



# **Hamburg Declaration 2021**

## **Global Alliance for the Promotion of Physical Activity**

Hamburg, 21<sup>st</sup> April 2021



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **Vision:**

The 21st century is a period of increased sedentary lifestyle and decreased physical activity and thus increasing non-communicable diseases.

Modern medicine has made major achievements in treating acute diseases. However, there are limits in chronic diseases and their considerable impact on mortality (collectively responsible for almost 70% of deaths world-wide), treatment costs and the lack of a holistic approach to health maintenance including quality of life.

Regular physical activity has many effects on the whole body, physiological functions, mental health, and overall quality of life – health life years and longevity. This holds also true and has gained importance for prevention, treatment and rehabilitation of many diseases such as cardiovascular, metabolic and neurodegenerative diseases and cancer. In musculoskeletal disabilities and after injuries, physical activity is mainstay for rehabilitation. Physical activity acts like a “polypill” partly better than some medications.

Physical activity is part of a population-based approach including healthy environment, resources, build environment, infrastructure and social support at all ages regardless of gender, ethnicity and socioeconomic background.



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

The COVID-19 pandemic, the double burden of NCDs, and the severe side effects of the lock-down on sport and physical activity on wellbeing and health highlights the importance of these health concerns. Investing in physical activity has never been more relevant to prevent, cure, and support the crisis recovery in our communities and build their resilience and long-term well-being.

The vision of all the participating organizations within this alliance is to unify all efforts in promoting regular physical activity to improve and maintain the health of populations in all different social settings as primary and secondary preventive measures.

#### **Mission:**

All relevant organizations within the alliance will promote all actions, projects, research, publications, marketing strategies, in a united approach with a common goal, but playing different roles, corresponding to their special aims and tasks:



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**International Olympics Committee (IOC):**

The IOC's role is to increase physical activity and to improve health in the general population via numerous actions including legacy projects in the general population linked to the Olympic Games (including Youth Games) and to promote the physical and mental health benefits of sport, leveraging the partnership with the World Health Organization (WHO)

A handwritten signature in blue ink, consisting of several loops and a long, sweeping tail that curves upwards and to the right.

Dr. Ugur Erdener

IOC Vize-President

President of the National Olympic Committee of Turkey



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Fédération Internationale de Médecine du Sport (FIMS):**

Promote a healthy and active lifestyle through high qualification education and implementation of evidence-based Sports Medicine.

A handwritten signature in black ink, appearing to read 'Pigozzi'.

Prof. Dr. Fabio Pigozzi

President of FIMS

A handwritten signature in blue ink, appearing to read 'Yannis Pitsiladis'.

Prof. Yannis Pitsiladis

Chair of Scientific Commission FIMS



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**European Federation of Sports Medicine Associations (EFSMA):**

Promotion of physical activity, implementation of "Exercise Prescription for Health" (EPH) and "Pre-Participation Screening" for healthy people and for people with medical conditions providing relevant education resources for health care professionals in hospital and in practice.

A handwritten signature in black ink, appearing to read 'M. Casasco', written in a cursive style.

Dr Maurizio Casasco

EFSMA President

A handwritten signature in black ink, appearing to read 'T. Papadopoulou', written in a cursive style.

Ms Theodora Papadopoulou

EFSMA Secretary General



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**International Society for Physical Activity and Health (ISPAH):**

The International Society for Physical Activity and Health (ISPAH) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to advance and promote physical activity as a global health priority through excellence in science (research), capacity building and advocacy.

A handwritten signature in black ink, appearing to read 'J. Schipperijn', with a long horizontal stroke extending to the right.

Prof. Dr. Jasper Schipperijn

President

International Society for Physical Activity and Health



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**European College of Sport Science (ECSS):**

The aim of ECSS is to lead the promotion and application of world-class, multi- and interdisciplinary science in sport, exercise, physical activity and health in solidarity with our private and public sector of partners, including within the healthcare setting.

A handwritten signature in black ink, reading "Erich Müller". The signature is written in a cursive, flowing style.

Prof. Erich Müller, President

European College of Sport Science e.V.





