

**El futuro de la salud pública en la Unión Europea
tiene nuestro nombre escrito en el mismo:
restos y oportunidades de la industria para promover
una vida activa**

Andreas Paulsen, CEO de EuropeActive



MENS SANA
IN CORPORE
♦ SANO ♦



FIBO '85



Messe
für Fitness
u. Body-
building-
Köln

19., 20. u. 21.
April 1985

Köln Messegelände • Halle 6-8

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Veranstalter- u. Besucherinformation: Fibo GbR • Telefon 02 28 469931 ab 17 Uhr 0 24 02 51

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#EHFF2024

europaactive
MORE PEOPLE | MORE ACTIVE | MORE OFTEN

FIBO GLOBAL
FITNESS

EUROPEAN HEALTH AND FITNESS FORUM



OLIVER PATRICK

PHYSIOLOGIST AND WELLBEING
CONSULTANT

*Fitness vs Wellbeing: Our role in
disease prevention and longevity*



Meeting the WHO guidelines of 150 minutes of moderate-intensity physical activity per week across 27 European countries would:



Increase the life expectancy of people who are insufficiently active by **7.5 months**



Increase average **life expectancy** by **2 months**



Prevent over **10 000 premature deaths** per year



Save **EUR PPP 14 per capita** in **healthcare expenditure** – a total of **EUR PPP 8 billion** per year



Reduce **total health expenditure** by **0.6%**



Avoid **11.5 million** cases of **non-communicable diseases** over the next three decades, including:



3.5 million cases of **depression**



3.8 million cases of **cardiovascular disease**



400 000 cases of **cancer**



Step Up! Tackling the Burden of Insufficient Physical Activity in Europe

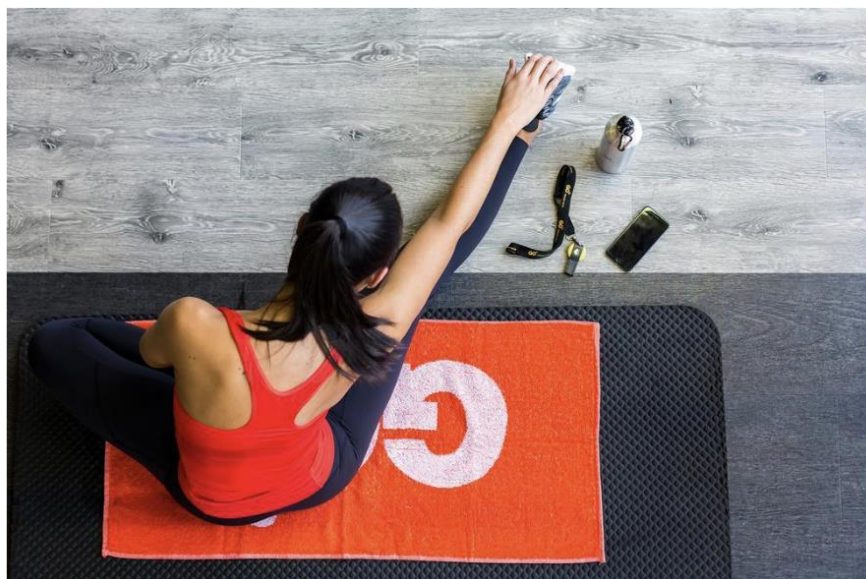


LATEST NEWS

UN picks Go Fit's public-private model as example of best practice



By Frances Marcellin 21 May 2022



THE GYM GROUP PLC
ANNUAL REPORT AND ACCOUNTS 2021

STRATEGIC REPORT SUSTAINABILITY REPORT

SUSTAINABILITY AT THE GYM GROUP

At The Gym Group, our purpose is to break down barriers to fitness for all and our ambition is to deliver this in an entirely sustainable way, enabling people to live healthier, more rewarding lives within the natural balance of the planet. We actively place sustainability at the core of our business and in 2021 we advanced on this agenda by forming a dedicated Sustainability Committee with the objective of continuously improving our sustainability performance.

