



The European Fitness Badge is an effective instrument for **sport and health organizations to enhance the awareness of the adult population in Europe for the importance of a health enhancing fitness status.**

Thus the European Fitness Badge is helping to:

- motivate and support people changing their behaviour to an active lifestyle
- invite, include and commit more people to exercise, sport and physical activities.

The information about the own strength and weakness is an important point for a realistic self-perception as well as for building up goals and plans for a more active lifestyle, including the sustainable participation in exercise and sports.

Awarding the European Fitness Badge can make proud and helps to sustain self-confidence – with the effect of an emotional commitment with health enhancing physical activity (HEPA).

A constant testing of the fitness factors with individual feedback during the years helps the participant to recognize the individual improvement and to continue the active lifestyle with the aim to improve or to sustain the fitness level. With the constant testing of the fitness factors the instructor also gets important information to plan the exercise and to adapt the exercises to the individuals need.

If you are interest in applying the European Fitness Badge contact the partner organizations in your country. They will be able to guide you through the process and provide you with all the information you need to achieve a better fitness status within your members, to achieve an active, healthier and better life in your community!

For general inquiries about the European Fitness Badge contact DTB at: eu.fitness-badge@dtb-online.de

[All country contacts](#)

If your country is not in the partners list, contact ISCA at: sbt@isca-web.org