

# EWSLETTER

Asiania Sport For All Association



**GATEWAY TO SPORT FOR ALL MOVEMENTS IN ASIA & OCEANIA** 

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# **ASFAA Work Plan 2011**

#### I . International Conferences

1. The 14th World Conference on Sport for All

To participate in the 14<sup>th</sup> World conference on Sport for All in Beijing, China from September 20<sup>th</sup> to 23<sup>rd</sup>, 2011

#### 2. TAFISA Congress

To participate in the TAFISA Congress as well as the TAFISA Board Meeting and the 30<sup>th</sup> ASFAA Board Meeting in Antalya, Turkey, from November 9<sup>th</sup> to 14<sup>th</sup>, 2011

#### II. ASFAA Activities

To hold the China-ASEAN Sport for All Cooperation and Development Forum within this year

To organize the ASFAA Sport for All Training Course

#### III. Cooperation with TAFISA

To promote the TAFISA World Challenge Day in 2011

To organize the TAFISA World Walking Day in 2011

To carry out the TAFISA 3AC Program in the Asia and Oceania region

## IV.ASFAA Secretariat's Daily Work

To ensure the smooth communication among President, Secretary General and Board of Directors

To maintain and update the official website

To publish 2011 Journal and 2011 Newsletter

To strengthen cooperation with TAFISA and promote TAFISA activities in the Asia and Oceania region

To keep close contact with the Olympic Committees of countries/regions in the Asia and Oceania region

To enroll new members, collect membership fees, maintain and update membership information

# 2011 Family Sports Day



Cheerleading performances



Harmonious and pleasant scenes



Harmonious and pleasant scenes



Parents and children joined the event with fun

The 2011 Family Sports Day has been successfully held at the Tap Seac Multisport Pavilion on June 26th (Sunday), which was organized by the Macao Sport Development Board and assisted by the General Union of Residents Associations of Macao, the Macao Federation of Trades Union and the Women's General Association of Macao. This event attracted over 2,500 participants from more than 500 teams. Parents and their children formed as teams to participate in a wide range of recreational activities, which filled the venue with warmth, love and joy.

The event was divided into three age groups according to the age of the participating children: Group A (7-10 years), Group B (4-6 years) and Group C (2-3 years) and two recreational competitions were held within each age group. The participants competed for the champion, second and third place and seven excellence awards. Other than competitions, game booths and cheerleading performances could also be found at the venue, providing citizens a good opportunity to enjoy healthy and family-reunion activities.

As outlined in the event objective, this even could allow the participating children to learn



the enduring sportsmanship, which also boosted a harmonious relationship among family members. While the family members gathered, they would cultivate a keen interest to sport participation and create conditions for good health.

Attending VIP guests included: Vong Iao Lek, President of the Macao Sport Development Board; Choi Tat Meng, Deputy Director of the General Union of Residents Associations of Macao; Lei Cheng I, Deputy Director of the Macao Federation of Trades Union; Chio Ngan leng, Director of the Women's General Association of Macao; José Maria da Fonseca Tavares, Vice President of the Macao Sport Development Board; Chan lok Wai, Chief of Division of Youth Organizations and Training, Department of Youth of the Education and Youth Affairs Bureau; Lou Keng Chio, President of the Sports and Olympic Committee of Macao, China; as well as members of the Sports Committee: Van Kuan Lok, António Fernandes, Chan Weng Kit, Chang Chin Nam, Chung Hon Kun, Wu Chong Fai, Un Oi Mou, Lam Un Mui, Chong Coc Veng, Iao Mou Pong, Lou Kit Long, Domingos Chan. All of the guests officiated the ceremony and presented awards to the winning teams.



Group photo of award winners and VIP guests

# 2011 Public Entities Sport Festival

The

**Badminton** 

The Public Entities Sport Festival has been organized jointly by the Public Administration and Civil Service Bureau and the Macau Sport Development Board (MSDB) since 2003. Its mission is to motivate staff members of all public entities to nurture the habit of doing exercises frequently and improve their living qualities through participation in sport activities. At the same time, it can also enhance team spirit and strengthen organizational ties so as to provide

better services to Macao citizens and create a harmonious and vibrant society. With the inclusion of sporting and recreational competitions, the Sport Festival has been gaining popularity among public entities staff members, bringing the number of participants to grow steadily from 900 in Year 2003 to 2,600 in Year 2010.

