

GENERAL GYMNASTICS: **Gymnastics for All. More than just a name change**

At the recent FIG Congress, where over 90 National Federations were represented, a very important and monumental decision has been made. As from January 2007 the discipline of General Gymnastics will be known as ***Gymnastics for All***.

This change represents far more significance to the sport of gymnastics than just the changing of a name.

The change clearly signals to both the gymnastics community and to the wider public the important role that General Gymnastics plays as the basis for all FIG activities. In addition, the new name instantly gives an understanding that the discipline offers a wide range of activities and is truly for all ages, abilities, genders and cultures.

Gymnastic activities can be traced back to the earliest of times and these are the activities known today as General Gymnastics - specifically designed to enhance a person's health and physical fitness or participated in purely for enjoyment and simple relaxation. In so doing, Gymnastics offers enormous humanitarian health, social and educational benefits and the name change signals to the world this important role, and the commitment, that the FIG has in contributing to global health, fitness and friendship.

President of the FIG GGC Mrs Margaret Sikkens Ahlquist said "This change is both an important and historical action by the FIG. Across the world we have many languages used within our Federations and translation of terms is sometimes difficult. Many of the terms already used by our Federations more easily promotes the true meaning of this exciting discipline. Now, Gymnastics for All will allow the FIG to also position the sport of gymnastics in its rightful place as one of the worlds largest sporting activities which provides enormous health and fitness benefits to citizens in all corners of the globe, regardless of their age, abilities, gender, or culture."

With over 50 million active participants and the majority enjoying Gymnastics for All activities, this discipline is of fundamental significance within the FIG and provides National Federations with endless opportunities.