



European Week of Sport

#BEACTIVE squat & talk 24–25/09/2018, Brussels, BE

Smart up that body and brain! The European Non-Governmental Sports Organisation (ENGSO), Panathlon International and the European Lotteries invite you to take part in our **#BEACTIVE squat & talk** event during the European Week of Sport.

Will you challenge your body with the simple but argh-so-effective Bring Sally up* challenge? Are you joining us for mind-opening discussions on gender, money and physical activity? You are welcome to choose to squat, talk or both!

#BEACTIVE & squat: Bring Sally up Challenge *

Followed by a casual lunch

Time: Monday 24/09 at 11.30–14.00

Venue: Pharuslegal (Avenue des Arts 43) and Parc de Bruxelles

#BEACTIVE & talk: Seminar on gender and the funding of physical activity

Followed by a networking lunch

Time: Tuesday 25/09 at 10.30–14.00

Venue: Pharuslegal (Avenue des Arts 43)

Participation in the event is free of charge – but limited. Register online today:

www.engso.eu/events-1/beactive-squat-talk/form

** Bring Sally up - The concept is extremely simple. We play Moby's song "Flowers". Then in the rhythm of the words of the song - "up" and "down" - you take the position, fall and rise to take off. The planks, low chair, legs near the ground.*

[Round I - walking plank - core and arms](#)

[Round II squat - legs](#)

[Round III raising legs - abs](#)



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