**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**AMERICAN COLLEGE of SPORTS MEDICINE (ACSM):**

ACSM promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health and quality of life. ACSM members are committed to the diagnosis, treatment, and prevention of sports-related injuries and the advancement of the science of exercise.

*Nicole R. Keith*

NiCole Keith, Ph.D., FACSM

2021 President, ACSM



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**European Initiative for Exercise in Medicine:**

Europe faces huge inequalities in physical activities between countries, regions and within societies. Medical doctors have an important role in promoting regular exercise and educational activities in the healthcare setting, in primary care and in the community setting. EIEIM is representing national initiatives within Europe and fosters research and clinical practice in cooperation with sports medicine organizations.

A handwritten signature in blue ink, appearing to read 'Jürgen Steinacker', is centered on a light blue background.

Prof. Dr. Dr. Jürgen Steinacker

Chair EIEIM



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**The Association for International Sport for All (TAFISA):**

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to create a better world by unfolding the potential of Sport for All and physical activity globally, and maximizing its contribution to overcoming the world's global challenges.

A handwritten signature in black ink, appearing to read 'J. H. Chang'. The signature is fluid and cursive, with the first and last letters being capitalized and prominent.

**Prof. Ju-Ho Chang**

**TAFISA President**



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Deutsche Gesellschaft für Sportmedizin und Prävention (DGSP)/ German  
Association for Sports Medicine and Prevention:**

The German Federation of Sports Medicine and Prevention (DGSP) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity and to counteract sedentary lifestyle. Our specific aim in this alliance is to fulfil the DGSP mission to establish a growing awareness of promoting health through sports and physical activity in the area of prevention, rehabilitation and therapy in competitive and recreational sports and everyday life. This will be accomplished through evidence-based research and education of physicians.

A handwritten signature in blue ink, appearing to read 'B. Wolfarth', is written over a light blue horizontal line.

Prof. Dr. Bernd Wolfarth

Präsident

Deutsche Gesellschaft für Sportmedizin und Prävention



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **Deutscher Olympischer Sportbund (DOSB)/ German Olympic Sports**

##### **Confederation:**

The German Olympic Sports Confederation (DOSB) with its 27 million members supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. As the largest citizens' movement in Germany, we offer our unique sporting structure to promote physical activity on the national, regional and local level. Our specific aim in this alliance is to enable sport and physical activity for everyone in the context of sports in Germany called SPORTDEUTSCHLAND.

  
Alfons Hörmann  
Präsident

  
Veronika Rücker  
Vorstandsvorsitzende



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**German Medical Association:**

The German Medical Association supports the Hamburg Declaration for a Global Alliance to promote physical activity. Our aim in this alliance is to enhance awareness of the importance of physical activity on both the patients' and the physicians' side. It is crucial to address physical activity in patient-physician communication, inform patients about its relevance for the prevention of chronic diseases such as diabetes or cardiovascular disease and to make evidence-based recommendations.

A handwritten signature in blue ink, appearing to read 'Klaus Reinhardt'.

Dr. Klaus Reinhardt

President

German Medical Association



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **Free und Hanseatic City of Hamburg:**

The Free und Hanseatic City of Hamburg supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is: As a Global Active City, Hamburg is interdepartmentally committed to the promotion of physical activity by providing accessible and health promoting spaces in all settings and by continuously assessing and adapting to the progress and thus is committed to the improvement of the quality of life of all Hamburg citizens.

A handwritten signature in blue ink, consisting of a series of fluid, connected strokes.

**Andy Grote**  
Senator for the Interior and Sports



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Berufsverbandes der Kinder- und Jugendärzte (BVKJ):**

Kinder brauchen täglich mindestens 60 Minuten Bewegung: tägliche Sportstunden in Kita und Schule und „bewegte Pausen“; wir müssen auch Familien stärker motivieren zu einem bewegten Lebensstil; wenn die Eltern Freude an Bewegung vorleben, wirkt das nachhaltig auf die Kinder.

A handwritten signature in grey ink, appearing to read 'Fischbach', is positioned above the printed name.

