



EURO HSP
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Jean BENARD
ASL-HSP France President
EURO-HSP Scientific Advisor

BEST PHYSICAL PRACTICE
Jean s' POINT OF VIEW

■ **REMINDER**

The project of establishing such a manual has been launched 4 or 5 years ago.

Right now and since september 2018, the EUROHSP site displays the recommendations of 3 Associations : Denmark and France both in English, Netherlands in Dutch.

■ **POINT OF VIEW**

I deeply think we must end the project we have planned. The big job has been done.

We must go further and propose from our site a common EUROHSP Summary on Physical activity that we'll call Recommendations or Manual, nevermind !!

The text from Denmark also inspired by Norway Associations seems to me well structured and very clear. It might be the « root » of our final work pending addition of schemes and videos, such as in the Netherlands recommendation ; other Associations could also afford pictural materia

Our common work would constitute the Bases of Physical Activitties for adults HSPers. May be a specific work might be undertaken latter for children and tenagers given sport and fun may be included.

By way of Dorthe & Ingerid, we could ask to Camila Hansen & Cecilia Fromholt to overview our summary, as well as Drs Jorgen Nielsen or Chantal Talasken to make a preface. Or a specialist from Netherlands, nevermind.

■ **PROPOSITION**

I would accept to make this summary within 12 months.

If Hermien or other member would like to do this job, no problem !

Thanks to discuss on this important point and to give me back your decision.