The 2011 Public Entities Sport Festival was held from April to July this year. Besides those traditional games of 7-A-Side football (male), basketball, table tennis, badminton, squash, tennis, bowling and swimming, the organizers have made continuous improvements to enrich the contents of this sport gala so that more and more public entities staff members can be engaged in sport participation.

For this year, track & field has been especially added, and the Macau Public Entities Small Dragon Boat Race of the Macau International Dragon Boat Races has also been included as one of the competition matches.



Football

Since the start of the Festival, exciting contests have been held over two months, and winners of different competitions have been classified. On July 3, with the hosting of the Football, Basketball,



group recreational competitions and the prize presentation ceremony, this year's Festival was successfully concluded. The Judiciary Police was awarded as the year's Most Active Team.

For this year, nearly 2,769 staff members from 58 public entities have participated in 10 sport matches and 3 recreational competitions. It is hoped that through involvement in sport events, staff members of public entities are able to build team spirit and form a good habit of sport participation.



Basketball



# Iran Challenge Day 2011 Report



PRONEWS

Photo:Magier Nikkholsh





**PBONEWS** 

Photo: Behrad Jahani



PEONEWS

Photo; Behzad Jahani



Iran community came to pass world Challenge Day in many cities in all of 32 provinces.

We had not a single day to be physically active we organized it during May 2011. They do physical activity at least 15 minutes, had a fun day with each other in different day in forms of activity and for all people of every age, gender and level.

in Tehran, Dr Saaldioo Vice president I.R.IRAN, Dr Majdara and other leaders of physical Education Organization attend Morning Exercise in Englab Sport Complex.

Oromiyeh, Sanandaj and Marand was leaders in this event. Family Walking with more than 250 thousand in each city with participation of Dr. Majdara President Sport For All Federation. Special event for this event hold in Tehran 3500 citizen, include family walking, kite, traditional game, family competition, painting with children, child games with over 500 participators in all ages Frisbee, Tug of war, rope skipping, Cycling and some entertainment in Azadi Sport Complex with participation of Mrs. Mitra Rouhi, and also in Harnedan, Markazi, Boushehr,

Kerman, Yazd, Zanjan. Sport for all festival was held in Semnan with participation of 200 children in Sport Village, Bornehen, Gharechak and Malard cities. Tag of war and kite flying in Taleghahl Park and Javan Park in Varamin, mountaineer in Shemiran, Darts in Javadabad, Varamin, social cohesion and to be fun with activity and doing exercise for different target groups. In all programs, departments, organizations, TV, media were took part, and cooperated with cities.

Dr saaldiou Vice President I.R.IRAN & president of physical Education Organization



# 33 Healthier Lifestyle Projects Nation-Wide in Australia

New healthy eating and exercise programs, including getting your hands dirty in a community garden and learning to cycle safely are taking off around Australia to help combat obesity.

The Minister for Health and Ageing, Nicola Roxon, announced that 33 local governments around the country will receive funding to run programs that will encourage and support people to adopt and sustain healthier lifestyles.

Each local government will receive a grant of more than \$700,000 as part of the Gillard Government's \$72 million Healthy Communities Initiative, which aims to support local governments to promote healthy lifestyles in the community.

"We want to keep Australians well and out of hospital, and programs like Healthy Communities provide practical support to people looking to make a healthy change," Minister Roxon said.

"Local governments are introducing innovative physical activity and healthy eating programs in their communities that have been proven to make a real difference."

"We know that preventive health measures work, that's why we are encouraging people to adopt healthier lifestyles and combat obesity."

The 33 projects will receive a total of \$23 million under phase two of the Healthy Communities grants round. The grants are mostly in regional, rural and remote areas.

"Eighty per cent of the recommended local government areas have combined overweight and obesity rates above the national average and experience significant social and economic disadvantage so we are targeting this funding where it's needed most." Ms Roxon said.

"These projects will focus on at-risk populations, including Aboriginal and Torres Strait Islanders, culturally and linguistically diverse communities, new wave migrants and those living with disabilities."

There will be 8 projects in New South Wales, 7 in Victoria and Queensland, 4 in Western Australia and South Australia, 2 in the Northern Territory and 1 in Tasmania.

