

not only in terms of active lifestyle, but also in high-level sports.

International guidelines aiming at promoting health enhancing physical activities (HEPA) have been set. According to them, active lifestyle should already be acquired in childhood, which will help for it to be followed through adolescence to adulthood. At its lowest level, active living does not mean daily exercise routine, but small changes in life style such as using the stairs instead of the elevator, leaving the bus one stop earlier and walking the rest, can prove very beneficial for the health. Recent

research has also shown that the same health benefits can be accounted for if physical activities are accumulated by short sessions or performed in one go. To increase one's fitness, the exercise has to gradually become more intense, frequent, and continuous. Walking from one bus stop to another is not likely to transform anyone into a top-level athlete, but by creating positive attitudes toward physical activity and its healthy nature, and keeping in mind the fact that exercise is a "medicine" which is free and available, we will certainly witness a brighter future.

*Tampere Research Centre for Sports Medicine and UKK-Institute for Health Promoting Research, Tampere (Finland).

"Department of Health and Human Services. Physical Activity and Health: A Report of the Surgeon General, Washington DC, 1996.

²*American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription, 5th Ed. Baltimore: Williams & Wilkins, 1995.

Seminar in Ethiopia

The Ethiopian Olympic Committee organized a three-day national seminar on Women and Sport from 21 to 24 December 1998 in Addis Ababa. Over eighty participants from all regions of the country, as well as representatives of the Ministry of Education, Health and Public Affairs, of universities and the media attended the seminar.

The seminar was opened by Tadelech Haile-Mikael, Minister of Women's Affairs in the Prime Minister's Office, who also contributed to the discussions throughout the seminar. The IOC was represented by Fékrou Kidane, Director of International Cooperation and Communication.

During three days, the participants had the opportunity to review the situation of women in sport in Ethiopia and analysed potential solutions to develop their role in the sports community at all levels. As a result of this symposium, a Women's Committee was elected within the NOC to follow up these issues and implement the recommendations which were adopted on this occasion. The NOC also decided to nominate additional women on its

Executive Board at the forthcoming elections.

Moreover, it was decided to establish a national association for women and sport, which will encompass governmental and non-governmental organizations dealing with sport and the enhancement of women's role in the sports arena.

As it has been the case in Ethiopia, several other national symposiums have been successfully organized during the last year by National Olympic Committees which did not yet have a specific policy in this field. The IOC, therefore, encourages all NOCs to implement similar initiatives in their country and thereby foster awareness-raising as well as concrete measures about the role women must play in the Olympic Movement and sport in general.



Group photo of the participants.