



SLOVAK OLYMPIC COMMITTEE

WOMEN & SPORT COMMISSION Project in 2005

1 Name of the event

CHANGE YOUR LIFESTYLE

.....

2 Place and date

SVK, Bratislava, Athletics Hall ELAN. Dates: May-June 2005 & Sept.-Oct-2005

.....

3 Description

We invite preferably women but also other age categories to join the Program: Change your Lifestyle with the slogan: Get off your Grease. The aim is to be conscious of health care, to find time for "myself" (mostly for women). The program is going to be lead by the licensed instructors. It consists of the simple drills and walking. We have prepared two courses in 2005. Each course consists of 6 weeks and is realised 4 days per one week. Each day we spent 60 minutes with sports activities according to the following:

Monday: 17:30 – 18:30

Tuesday: 7:00 – 8:00

Wednesday: 17:30 – 18:30

Thursday: 7:00 – 8:00

Both courses will be organized in an Athletics Hall Elan. The first one in May-June, second in September-October 2005.

This program will be FREE OF CHARGE for all participants. We expect mostly women: women, girls, mothers with their children.

5 Expected number of participants

200 participants approx.

100 participants per one course

6 Type of participants

men

women

children

seniors

disabled

7 Name of the official organiser of the event

Women and Sport Commission of the Slovak Olympic Committee

.....

8 Budget

380000 SKK

Total budget in local currency

.....

Total budget in US\$

US\$ 12.600,-

9 Description of the plans for publicity/media coverage

Promotion by: * means of posters, guides

.....
* Website of NOC Slovakia: www.olympic.sk

.....
* Media partners of NOC Slovakia: Slovak TV, Slovak Radio, Newspapers

10 Additional remarks and information

All participants will pass medical testing at the beginning of each course, free of charge.

.....
Promotion material: Badges with the name of the program, T-shirts promoting the Sport
.....
for all event, diplomas
.....

Date 14th of April 2005
.....

Signature



Maria Mracnova, Vice President of NOC
Slovakia
Head of Women & Sport Commission

Worked out by:
Lubica Nemeckova
Head of Communication Department
Slovak Olympic Committee
Kukucinova 26
838 08 Bratislava
Slovakia
Tel.: +421 2 492 56 131
Fax: +421 2 492 56 102
E-mail: nemeckova@olympic.sk
www.olympic.sk