# "Come and Play" Scheme in India

#### What is 'Come and Play' Scheme?

Under 'Come and Play' Scheme, all the five stadiums of Sports Authority of India (SAI) are opened for public. Sportsperson can submit the registration and can practice for their sports by paying very low fees. This scheme is initiated by Sports Authority of India (SAI) in collaboration with Ministry of Youth Affairs & Sports of India.

#### Stadiums opened for public by SAI

- Jawaharlal Nehru Stadium Complex,
   Lodhi Road, New Delhi.
- Major Dhyan Chand National Stadium, Near India Gate, New Delhi.
- Indira Gandhi Stadium, I.T.O., New Delhi.
- Dr. Shyama Prasad Mukherjee Swimming Pool Complex, Willingdon Crescent Road, New Delhi.
- Dr. Karni Singh Shooting Ranges, Tughlakabad, New Delhi.

## Sports covered under 'Come and Play' Scheme

Following sports can be played by a sportsperson in the stadiums of SAI under 'Come and Play' Scheme:

- Hockey
- Athletics
- Volleyball
- Swimming (Not for beginners)
- Badminton
- Judo Cricket
- Weightlifting
- Football
- Table Tennis
- Wrestling
- Basketball
- Cycling
- Gymnastics



- Boxing
- Shooting
- Boxing

#### 10,000 students enroll under 'Come and Play' scheme

Ajay Maken, Indian minister of sports stated on May 17 that 10,000 students have registered under the government's "Come and Play" scheme.

Minister Ajay Maken said that the largest number of students enrolled for cricket with 2,400 entries, followed by football (1498), Swimming (1000) and Athletics (924).

"In this scheme, our aim is to bring the children to the sports fields. After the summer vacation is over, we are trying to work out a few models where we can tie up these stadia with the schools, so that these stadia can be utilised properly," he said.

Asked whether the number of cricket pitches offered all over Delhi under this scheme is less, considering the popularity

of the game, Maken said, "For cricket we have provided nine pitches in the National stadium itself. We also have place at Vinay Marg and Jawaharlal Nehru Stadium. If needed, we can work out more plans.

"But for cricket, there are a lot of academies and facilities available all over Delhi. We want to emphasise on those sports where there are not much facilities available. I am happy that about 350 students have enrolled for hockey and basketball. Even volleyball has got good response."

Insisting that the government's intention is to utilise the infrastructure built during last year's Commonwealth Games, he said the aim is to broad base sports in the Capital and in the nearby areas.

"Actually the aim is to make use of the infrastructure and broad base sports in Delhi and nearby cities. Secondly, we want to create Centre of Excellence in each of these stadia. And thirdly, we would want to conduct as many tournaments as possible in these stadia," Maken said.

# "SPORTS PLAN FOR ALL, BY ALL" IN SINGAPORE

Under a new initiative called 'Vision 2030', the Ministry of Community Development, Youth and Sports (MCYS) of Singapore and the Singapore Sports Council (SSC) will work with the Public-Private-People sectors to jointly develop proposals on how sport can best serve Singapore's future needs.

Sports will be used as a strategy for individual development, community bonding and nation building in the next two decades. Vision 2030 will incorporate considerations of Singapore's future challenges, including an ageing population; the pressure of living in an increasingly urban environment; higher expectations from individuals regarding the quality of life and a shrinking workforce with rising demands regarding job satisfaction.

Mr Chan Chun Sing, Acting Minister for Community Development, Youth & Sports, said, "Sports can be used as a strategy for individual character development to prepare our people for a more complex and competitive environment. It can be a way for busy people to find balance; for the silver generation to age actively; for youth to be engaged and learn life skills. On the community front, sports can be a powerful tool to bond communities across genders, races and religions. Sports can also be used to build national pride, unite and ignite our people as we move forward as one."

A Vision 2030 Steering Committee, consisting of a cross section of society, has been formed to lead the discussion, consider proposals and recommend policy development based on the ideas and feedback generated by the sporting community and the public at large.

