

ABOUT LITHUANIAN ASSOCIATION „SPORT FOR ALL“ (LASFA)

The Lithuanian Association „Sport for All“ is the largest physical activity organization in Lithuania. LASFA is a public organization founded in 1991. The main goals of the association are to achieve public welfare through physical culture and sports, strengthening people's health, promoting a healthy lifestyle, organizing physical culture, non-professional sports and recreational events for people of all ages.

The members of the association (*20/ twenty different organization*) connect almost 500 clubs on a national scale and provide them with organizational and methodological support, organize national competitions, championships, championships and organize joint celebrations and educational events.

The Lithuanian association "Sports for All" is a member of the International "Sports for All" Organization (TAFISA) and the International Sports and Culture Association (ISCA). The association closely cooperates with Lithuanian public sports organizations: the Lithuanian National Olympic Committee, the Union of Lithuanian Sports Federations.

The main events and activities:

Lithuanian association „Sport for all“ since 2015 has been the national coordinator of the European week of Sport in Lithuania. National programs and spectacular events, as well as BeActive Night festivals, are organized during the European week of sport. Each year, the events involve more than 80 thousand participants.

As well association is the first and only in Lithuania which organize prevention campaign “BEACTIVE – STOP for immobility in Lithuania”. A coherent prevention campaign encourage the target group to engage in physical activity and exercise more, to do morning exercises, and to develop daily movement habits.

One more very popular program organized by association is BeActive snow day. The program involve more than 14,000 participants every year and will cover all Lithuanian municipalities. The idea of the program is to promote physical activity in any weather, including such active physical activity activities in the open air as: skiing, tobogganing and other outdoor activities in the winter. The activities mainly aimed at schoolchildren, students and kindergarteners.

There are many other events, programs and initiatives that encourage people to engage in physical activity and promote a healthy lifestyle.