Public Health
- **Dr Oleg Vasilyevich Matytsin**, President of the International University Sports Federation (FISU)
- **Ms Yana Toom**, Member of the European Parliament, CULT Committee

16:25 - 17:10 ROUND TABLE on “Enabling the environment – make the healthy option the easy option?”

- **Mr Jean-Claude Coubard**, founder of the European Healthy Lifestyle Alliance (EHLA)
- **Ms Susanna Lehtinen-Jacks**, Adjunct Professor, Faculty of Social Sciences, European Association for the Study of Obesity (EASO), University of Tampere, Finland
- **Mr Adam Roczek**, President of the European University Sport (EUSA)
- **Mr Mogens Kirkeby**, President of the International Sport & Culture Association (ISCA)

17:10 - 17:30 CONCLUDING REMARKS

Closing speech

by **Mr Tibor Navracsics**, European Commissioner for Education, Culture, Youth and Sport

Joint statement

by **Mr Tibor Navracsics**, **Mr Vytenis Andriukaitis**, European Commissioner for Health & Food Safety and **Mr Mario Milouchev**, Director, European Commission, Directorate General Agriculture and Rural Development

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