

# Andra Levite's speech at the Paralympic Sports Festival "Parasport Days"

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Dear Mrs Dadzīte!

Dear representatives of the Latvian Paralympic Committee!

Dear athletes!

Today, after many years of break, one of the biggest celebrations of the Paralympic movement in Latvia - Parasport Days - is taking place. It is a great pleasure for me to be here and to see you in such large numbers.

Sport and an active lifestyle are the keys to a healthy and fulfilled life. For all of us, physical activity improves our quality of life and makes us feel strong and healthy. This is important for all of us, but especially for people with disabilities.

I recently attended an international conference on child and youth obesity and the trend towards sedentary behaviour in Europe. One important cause of obesity is our immobile lifestyle. Obesity goes hand in hand with many other problems, both physical and mental health problems. We need to regain the joy of movement. Look at young children - how they love to run, jump, and dance! Unfortunately, later in life, this joy is suppressed.

Movement and sport are good for all of us. You are proof that there are no barriers to sport, the key is the will to get started and to overcome yourself. Thank you for your example!

In this event, you will try different disciplines where you will have to show strength, agility, courage and also your mind. In addition, this year for the first time, Parasport Days include sports such as orienteering, goalball, para-cycling, running and long jump.

For some young athletes, these activities will lead them to the Paralympic Games, while for others they will give the foundation

and courage to be more active every day.

I wish you to experience positive emotions that will help you both in sports and in everyday life.

May today bring you not only the excitement of sport but also the joy of being together



<https://www.president.lv/en/article/andra-levites-speech-paralympic-sports-festival-parasport-days>