

#BEACTIVE

European Week of Sport

An initiative
of the



European
Commission

SQUAT & TALK

24-25 September 2018
Brussels, Belgium

Smart up that body and brain! The European Non-Governmental Sports Organisation (ENGSO), Panathlon International and the European Lotteries invite you to take part in our #BEACTIVE squat & talk event during the European Week of Sport.

Will you challenge your body with the simple but argh-so-effective Bring Sally up* challenge? Are you joining us for mind-opening discussions on gender and sport? You are welcome to choose to squat, talk or both!

Participation in the event is free of charge - but limited. Register online today [behind this link!](#)

Monday 24/09

#BEACTIVE & squat: Bring Sally up Challenge

Pharumlegal (Avenue des Arts 43) and Parc de Bruxelles

11.00 Registration, Pharumlegal

11.30 Introduction

12.00 Bring Sally up challenge, Parc de Bruxelles

13.15 - 14.00 Casual lunch

Tuesday 25/09

#BEACTIVE & talk: Seminar on gender equality and sport

Pharumlegal (Avenue des Arts 43)

10.30 Registration and coffee

10.45 Welcome

11.00 Keynote: *What characterises a successful gender equality work in sports – from a research perspective.* PhD Jenny Svender, researcher

11.45 Discussion - comments by Yves Le Lostecque, Head of Sport Unit, European Commission, and MEPs (tbc.)

12.20 Presentation: *Integrity Management.* Prof Yves Vanden Auweele

13.05 - 14.00 Networking lunch

The European Week of Sport is an initiative of the European Commission. For more information, please visit ec.europa.eu/sport/week_en.

* *Bring Sally up* - The concept is extremely simple. We play Moby's song "Flowers". Then in the rhythm of the words of the song - "up" and "down" - you take the position, fall and rise to take off. The planks, low chair, legs near the ground. ([Round I - walking plank - core and arms](#) - [Round II squat - legs](#) - [Round III raising legs - ABS](#))



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