Dr. Thomas Fischbach

President des Berufsverbandes der Kinder- und Jugendärzte (BVKJ)





**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**BÄDERALLIANZ DEUTSCHLAND:**

Supports the goals of the Hamburg Declaration in order to promote physical activity and wellbeing through establishing a sustainable improvement of the German swimming pool and spa landscape. A functioning sports infrastructure is the basis for sufficient physical activity in the general population. Therefore it is about anchoring the contribution of public baths as a valuable and necessary service of general interest in the public consciousness.

A handwritten signature in blue ink, consisting of a large, stylized 'C' followed by a vertical line and a small flourish.

Dr. Christian Kuhn

Vertreter



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Bundesinstitut für Sportwissenschaft (BISp Bonn):**

Our Federal Institute of Sport Science supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is the promotion of sports medicine research activities to maintain health and optimize physical performance requirements with special regard to competitive sports and the transfer to the general population.

A handwritten signature in blue ink, appearing to read 'R. Tiesler', is centered on the page.

Signature President Ralph Tiesler  
Federal Institute of Sport Science



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **Bundesvereinigung Prävention und Gesundheitsförderung e.V. (BVPG):**

Our Bundesvereinigung Prävention und Gesundheitsförderung e.V. (BVPG) (Federal Association for Prevention and Health Promotion) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to transport their activities into the public and political discussions, to connect relevant partners and thus enable a movement-friendly and healthy environment for everyone in the long term.

A handwritten signature in blue ink, appearing to read 'Ute Bertram'.

Signature President Ute Bertram  
Bundesvereinigung Prävention und Gesundheitsförderung e.V. (BVPG)




## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **City of Istanbul:**

I would like to express my great pleasure at having learned that SPORTS ISTANBUL, an affiliated company of Istanbul Metropolitan Municipality, has signed the 'Hamburg Declaration' which strongly stresses the significance of physical activity for health and the need to form a global alliance fighting against physical inactivity. I firmly believe that within the framework of our vision of strengthening the physical and mental health of Istanbulites and improving their skills, the Declaration would add great value to our city.

I also would like to point out my appreciation that Istanbul Metropolitan Municipality has once again had the opportunity to honour its commitment to be a member of an international community; particularly, the global alliance against physical inactivity along with well-known and reputable institutions and organizations across Europe and the World.



Ekrem İMAMOĞLU  
Mayor of Istanbul



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**D•A•CH-Gesellschaft Prävention von Herz-Kreislauf-Erkrankungen (D•A•CH-Society Prevention of Cardiovascular Diseases):**

Our association D•A•CH-Society Prevention of Cardiovascular Diseases supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to establish a link between lifestyle intervention and the pharmacological prevention and treatment of cardiovascular diseases by integrating the topic of physical activity into the program of continuing medical education events we offer. D•A•CH sees amateur sports and physical activity in combination with heart-healthy nutrition and smoking cessation as essential pillars in primary and secondary prevention of cardiovascular disease.

A handwritten signature in blue ink, appearing to read 'W. März', is written over a light blue horizontal line.

Signature President: Univ.-Prof. Dr. Winfried März

D•A•CH-Gesellschaft Prävention von Herz-Kreislauf-Erkrankungen (D•A•CH-Society Prevention of Cardiovascular Diseases)



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Deutsche Diabetes Stiftung (German Diabetes Foundation):**

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Physical activity is an essential element in the treatment of diabetes bringing many benefits to people. It increases insulin sensitivity and improves blood glucose control along with positive effects on blood lipids, blood pressure or cardiovascular events. Being physically active is even more beneficial if it is combined with a healthy diet and stress management. These strategies can also prevent or delay type 2 diabetes. Even a remission of type 2 diabetes is possible.

A handwritten signature in blue ink, appearing to read 'Hans Hauner', is positioned above the printed name.

**Prof. Dr. Hans Hauner  
Chairman of the Foundation**

**Deutsche Diabetes Stiftung**



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **Deutsche Gesellschaft für Physiotherapiewissenschaft:**

Our association Deutsche Gesellschaft für Physiotherapiewissenschaft supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is the prevention of diseases or of longterm complications caused by a sedentary lifestyle or inactivity. Physiotherapists all over the world have been promoting exercises for many years and are more than happy to support this declaration.

A handwritten signature in brown ink, which appears to read 'Kerstin Lüdtke'. The signature is fluid and cursive.

