

# **5<sup>th</sup> World Sport for All Congress**

## **"Sport for All - Health for All"**

**Punta del Este (URU), 10<sup>th</sup> – 13<sup>th</sup> March 1994**

### **IOC / WHO JOINT STATEMENT**

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The International Olympic Committee and the World Health Organization share the common objective of health promotion through sport and physical exercise on the physical, mental and social well-being of all individuals.

The IOC and WHO are committed to fostering physical exercise and sport as an integral part of a lifestyle conducive to the protection and promotion of health and the prevention of disease and disability. Both organizations are also aware of the need for appropriate education and information programmes to avoid any possible negative effects that could result from sport and physical exercise.

Sport for All and Health for All policies developed by the IOC and WHO respectively, can only be effective if they are implemented at international, national and community levels. They also require the creation of a supporting environment including facilities easily accessible to all individuals, children, adolescents and youth, adults and the elderly of the entire world.

The General Assembly of the United Nations, at its 48<sup>th</sup> session of 25<sup>th</sup> October 1993 proclaimed 1994 as International Year of Sport and the Olympic Ideal. IOC and WHO invite all their constituents to take appropriate measures to encourage and promote the practice of sport and physical exercise with a view to a more healthy lifestyle.