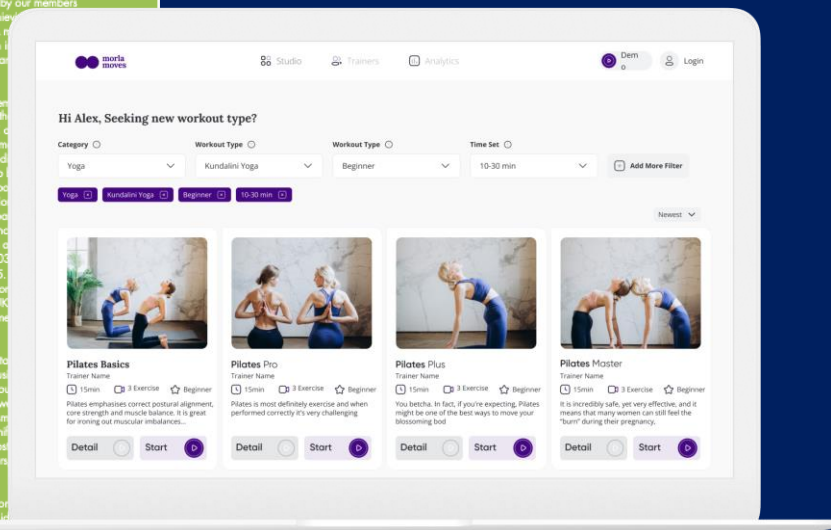
Even though we continued to be impacted by the pandemic, we still enabled over 33 million visits to the gym in 2021. We made further progress on measurement of the social value generated by our members exercising in our gyms, achieving £485 million in the year. A key performance measure of executive performance.

COP26 concluded in November 2021 with 200 countries agreeing to the Climate Pact to keep 1.5°C. A report from the Intergovernmental Panel on Climate Change (IPCC) indicates that action is required if this is to be achieved. During the year we undertook a carbon audit of our operation chain to establish a 2019 baseline footprint leading to the launch of our NetZero commitment, with a carbon reduction before 2035, chosen to off-set emissions on net-zero and become the UK's first neutral gym chain in alignment with the CarbonNeutral Protocol.

Our internal and external stakeholders are key to the success of our business. Following best practice set out in our Reporting Initiative (GRI), we conducted an extensive materiality assessment to identify significant issues and impacts that matter most to our members, investors and our people.

The materiality matrix demonstrates the findings of the assessment, identifying the sustainability topics that are most important for The Gym Group. In the diagram opposite, we have aligned our material topics to our priority areas. Note that 'Safeguarding customer data and privacy' is specifically addressed in the GRI Index. Further information on our approach and performance on each of these topics is provided within this report.

1. Compared to 2019 on a like-for-like basis of operating estate.



Sectoral Manifesto for EuropeActive's Horizon 2025

We, the club operators, suppliers, digital and tech companies, trade associations, trainers and exercise professionals, educationalists and training providers, sector media and other stakeholders of the entire ecosystem of the European fitness and physical activity sector, hereby confirm that:

In order to ensure the most positive future for our sector as acknowledged providers of physical activity supporting social and mental wellbeing development for the citizens of our communities, and in order to fulfill our potential as a credible solution to multiple public health issues affecting European citizens, we commit ourselves through:

Our respective organisations to support the representative position of EuropeActive, defined by its mission, vision and core values, in partnership with its national association partners across Europe, in promoting the following collective priorities and goals, and to take the necessary action for our sector in the years to come:

HEALTH

Recognising our sector's historical roots in sport, leisure and recreation we believe that it is our societal responsibility in the coming years to be providers of physical activity which also supports social and mental health and wellbeing, and in combatting the pandemic of physical inactivity and other lifestyle diseases for which science proves that fitness and exercise is an effective medicine.

DIGITAL

The Covid-19 pandemic has shown our entire sector ecosystem that digitalisation and fitness-tech is existentially important to reach out to fitness consumers of all backgrounds. As a sector we must hasten the process of digitalisation to better understand and improve service to our consumers and to expand our market beyond current perceived physical and social boundaries.

COMMUNITY

Aiming for a respected position in European society, we must continue to build confidence and trust with our communities. As Active Citizens we will work to align our businesses and organisations with specific UN Sustainable Development Goals, including environmental protection and Co2 reductions, and to have an inclusive approach to all citizens and consumers.

STANDARDS

Becoming a mature sector in the eyes of the world around us requires professional identity and standards for our workforce and facilities. Science and evidence-based standards for both our exercise professionals and places of business are prerequisites for creating attractive jobs and occupations, for gaining trust with our customers and developing collaboration with medical professionals and healthcare providers.