Signature President (Prof. Dr. Kerstin Lüdtke)

Name of the Association/Federation: Deutsche Gesellschaft für Physiotherapiewissenschaft



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Deutsche Hochdruckliga e.V. DHL® Deutsche Gesellschaft für Hypertonie und Prävention/ The German Hypertension League/ Deutsche Gesellschaft für Hypertonie und Prävention:**

Our association, The German Hypertension League/ Deutsche Gesellschaft für Hypertonie und Prävention supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is the prevention and treatment of high blood pressure. Hypertension is one of the most important risk factors for cardiovascular disease, the number one cause of mortality in industrialized countries. Sedentary lifestyle is one of the leading lifestyle factors for the development of arterial hypertension. In addition, regular physical activity is one of the cornerstones of the non-pharmacological therapies for high blood pressure. Therefore, we fully endorse the Hamburg Declaration to promote physical activity.

A handwritten signature in black ink, appearing to read 'H. Predel'.

Prof. Dr. med. Hans-Georg Predel

**Deutsche Hochdruckliga e.V. DHL®**

**Deutsche Gesellschaft für Hypertonie und Prävention**





**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Deutscher Behindertensportverband (DBS) / German Sports Association for  
People with Disabilities**

The German Sports Association for People with Disabilities (DBS) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to enable sport and physical activity for all people with disabilities in Germany and to further advance the self-determination and co-determination of people with disabilities in sport. The guideline for our actions is the implementation of the UN Convention on the Rights of People with Disabilities.

A handwritten signature in black ink, which reads "Friedhelm Julius Beucher".

Friedhelm Julius Beucher

President

Deutscher Behindertensportverband (DBS) / German Sports Association for People with  
Disabilities



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Diabetes, Sport and Exercise of the German Diabetes Association:**

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to strengthen knowledge and health-related physical activity skills in all population groups, especially for diabetes, and to raise awareness of the importance of physical activity throughout society.

A handwritten signature in blue ink, appearing to read 'Stephan Kress', is positioned above the printed name.

**Signature President Dr. Stephan Kress**




**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**diabetesDE-Deutsche Diabetes-Hilfe:**

Supports the Hamburg Declaration for a Global Alliance in Order to promote physical activity. Our specific aim in this alliance is to make it easier for everyone to access healthier diets and more physical activity and we want to ensure that innovations that improve disease management reach patients quickly.



President Dr. med. Jens Kröger

diabetesDE-Deutsche Diabetes-Hilfe



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**DVS (German Society of Sports Science):**

Our society DVS supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is:

Sports science research within the dvs supports the value of exercise and targeted training in prevention and rehabilitation as well as positive effects of sports on physical, psychological and emotional resources. Exercise is essential to promote a healthy lifestyle.

A handwritten signature in blue ink, reading "Ansgar Schwirtz".

Prof. Dr. Ansgar Schwirtz

President of the German Society of Sport Science

German Society of Sport Science



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **European Association of Preventive Cardiology (EAPC):**

We support the Sports, Medicine and Health Summit and Hamburg Declaration prepared for the 2021 Sports, Medicine and Health Summit. The European Association of Preventive Cardiology (EAPC) is a branch of the European Society of Cardiology, promoting excellence in research, practice, education and policy in cardiovascular health, primary and secondary prevention and representing over 4,000 healthcare professionals. EAPC considers physical activity a high priority for the entire population and particularly, for those with cardiovascular risk factors, and cardiometabolic diseases. We wish you the best of success for the 2021 Sports, Medicine and Health Summit, and would be pleased to promote the declaration upon its publication.

A handwritten signature in black ink, appearing to read 'Martin Halle'.

Martin Halle  
EAPC President



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**EuropeActive:**

supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to promote the interests of all organisations which work towards getting more people, more active, more often.

A handwritten signature in black ink, appearing to read 'D. Stalker', is located below the text.

David Stalker, President EuropeActive

<https://www.europeactive.eu/>



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Exercise is Medicine Germany:**

Our association/federation "EIM Germany" supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to provide a national platform for the distribution, implementation and management of activities which increase physical activity and improve activity friendly environmental conditions to implement physical activity as an instrument for prevention and restoration of health in the german population.