Recommended strategies in seven broad areas will be formulated by the committee:

- i. Generation Z
- ii. Balance to the Rhythm of an Urban Lifestyle
- iii. Silver Generation
- iv. Spirit of Singapore
- v. Future Ready
- vi. Futurescape
- vii. Organising for Success

A website (www.Vision2030.sg) has been created for the public to share their ideas and feedback.

Said Mr Chan, "We want the public to participate actively in co-creating Vision 2030 because we believe everyone has a stake in it. This brings us to the next lap for sports - by everyone, for everyone, and with everyone. The process is just as important as the final product (sports plan), and we intend to continue this journey with all stakeholders even after the plan has been developed."

"As the national agency overseeing sports development in Singapore, we are very excited with what will come out of the Vision 2030 exercise. With this new approach towards sports planning, we hope the true value of sports can be felt in all quarters of society and not just amongst sports enthusiasts," said Singapore Sports Council Chief Executive Officer Lim Teck Yin.

The sports masterplan is expected to be ready in early 2012.

# 'Sport and Family' is new theme of Schools Olympic Program in Qatar

The Qatar Olympic Committee announced that the fifth Schools Olympic Program (SOP) for the academic year 2011-2012 will be staged under the theme "Sport and Family".



The selection of this theme highlights the strong relation between sports and family. Where sport is a social institution that helps family achieve the target of educational objectives and increase the productivity of individuals in several aspects.

Around 344 participants from QOC employees submitted their proposals through a voting process to select the new theme for the fifth SOP among three theme "Sport and Family", "Sport and Peace" and "Sport and Energy".

SOP is a pioneer idea that came in response to the prestigious initiative of HH Sheikh Tamim Bin Hamad Al Thani, the Heir Apparent and President of QOC in an attempt to link sports activities with others, beside encouraging school students to practice sport as an integral part of their daily life.

The SOP was launched in the academic year 2007-2008 under theme of "Sport For Health", then theme was changed in the academic year 2008-2009 to be "Sport and Environment". The 2009-2010 edition of SOP was held under the theme of "Sport and culture"., as the fourth edition 2010-2011 was staged under the theme "Sport and Education".

The Program is an annual event jointly organised by Qatar Olympic Committee and the Supreme Education Council with participation of all Schools in the country to compete in nine sports including, Athletics, football, volleyball, basketball, handball, table-tennis, fencing, gymnastics and swimming.

The formation of School Sport Federation earlier in April last year was an outcome of the commendable objectives of Schools Olympic Program.

# 2011 World Walking Day in China

## World Walking Day 2011 (China)

The launching ceremony of the World Walking Day 2011 (China) was held in Qingdao, China on April 15th. This event is launched by TAFISA, organized by China All-Sport Federation and sport bureaus of some provinces. TAFISA president Dr. Kang-Too Lee, ASFAA President Mr. Feng Jianzhong, ASFAA secretary general Mr. Herzel Hagay and Qingdao City government officials attend the ceremony.

Last year, there were about 60,000 people participated in World Walking Day. This year, from April to November, World Walking Day (China) will be held in 12 cities, and around 100,000 people are expected to participate. Dr. Kang-Too Lee and Mr. Herzel Hagay attended the first station in Qingdao on Apr 16th, and successfully finished the whole journey.







# World Walking Day held in the ancient City of Xi'an on Mother's Day

2011 Infinitus World Walking Day (China) second station was held in Xi' an, Shan' Xi province on May 8th. This is the first time that World Waling Day event was held in this ancient city. Shan' Xi Province Sports Bureau officials and Xi' an City Sports Bureau

officials attended the event. The participants started from Yu Dao Square, and the whole walking route is about 7 kilometres long. Moreover, the organizers particularly invited 100 disabled people who completed the event accompanied by the volunteers. Many international students studied in Xi' an Universities attended the event as well.





# Infinitus (2011) World Walking Day event in City of Guangzhou

2011 Infinitus World Walking Day (China) third station was held in Guangzhou, the host of 16th Asian Games, on May 14th, one day before the International Day of Families. Because of it, Guangzhou Sports Bureau particularly invited 50 families to this event. 50 disabled and homeless children from Guangzhou Welfare Home attended the event as well. Around 8,000 people participated in this 5 kilometers long event.







