



The Danish Minister of Culture, Brian Mikkelsen

Back to basic values

»Considering the challenges faced by sport it is today more necessary than ever to protect the human dimension in sport,« stated Danish Minister of Culture, Brian Mikkelsen, in his opening speech at the conference.

»Only through this, we can fight violence, xenophobia, doping and corruption.

Only through this, we can maintain the values upon which sport is based and continue the efforts for the sublime, the unique, and the absorbing insight into the endless number of possibilities of sport.«

Mikkelsen is a political hard-liner in the fight against doping and is representing EU as well as the European Council in the executive board of WADA.

»Doping is the negation of the very essence of sport. The fight against doping is a question of survival to the Olympic movement and international top sport in general.

The use of doping in sport is an indication of an ethical crisis of a more fundamental character – a crisis where money and markets overrule human values and ethics.

The significant public subsidies to sport are to a large degree motivated by the cultural and ethical values in sport. In a period of globalisation and self-centredness it is of great importance to maintain some basic human values. If the ethics of sport are undermined, the political legitimacy might cease.«

The Minister stressed the need of upholding values in sport:

»If we cannot be sure that the clear ideals and spotless view of human nature control sport, then it will lose its fascination – then we can no longer take it seriously – then we risk that sport ends up being non-committal pastime.

The ethical questions in sport must be recognised within the context of a broader cultural view. Ethical questions must not be reduced to single issues, but are connected to a general view of human development and human values.

Sport contributes to the identity of citizens and communities and sport incorporates central values to the cultural development of society. We must rebuild the fundamental meaning of sport and sports organisations – we must bring sport 'back to basics'.«



“ *“Play the game – Who's got the power?” Under this motto stood the congress this year. Many participants agreed that having since long taken part in this game, they had never before been tanked up with such power. Power that relied on interdisciplinary knowledge, network of international contacts, mutual respect and an unusually warmhearted togetherness. A power that the system of competitive sport needs so hard* ”

Ralf Meutgens, Sports Reporter, Germany

Inactivity is the greatest health risk

By Kasper Lindberg

Forget about smoking and overweight. An inactive lifestyle is by far more dangerous, Bente Klarlund Pedersen, medical professor at Danish hospital Rigshospitalet, told the spectators on Play the Game, Monday night. Many recent scientific studies indicate that people with a sedentary lifestyle are indeed in greater risk of premature death than people who smoke or are obese.

»Studies show that it is healthier to be overweight and exercise than to be thin and lazy,« dr. Pedersen said. "This shows that exercise has an independent effect, not only on obesity,« she added.

The latest discovery in this field is that the human body contains genes that are totally inactive at rest and will

only be activated by exercise – meaning that an inactive lifestyle will see these genes hardly ever activated.

In studies on patients with type II diabetes physical activity proved far more efficient as a treatment than the normally prescribed medicine, Metformin.

»This indicates that doctors should not treat their patients with medicine but with changes in lifestyle,« said Klarlund Petersen. She emphasizes that this demands somewhat a change of mentality in the medical system – maybe even in the whole way we think about illness.

»Because what do we do to people who are ill? We put them in bed, when in fact nothing shows that this actually helps them.«