A handwritten signature in blue ink, appearing to read 'W. Bod', is written over a light blue rectangular background.

Vorstandsvorsitzender



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Exercise is Medicine Ireland National Center:**

EIM Ireland supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim is to make physical activity a standard part of Ireland's disease prevention/treatment strategy, connecting patients with physical activity programs and professionals through general practice and the Health Service Executive.

A handwritten signature in black ink, appearing to read "Matt Herring".

Director, Dr. Matthew P. Herring, PhD, FACSM

Exercise is Medicine Ireland National Center





**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Exercise is Medicine Italy:**

Our Exercise is Medicine Italian Initiative supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim is the alliance implement the assessment of physical activity and cardiorespiratory fitness in clinical routine, for tailored exercise prescription in different healthcare settings.

A circular blue stamp from the Department of Medicine at the University of Padua is overlaid with a handwritten signature in black ink. The stamp contains the text "DIPARTIMENTO DI MEDICINA" and "UNIVERSITA' DEGLI STUDI DI PADOVA".

Signature President Prof. Roberto Vettor  
Exercise is Medicine Italian Initiative



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Exercise is Medicine Norway:**

Our Exercise is Medicine Norway supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is Promoting regular Physical Activity in the Health Care System to prevent and treat lifestyle diseases, both physical and mentally.

A handwritten signature in black ink, reading "Terje M. Halvorsen".

**Terje M. Halvorsen**

**President, National Director Exercise is Medicine Norway**



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Exercise is Medicine Poland:**

Our Exercise is Medicine Poland supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is involved in activating the Polish society by increasing knowledge about the impact of physical activity on health, we are aimed at professionals involved in sports and medicine to educate their charges.

A handwritten signature in black ink, appearing to read 'A. Plucik-Mrozek'.

Signature President Anna Plucik-Mrozek, MD  
Exercise is Medicine Poland Foundation



## Hamburg Declaration

## Global Alliance for Promotion of Physical Activity

### Exercise is Medicine Spain:

Our association/federation, Exercise is Medicine-Spain, supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is Promoting health-related physical fitness evaluation and multicomponent exercise prescription for elderly population in primary care centres.

**CASAJUS MALLÉN  
JOSE ANTONIO -  
DNI 17862168T**

Firmado digitalmente por CASAJUS MALLÉN JOSE ANTONIO  
- DNI 17862168T  
Nombre de reconocimiento (DN): c=ES, o=UNIVERSIDAD DE  
ZARAGOZA, ou=CERTIFICADO ELECTRONICO DE EMPLEADO  
PUBLICO, serialNumber=IDCES-17862168T, sn=CASAJUS  
MALLÉN, givenName=JOSE ANTONIO, cn=CASAJUS  
MALLÉN JOSE ANTONIO - DNI 17862168T  
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## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **German Cardiac Society (DGK):**

Our Working Group Sports Cardiology (AG32) of German Cardiac Society (DGK) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to promote and improve special cardiological knowledge concerning physical activity and sports of the members of the society.

A handwritten signature in black ink, appearing to read 'Roman Laszlo'. The signature is fluid and cursive, with a prominent initial 'R' and 'L'.

Prof. Dr. Roman Laszlo

Speaker of the Working Group Sports Cardiology of German Cardiac Society



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**German Diabetes Association (DDG): Our German Diabetes Association (DDG):**

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific goal in this alliance is to make demands on politics: At least one hour of physical activity per day in school and daycare is mandatory. Studies show that just one hour of exercise a day can prevent children from developing obesity. At least this time of sport and exercise must therefore be a principle for schools and daycare centers.

A handwritten signature in blue ink, appearing to read 'M. Kellerer', is written over a light blue horizontal line.

Prof. Dr. Monika Kellerer

President DDG

German Diabetes Association (DDG)



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **The German Heart Foundation:**

The German Heart Foundation supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance: „Physical activity is a key component in the prevention and therapy of cardiovascular diseases, enhancing patient’s prognosis. Therefore, the German Heart Foundation promotes sport programs from early childhood up to old age, to implement and maintain a lifelong active and healthy lifestyle.“

A handwritten signature in blue ink, appearing to read 'D. Andresen', is positioned above the printed name.

