



# MADRID INITIATIVE

## Department of Culture, Sports and Tourism

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MADRID ES DEPORTE  
FORO GANA SALUD  
INFORMATE

Welcome to sports!

<http://www.madrid.org/deportes/index.html>

- News,
- Healthy guidelines,
- Sportsmen/women attention office (resource center for the sportsmen/women regarding academic training and integration in the labor market),
- The guide of sports installations,
- Championships

# Enforma: meeting points

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- Free guided exercises in the parks and gardens of Madrid

Target groups:

- Mothers
- Elders

Twice or three times a week  
(morning and evening hours)





enformate.org

## PLAN de FORMACIÓN

Plan de Formación 2008/2009 para los profesionales del deporte

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**enformate**

www.enformate.org

**Comunidad de Madrid**  
Consejería de Deportes



Regional Plan of Continuous Training for the sports and health professionals

- News,
- Courses, trainings,
- Conferences,
- Library

offering a possibility to update and specialize by means of specific training actions

# FORO GANA SALUD: "No te estreses, muévete y gana salud"

("Do not stress, move and gain health")

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- The bridge of communication and action between areas and contexts involved in the Promotion of Physical Activity and Public Health
- MADRID DECLARATION for the promotion of physical activity
- The Idea.....
- To contribute with the clear, actualized, rich and understandable information to all the involved professionals who are seeking modifications of the sedentary life style of the population,
- Generate applied contents, so that professionals can apply to their realities,
- To provide mechanisms that different groups of involved professionals would get to know us and we could work together
- To be able to evaluate the results of the actions

# 10 working areas:

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- 1. Health services and healthy physical activity
- 2. Centres of sports medicine
- 3. Management of sports services
- 4. Health education
- 5. Politics of sports and healthy physical activity
- 6. Physical activity and Health in the private initiatives
- 7. Sports and disability
- 8. Physical activity and healthy diet
- 9. Social Health: physical activity, sports and social values
- 10. Physical activity and special states of health

# Basic functions of each area:

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- Identify fundamental information for the development of strategies of physical activity and health promotion in the area and make it available and structured in the website of Foro
- To detect set off local, national and international experiences
- Establish direct contacts with the institutions, groups and professionals who have developed or are developing activities related with physical activity or health promotion
- To suggest reflection, analysis, discussion panels, opinion articles, interviews etc with active agents and protagonist within the area
- Elaborate documents and applied materials addressed to the general population
- Generate and develop concrete projects of intervention with the area

“Subir escaleras también es deporte ”



## Sections within each area:

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- Responsible person and objectives
- Problems and opportunities
- Documents
- Forum
- Links
- Calls for proposals
- Open platform

"El deporte es para tod@s"

# References:

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- <http://enformate.org/> (Training plan for 2008/09 for sports professionals))
- <http://www.madrid.org/deportes/> (The website of sports of Madrid)
- <http://www.foroganasalud.es> (Initiative of physical activity and health promotion)