On behalf of EuropeActive

David Stalker
President



Andreas Paulsen
Executive Director



Health Digital Community Standards





INTERNATIONAL
STANDARDS
MEETING **2023**
A EuropeActive Event


europe active
MORE PEOPLE | MORE ACTIVE | MORE OFTEN



EXERCISE
for **HEALTH**
SUMMIT
A EuropeActive Event



gym
FACTORY

HCM
WHYING THE WORLD BY FITNESS

BASIC-FIT

GO fit
Life_Science_Tech

FITNESS PARK
GROUP

BASIC-FIT

Fundación
España Activa
más actividad, más actividad, más salud

GO fit
Life_Science_Tech

FIBO
CONSUMER FITNESS

TECHNOGYM

 **PerfectGym**

seca
Precision for health


Wellness
FOUNDATION

 **Universidad**
Rey Juan Carlos

 **25**
AÑOS



EUROPEAN DATAHUB

Data collected on a quarterly basis through integrations with the technology providers for EuropeActive President Council of Operators and contributing private and public sector operators.

CLUBS



5,151

MEMBERSHIPS

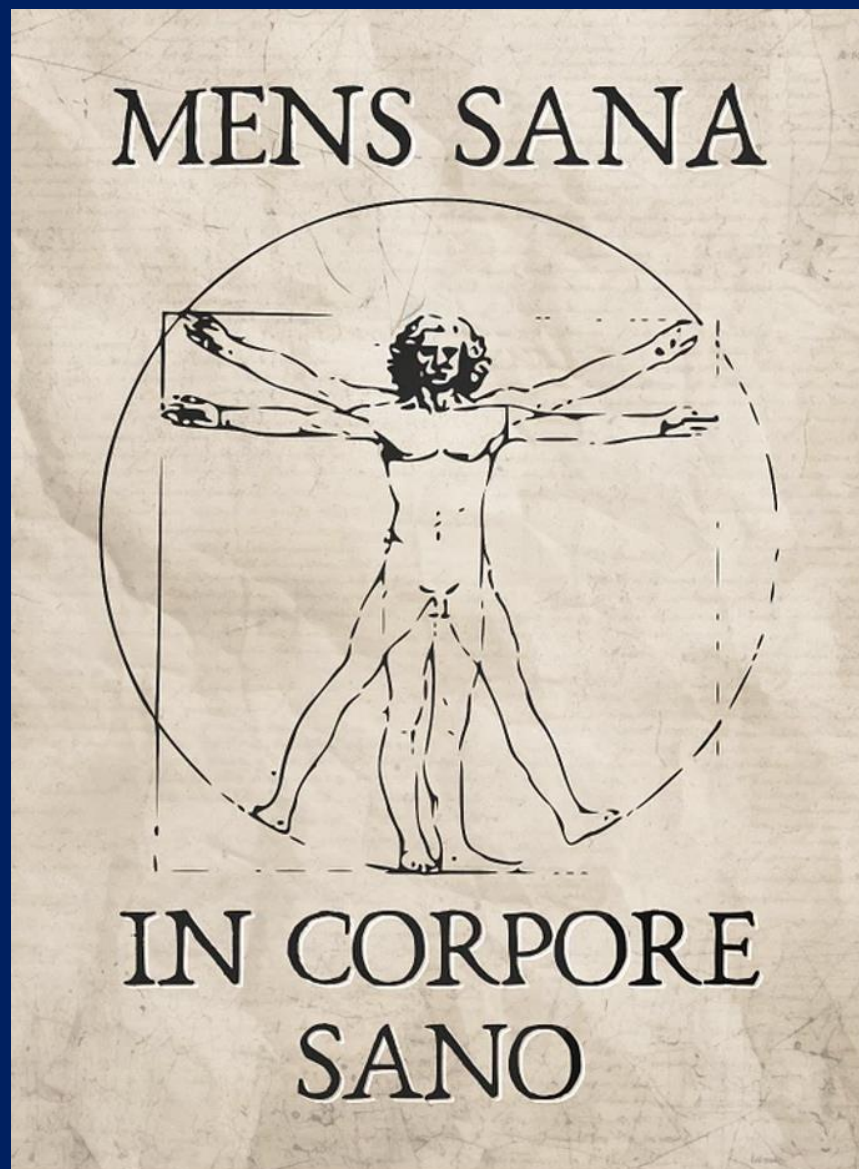


15.3 million

ANNUAL REVENUE



€1.55 billion



**Muchas
gracias**