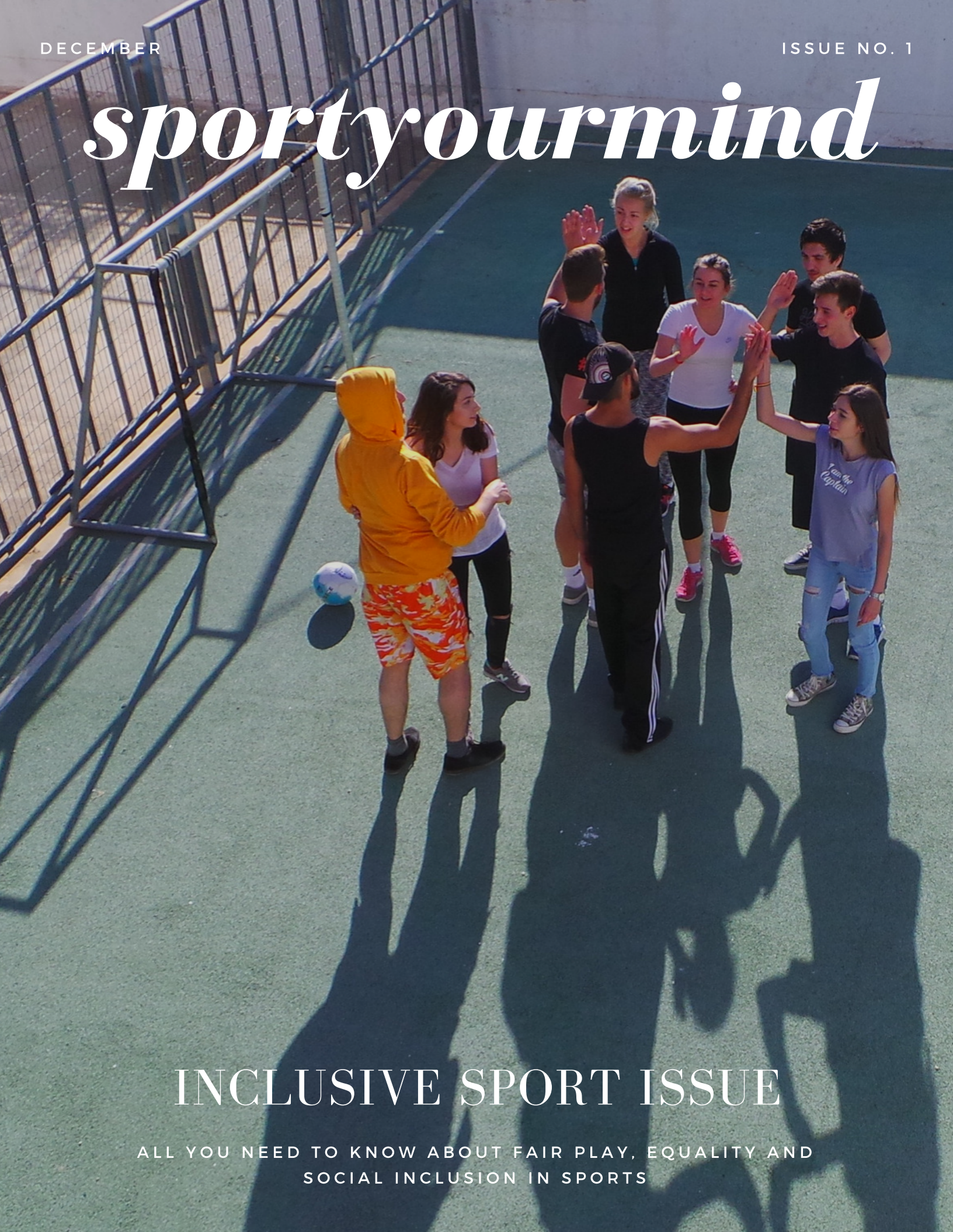


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sporty our mind



INCLUSIVE SPORT ISSUE

ALL YOU NEED TO KNOW ABOUT FAIR PLAY, EQUALITY AND
SOCIAL INCLUSION IN SPORTS



FAIR PLAY IN SPORTS

BY MERVE RAMADAN

Fair play in sports requires respect for opponents, players, referees and fans. Fair play means not cheating by taking drugs or doping. Being honest and having strong moral principals are essential to fair play.

For example, Bulgarian athlete of 300 meters, Silvia Danekova became the first athlete in the Rio De Janeiro Olympic Games of 2016 found with doping. She was caught with forbidden the substance erythropoietin, which is used by long distance runners and cyclists to improve their endurance. Therefore, she was suspended from the race by the doping police and she is disqualified for the next 4 years of possible participation in Olympic games. She took by herself the forbidden substance without the knowledge of her doctor.