Prof. Dr. Dietrich Andresen, Chairman of the Board  
German Heart Foundation



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**German Society for the Prevention and Rehabilitation of Cardiovascular Diseases (DGPR) Deutsche Gesellschaft für Prävention und Rehabilitation von Herz-Kreislaufferkrankungen (DGPR) e.V.:**

Our German Society for the Prevention and Rehabilitation of cardiovascular Diseases (DGPR) oder Deutsche Gesellschaft für Prävention und Rehabilitation von Herz-und Kreislaufferkrankungen supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to propagate regular physical activity and exercise training in daily living as part of a healthy lifestyle in patients with any kind of cardiovascular disease.

A handwritten signature in black ink, appearing to read 'B. Schwaab', is centered within a light green rectangular box.

President Prof. Dr. med. Bernhard Schwaab  
German Society for the Prevention and Rehabilitation of Cardiovascular Diseases (DGPR)





**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**German Society of Nephrology:**

Our association German Society of Nephrology supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to increase the outcome and well-being of patients with chronic kidney disease in all stages. Physical activity improves the burden of dialysis, enhances patient access to transplantation and paves the road to successful renal transplantation.

A handwritten signature in blue ink, appearing to read 'Jan C. Galle', is centered below the text.

**President Prof. Dr. Jan C. Galle**



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

**German Society of Orthopaedics and Trauma (DGOU), German Society for Trauma Surgery (DGU), German Society of Orthopaedics and Orthopaedic Surgery (DGOOC):**

Support the Hamburg Declaration for a Global Alliance in order to promote physical activity. All three societies have the mission to improve life quality by mobility. Therefore, our specific aim in this alliance is to establish a growing awareness of promoting health through sports and physical activity.

Univ.-Prof. Dr. Dieter C. Wirtz  
President DGOU, DGOOC

Univ.-Prof. Dr. med. M. J. Raschke  
President DGU

Prof. Dr. med. Dietmar Pennig  
General Secretary DGOU, DGU

Prof. Dr. med. Bernd Kladny  
General Secretary DGOOC



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**German Sporting Goods Manufacturer (BSI e.V.):**

Support the Hamburg Declaration for a Global Alliance in order to promote physical activity.

Our specific aim is to create better sports infrastructure in our society to improve physical activity of all ages on a global basis. Stefan Rosenkranz CEO Bundesverband der Deutschen Sportartikel-Industrie e.V.

A handwritten signature in blue ink, reading "Stefan Rosenkranz".

**Stefan Rosenkranz**

**CEO Bundesverband der Deutschen Sportartikel-Industrie e.V.**



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Hamburger Sportbund e.V.:**

Our Hamburger Sportbund e.V. supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to provide everyone in Hamburg - from young to old, with or without a disability - with the possibility to be active in sports and build better, healthier lifestyles.

A handwritten signature in black ink, appearing to read 'R. Lehnert'.

Ralph Lehnert  
Vorstandsvorsitzender



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**IAKS Deutschland:**

Supports the goals of the Hamburg Declaration in order to promote physical activity and wellbeing through establishing motivating and functional sports and leisure facilities in Germany. We believe that active living is a fundamental human right and need that enriches the lives of people of different cultures, nations, languages and genders. We are committed to championing for sustainable and high-quality indoor and outdoor sports and leisure facilities that are fully inclusive, universally accessible and socially relevant.

A handwritten signature in blue ink that reads "Robin Kähler". The signature is written in a cursive style.

Prof. Dr. Robin Kähler



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Institute for Applied Training Science (IAT):**

The Institute for Applied Training Science supports the Hamburg Declaration for a Global Alliance by engaging in scientific support for elite athletes to help them to achieve world-class performance. Because we believe that our top athletes can inspire all people to be active in sports and motivate children to pursue their Olympic dream.

A handwritten signature in black ink, appearing to read 'U. Tippelt'. The signature is fluid and cursive, with a large initial 'U' and a long, sweeping tail.