# World Walking Day 2011(China) in City of Shenyang

Infinitus World Walking Day 2011(China) fourth station was held in Liaoning Province, which will play host to 12th China National Games, on May 28th. Around 200,000 citizens from 14 cities participated in this event, which broke the record of participants' amount. Citizens were encouraged by a series of activities to participate in sport-for-all, so as to welcome the National Games with an active, healthy and energetic spirit.





## 2011 WWD (CHINA) in City of Hangzhou

It is the first time that World Walking Day event was held in Hangzhou on June 5th. Around 6000 citizens took part in this 5 kilometers long event. During walking, they not only got the right scientific exercising methods, but also react positively to this year World Environment Day's theme. Many citizens who used to drive to work attended this event as well.



## 2011 World Walking Day (China) in City of Shanghai

5000 World Walking Day (Shanghai) event participants gave their own answer to the question 'How the citizens can gain a happy and healthy life?' on June 12th .It is the second time that World Walking Day event was held in Shanghai. Participants from Shanghai Cancer Rehabilitation Center, Shanghai City Senior Citizens Association and other 5000 office workers enjoyed the 5 kilometers long walking in Pu Dong Century Park.



# 2011 World Walking Day (China) in City of Hohhot

It is the first time that Infinitus 2011 World Walking Day (China) was held in Hohhot on July 23rd. Around 6000 citizens, 50 families and the world champion Haiping Ji attended the 5 kilometers long event. Programs that had strong national features of Mongolian burnt the passion of the citizens during the pre-event performance. A particular group comprised by 100 students from ethnic minorities became one of the highlights.



# 2011 World Walking Day (China) in City of Wuhan

The launch ceremony of the 3rd Hubei Province "National Fitness Day" and 2011 Infinitus World Walking Day (China) was held in Jiang Tan Park, Wuhan City on August 6th. More than ten thousand citizens and Olympic gymnastics champion Lihui Zheng walked 6000 steps. The whole walking route is about 5 kilometers long. On the event day, the participants not only could learn some scientific walking knowledge, but also experienced numbers of popular fitness activities.





# 2011 World Walking Day (China) in City of Changchun

Thousands of Changchun citizens attended the 2011 Infinitus World Walking Day (China) Changchun station event in World Sculpture Garden on Aug 27th. The ninth radio gymnastic exercise, established on the third National Fitness Day, was shown in the preevent programs. The bare foot walking experience zone attracted many citizens who experienced the relaxing foot massage.





# "Free Sports Ground" Ball Games of the 2011 Spring Season

With the aim to publicize and promote sport for all, creating more opportunities for the public to do sport exercises and enhance their health, the Macao Sport Development Board and the Civic and Municipal Affairs Bureau started to organize the 'Free Sports Ground' Ball Games since October 2009. The Games received overwhelming response and attracted many fans of ball games them to participate. Thus, the Macao Sport Development Board and the Civic and Municipal Affairs Bureau continued to organize the "Free Sports Ground" Ball Games - Spring Season from April to May, 2011, and invited the Macao-China Basketball Association and the Macao Football Association as coorganizers.

Different competition groups have been established which provided a platform for skill competition among players of various age groups and sport groups, but also served as an opportunity for the Macao-China Basketball Association and the Macao Football Association to select potential players for future development. New basketball and football groups include: 3-A-Side Basketball Tournament: (Men's Senior), (Men's Open), (Men's Junior Under 15), (Men's Master), (Women Group A - Above 16), (Women Group B - Under 16); 3-A-Side Football Tournament: (Men's Open), (Men Group A - Under 18), (Men Group B - Under 15); and nine groups for the individual basketball/football skill contests.

The Games was held for 5 consecutive Sundays, which received huge support from fans and neighboring spectators. All participants arrived early to prepare for each match, and were fully devoted with good team spirit. With support from different parties, it has drawn a total of 1,724 players from 431 teams in participation.

Through the organization of the "Free Sports Ground" Ball Games, it helps to encourage citizens to do exercises in their leisure time to improve their health. With continuous effort to popularize sport for all, it enables better communication and relationship among citizens in each local communit.









# On 8 August National Fitness Day: Physical Activities All Over China

Aug 8th was a festival for people who were keen on fitness and health. Therefore, workers, farmers, minorities, ordinary citizens and other groups across the country engaged in exercises on that day.

