

Get Finland moving

– manifesto for sports and exercise

#GetFinlandMoving #Candidateforsports

Life in a physically active Finland. Children playing in the park, adults jogging or hiking in the local forest or working out at an outdoor gym. The living environment invites people to exercise and spend time together. Moving around – by foot, by bike, by wheelchair – is made easy and desirable, physical activity is supported in workplaces and schools. Active everyday life and the joy of exercise is available and accessible for everyone. Sports clubs and volunteer organisations offer opportunities to learn new sports, train and spend time and grow together. Exciting sports events, from regional championships to Olympic finals, raise community spirits – and the victory celebrations provide great memories.

With our efforts to get Finland moving, we are also making Finland economically, socially, and ecologically more sustainable and resilient. Now is the time to invest in physically active lifestyles, local sports clubs as well as world-class sports, as this will create well-being and vitality throughout the country.

A physically active lifestyle enhances well-being and productivity. Physical activity improves people's quality of life and health and supports learning and work capacity. This generates cost savings that add up to billions of euros annually. A physically active lifestyle is an investment in the future.

Sports club activities create a community spirit and culture of joint activity for all of us. Nearly two million Finns participate in club activities, making this the biggest mass movement in Finland. Club activities are an investment in the well-being of individuals and communities alike.

World-class sports unite people and offer inspiration. The majority of Finns are interested in Finnish athletes' international success. This creates a spirit of togetherness, provides role models and encourages people to take part in sports. World-class sports are an investment in Finnish success.

I support the following goals of the manifesto for sports and exercise:

1. Finding a meaningful sports activity for every child and youth
2. Increasing movement during the school day
3. Providing better settings for walking, biking, hiking and other forms of everyday exercise
4. Continuing and strengthening the On the Move programmes for promoting physical exercise
5. Starting a cross-ministry programme to increase physical exercise
6. Supporting sports clubs and other organisations in their recovery after the crisis period by making support decisions that span several years
7. Promoting volunteer activities and employment in sports clubs
8. Providing athletes and coaches with financial support
9. Supporting the combination of sports and education
10. Strengthening the financial resources available for sports and exercise
11. Implementing tax incentives to promote physical exercise
12. Increasing private financing by expanding the tax deductions available for donations made in sports



Become a Candidate for Sports and Physical Activity!

Sign the manifesto for sports and exercise using [this form](#) by 21 March 2023. Once you sign up, we will add your name to the list of Candidates for Sports and Physical Activity published on the Finnish Olympic Committee's website.