Dr. Ulf Tippelt

Director



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Japanese Society of Physical Fitness and Sports Medicine (JPFMSM)**

The Japanese Society of Physical Fitness and Sports Medicine (JPFMSM) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to provide scientific evidence of practice and strategies to promote physical activity for a global community.

Signature President (Masato Suzuki)

A handwritten signature in cursive script, reading "Masato Suzuki". The signature is written in black ink on a light blue background.

The Japanese Society of Physical Fitness and Sports Medicine (JPFMSM)



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Plattform Ernährung und Bewegung e.V. (peb) peb Nutrition and Physical**

**Activity:**

The Platform Nutrition and Physical Activity (peb) supports the Hamburg Declaration. We promote a healthy lifestyle among children and adolescents with balanced nutrition and adequate physical activity to prevent overweight and obesity.

*Dr. Koch* 

Signature President (Dr. Gerhard Koch)

Plattform Ernährung und Bewegung e.V. (peb) peb Nutrition and Physical Activity





**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**RASMIRBI («Russian Association for Sport Medicine and Rehabilitation of Patients and the Disabled:**

supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aims in this alliance are:

1. Popularization of common national strategies and large-scale programs to increase the physical activity of the population, dissemination of popular science information among healthy people and patients. What is especially important today, in the context of the COVID-19 epidemic

2. The use of educational resources of RASMIRBI for training medical workers in programs aimed at increasing physical activity among citizens with disabilities. As specialists in the field of physical therapy, rehabilitation, fitness and sports medicine, we have a huge supply of exercises, methods and training regimes, as well as tests to assess their effectiveness. And must share these skills with others.

A handwritten signature in black ink, appearing to be 'B.P.', is located below the text.

RASMIRBI President

Prof. M.D. Boris Polyayev



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Society for Orthopaedic and Traumatologic Sports Medicine (GOTS):**

The German speaking Society GOTS supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to improve and to spread the understanding of injuries by promoting education, training and research in order to maintain musculoskeletal function and quality of life.

A handwritten signature in grey ink, appearing to read 'R. Seil', is centered below the text.

**Prof. Dr. Romain Seil**

**German speaking Society for Orthopaedic and Traumatologic Sports Medicine (GOTS)**



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**Society for Sports Psychiatry and Psychotherapy (DGSP):**

Our German Society for Sports Psychiatry and Psychotherapy supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this Alliance is to maintain mental health in high performance sport to integrate specific exercise and therapy in psychiatric treatment.

Dr.med.m.a. Valentin Z. Markser

Deutsche Gesellschaft für Sportpsychiatrie und -psychotherapie DGSP

Cleverstrasse 32a, 50668 Köln, Deutschland



## **Hamburg Declaration**

### **Global Alliance for Promotion of Physical Activity**

#### **Sport Istanbul:**

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Sport Istanbul as the the affiliate company of Istanbul Metropolitan Municipality is in charge of improving the physical and mental health of the people of Istanbul, and to develop their skills in the field of sport and physical activity. Sport Istanbul also sets its priorities to encourage people of Istanbul to benefit the sports facilities. Our specific aim in this alliance is to make Istanbul a physically active, healthy, and a better city where people are proud to live, to work, and to enjoy. Hereby, as signing and supporting this Declaration, the City of Istanbul also re-states its commitment to improve the life quality and standards of people of Istanbul and to be an active member of international community within the health, sport and physical activity.

A handwritten signature in blue ink, appearing to read 'İ. Renay Onur', is placed above the printed name.

Signature President: İ. Renay Onur, General Manager

Sport Istanbul, Istanbul Sports Activities and Administration Trade INC



**Hamburg Declaration**

**Global Alliance for Promotion of Physical Activity**

**The German Society for Neurology (Deutsche Gesellschaft für Neurologie, DGN):**

The DGN supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our aim is to integrate physical activity into prevention and therapy of neurological diseases like, for example, Parkinson's Disease, Stroke, Multiple Sclerosis, and Dementia. We also see the need for more targeted research towards a better mechanistic and molecular understanding of how physical activity can improve neuronal function.



Prof. Dr. Christian Gerloff, FEAN, FESO  
President



## **Hamburg Declaration**

## **Global Alliance for Promotion of Physical Activity**

Contact:

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