#### Beijing

The 8th Beijing Sports and Fitness festival opened on Jun 23rd and would last to



Aug 28th. There would be 9 activities including community funny sports meeting, 3-citizen basketball competition, one thousand people badminton challenge, the 6th national body building exercises competition and other municipal activities, with more than 40 municipal events and 180 district events.

In the morning of Aug 8th, Beijing citizens played taijiquan to welcome the third "National Fitness Day".

#### **Yunnan Province**

National Fitness Day activities in Yunnan were launched on Aug 8th. On the main venue of launch ceremony in Chenggong Luolong Garden, thousands of Kunming citizens



and workers participated fitness long-distance run to welcome the third "National Fitness Day". Hosted by Yunnan Sports Bureau and Kunming People's Government, the activities included Yunnan national body building exercise performance in Nanpingjie Square, physical fitness test and fitness consultation.

#### Shanxi Province

Before and after Aug 8th "National Fitness Day" set by nation, Shanxi would hold a series of sport for all activities. On Aug 7th, Xi' an would hold "National Fitness Day" martial arts performance; on Aug 8th, Yan' an, Xianyang, Hanzhong, Yulin, Tongchuan, Weinan, Ankang would hold sport for all activities with local characteristics.

#### **Heilongjiang Province**

The first National Fitness Meeting of Heilongjiang was held in Shuangcheng stadium on Aug 8th. This meeting would be held every four years, including 14 events such as qigong, futsal, three- person basketball and table tennis. After open ceremony,



leaders as well as more than 20 thousand spectators took part in 3000 meters walking.

#### **Gansu Province**

Lanzhou Dongfanghong Square as main venue and branches all over the province, Gansu held "National Fitness Day" fitness show on Aug 8th. Sports dance, diabolo, qigong, kungfu fans and other sports performance were showed in Lanzhou Dongfanghong Square, Sports Garden, Jinlun Square, Yellow River Customs line.

#### **Shandong Province**

2011 "National Fitness Day" activities in Jinan of Shandong were launched in Jinan National Fitness Center at 9 am on Aug 8th. Vice governor Huang Sheng announced activities' start, and 8 teams of different age groups showed wonderful sports performance.



Huang Sheng, Vice Governor of Shandong province, announced the start of 2011 "National Fitness Day" activities in Shandong Jinan.

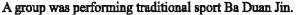


Huang Sheng was participating national fitness interactive event,

#### Inner Mongolia Autonomous Region

Hosted by Inner Mongolia Sports Bureau and Inner Mongolia Sports Federation, the third National Fitness Garden Party was held in all over the sea parks, Hohhot on Aug 8th. Sports dance, aerobics, taijiquan, physical fitness test, emerging events and hi-tech sports equipment were loved by the people.







A member of sports dance club was playing Latin dance.

#### **Chongqing Municipality**

On Aug 8th, 500 swimmers took part in "Health Chongqing" 2011 Open Water Swimming Competition held in Satellite Lake of Yongchuan district, enjoying health and fun from sports.

#### **Tibet Autonomous Region**

The first Taiji competition of Organs under Tibet Autonomous Region was an important activity of sport for all. Yang Zhanqi, deputy director of Tibet Sports Bureau, played Chen style taijiquan personally and 18 teams in all entered the competition.

#### **Qinghal Province**

As the third "National Fitness Day" came, colorful physical activities with plateau national features were held in Qinghai on Aug 8th. Among them, Guozhuang Dance was popular with all ethnic groups because of passion and graceful moves. At present, Guozhuang Dance had become class-break setting-up exercise of middle and primary schools in Xining. On the one hand, the promotion showed varied national sports culture in Qinghai; on the other hand, it boosted the sport for all in Qinghai.

# Third National Physique Survey Report of China Released

After studying the health of 231,925 adults for 19 months, the General Administration of Sport of China announced the results of its third national physique survey on September 2, 2011.

Even as more and more of the Chinese population is becoming overweight and elderly, residents' health has improved steadily since 2005, according to the report.

Nearly 33 percent of Chinese adults between the ages of 20 and 59 are overweight, a figure that has increased by 3 percent since 2005. And 40 percent of adults between the ages of 60 and 69 are obese, a figure that is up 4.2 percent from the same year.

Meanwhile, a decline has been seen in the results from tests given to gauge a person's ability to grip something or jump, indicating losses of strength.