The Bulgarian Ministry of Sports and Education stated that Silvia destroyed the image of her country by putting a negative spotlight upon Bulgaria.

This situation had a negative effect on the athlete's career and on her country's reputation. Participating in sports should be about showcasing the athlete's best abilities resulting from training instead of looking for ways to cheat the system and gain an unethical advantage over one's opponents. Big athletic events such as the Olympic Games, UEFA Euro and FIFA World Cup promote respect, equality and fairness during the games. Therefore, they give a good example to the fans and the viewers.

SPORT 365

BY GABRIELA HRISTOVA

Everyone knows the cliché “Healthy mind in a healthy body”. But what does actually stand behind that empty phrase? It is proven that sport can have physical, psychological and social impact on our life. That being said, regular exercise improves our overall condition. For example, people who do sport on a regular basis have better concentration, feel more energetic and suffer less from work stress than people for whom exercise is a dirty word. During any kind of physical activity the human brain releases endorphins (natural painkillers), which improve our mood. What’s more, through sport people develop a set of key competitions, which would undoubtedly prove useful in their career – discipline, persistence, teamwork abilities and communication skills. Moreover, taking up a new sport could mean discovering a hidden talent (why not?). It is a chance to get out of your comfort zone and expand your boundaries. Last but not least, sport is an efficient way to make new friends and bond with your family. This is especially important for people in a difficult phase of their lives, since exercising helps us change our environment and escape from our everyday life.

So far you’re probably thinking – okay, sport has to offer so many advantages but how am I supposed to find the motivation to start exercising?! The best (and of course the hardest to find) source of motivation is the support from your family and friends. But don’t worry if don’t have that – an idol or a good example could serve just as well to motivate you to change your lifestyle for the better. Another crucial factor is to set goals and determine the necessary steps for achieving them.

It is important to remember that you need to divide the work into manageable chunks otherwise you would quickly lose your motivation. You should check your progress regularly and treat yourself after taking a step successfully. However, never being satisfied with your achievements is what keeps you going further, wanting to accomplish more and more.

Incorporating sport in our daily routine is not that difficult at all. A fresh start of the day is the morning gymnastics – a few stretches, squats or push-ups for the more experienced. Then instead of driving to your workplace you can walk, run or even cycle. A fun way of breaking the monotony of work is to have a basketball net or a darts board in your office. That’s how you can distract yourself for a bit and play sport at the same time! Exercising during the coffee breaks helps relieve the pain in the neck, shoulders and back caused by sitting all day long in the same pose. In the lunch break you could organize team games like football, basketball or volleyball. This would strengthen the bonds between the colleagues and provide physical activity for their health. The day finishes with training after work such as dancing, swimming or martial arts to release the stress and anger accumulated during the day. However, sport possibilities in everyday life don’t end here. Weekends and holidays offer great opportunities for exercise – hiking in the mountains, long-distance bicycle trips, camping and surfing.

Changing your lifestyle is a daunting task that doesn’t include just sport. Trying to eat healthy, avoiding bad habits, regular and enough sleep are among the myriad of steps you could take to improve your way of living. Just remember – worry less and smile more! ☺

TIME FOR SPORTS!

BY KAROLINA WOJCIUK

Do you do any sports? If not, are you thinking about taking up a new physical activity? The advantages of an active lifestyle are numerous, so why is it so difficult to start doing sports? The most common excuse is the lack of time and money; however, another important issue should be reconsidered in this matter.

It is believed in our society that only fit and healthy people are those who do sports, as we see them in the media. This picture discourages those with disabilities and any health problems to change their lifestyles. Fortunately, there are more and more opportunities to start doing sports in our society that we should think of. For example, Polish people using wheelchairs have their basketball teams in local sport centers. Table tennis is another interesting option as it's not very demanding and complicated. Nordic walking is a great solution for the elderly people, but not only, everyone who likes outdoor activities can do it. Some could say that is the practical problem of getting to the sport area or dealing with the equipment but there is always a person who can help; for instance, any volunteers or groups that you can find on in your local area. The positive attitude towards sports is the key to success, so you should never give up on an active lifestyle. Of course, some sports are too difficult to do, but it is also the matter of choosing the ones, which are fun and make you feel better. There are so many kinds of that everyone can find something appealing.

If you don't know how to start it is useful to search for a company, so you can exercise together. Any information about activities and adjusted places for disabled people are available on the Internet and sport centers in your city. We should forget about the stereotypes that sports are only for people without any health problems. Furthermore, those with abilities who perform physical activities are the ones who should be admired. They give a great example for everyone as they look for solutions, not the excuses for their problems.





Find the Para-Olympic Games!

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