Although some participants in the survey said they were worried by their obesity, the report said the Chinese have become healthier in the past five years, as indicated by their body shapes, organ functions and ability to perform aerobic exercises.

The number of people who meet national fitness criteria has increased by 1.7 percent since 2005, according to an analysis of data culled from China's 31 provinces, autonomous regions and municipalities on the mainland.

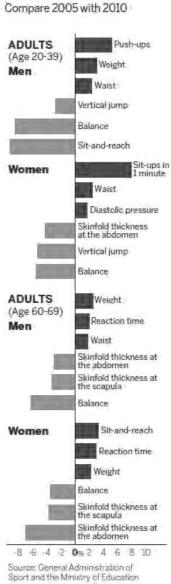
"We are very happy to see there are more and more physically fit people in our country," Tian Ye, director of the national fitness monitoring center, said at a news conference about the report.

"But we should also pay close attention to those, especially the elderly, who are still unfit or overweight. The fact that only a few figures have declined means our national fitness campaign still needs to be promoted on a larger scale."

China's national campaign to encourage physical fitness gained an impetus from the 2008 Beijing Olympic Games, said Sheng Zhiguo, Director-General of Sport for All Department of the General Administration of Sport of China.

"The report proved that things are going well under our current plan, and it will help us to find potential troubles," Sheng said. "We will stick to the program and provide more advanced exercise guidance and services in the future."

# Percentage shift in average results for fitness tests



# ASFAA CHRONOLOGY

1999	Nov 20-25	*The 16th TAFISA Congress	Limassol/Cyprus
Nov 22		The 12th & 13th Board Meeting	
	Nev 24	The 9th General Assembly	
2000	Jul 11-14	The 6th ASFAA Congress	Busen/Korea
	Jul 12	The 14th Board Meeting	
	Jul 13	The 10th General Assembly	
2001	Oct 27-31	*The 17th TAFISA Congress	Cape Town/South Africa
Oct 28		The 15th Board Meeting	
	Oct 29	The 11th General Assembly	
2002 Sep 8-12		The 7th ASFAA Congress	Beljing/China
	Sep 9	The 18th Board Meeting	
	Sep 9	The 12th General Assembly	
2003	Sep 29-Oct 2	*The 18th TAFISA Congress	Munich/Germany
	Sep 28	The 17th Board Meeting	
	Sep 28	The 13th General Assembly	
	Dec 6-9	The 15th Board Meeting	Manila/Philippino
2004	Sep 3-7	The 8th ASFAA Congress	Talpel/Talwan
	Sep 6	The 19th Board Meeting	
	Sep 6	The 14th General Assembly	
2005	Mar 30-Apr 2	The 20th Board Meeting	Busan/Korea
	Sep 15-20	*The 19th TAPISA Congress	Warsaw/Poland
	Sep 18	The 21st Board Meeting	
	Sep 18	The 15th General Assembly	
2006	Mar 11-18	TAFISA Busan Conference	Busan/Korea
Mar 11-15		The 22nd ASFAA Board Meeting	
	Nov 25-28	The 9th ASFAA Sport for All Congress	Manila/Philippines
	Nov 28	16th General Assembly	
	Nov 28	23rd Board Meeting	
2007	Sep 25	24th ASFAA Board Meeting	Buenos Aires/Argentina
	Sep 20	17th ASFAA General Assembly	
2008	Sep.29-Oct.1	10th ASFAA Congress	Busan/Korea
		18th ASFAA General Assembly	
		25th ASFAA Board Mooting	
2009	Mar 18-19	28th ASFAA Board Mooting	Macau, China
2010	Mar 19-23	11th ASFAA Congress	Tel-Aviv/Israel
		The 19th ASFAA General Assembly	
		27th ASFAA Board Meeting	
	May 17	28th ASFAA Board Meeting	Hefel/China
	Nov. 1-3	The 1" ASFAA Sport for All Training Course	Macau, China
		29th ASFAA Board Meeting	
2011	Nov. 10	30th ASFAA Board Meeting	Antalya/Turkey
	Nov. 20-23	China-ASEAN Sport for All Cooperation and Development Forum	Quangxi/China

#### Vice Minister for the General Administration of Sport of China

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