

# SPORT MAKES US **STRONGER!**

As the world is living an unprecedented sanitary crisis, there is a secure link, a social binder, a positive medium that guarantees a better health and a higher well-being. Sport increases our endurance and strengthens our immune system, it helps us to take care of ourselves and of others.

Here are some undeniable facts, that give us more energy, revitalise our enthusiasm, and help us to be more optimistic.

# **SPORT IS THE REASON** *WHY WE TAKE ACTION*



While we stand all together and in solidarity with each other to resist an unprecedented virus, sport remains the activity that takes good care of our health, and therefore more than ever, of others.

We would like to call to mind the very close link -scientifically proven- between health and sport.

Because sport is the best way to stay healthy. And to be optimistic and have self confidence.

Even today, sport remains within everyone's reach.

Everyone can practice sport following the compulsory measures set up by the government - Decathlon agrees totally to those decisions.

Sport strengthens our immunity and self endurance. You can think about sport as a solution.

There are many scientific evidences. "Sport helps balance our immune system" says Professor Daniel Camus, member of the emerging and infectious diseases commission, from the "Institut Pasteur" in Lille. Therefore, it is important to keep practising a physical activity. It could be in a small fitness club where stretching exercises can be easily done.

A physical activity is the best way to strengthen our body. Sport brings also some "benefits to our digesting system: the elimination of our natural wastes prepares our organism to be stronger and fight better infections" confirms Professor Camus.

Sport increases our resistance. Resistance because everywhere, against the feeling of gloominess, some initiatives are created and bloom, from people, institutions, brands.

Decathlon, will go along with those energising and clarifying initiatives, with the agreement and help of local actors and companies. In every city, in every country, Decathlon and its partners will carry on encouraging sport for all.

Sport makes us stronger in our private life and collectively. Sport means self care, good health, the ability to resist. By increasing our immune system, sport also intensifies our level of humanity.

Today as always, sport brings back energy, a smile and serenity. Sport is with us because it is linked to our lives, and to life itself.

For all those reasons, at Decathlon we are proud to take action. Taking good care of you, taking good care of others, together let's live sport.

**The 94 000 Decathlon United's co-workers**

**BEING ACTIVE  
3 HOURS  
A WEEK  
CAN REDUCE OF  
MORTALITY  
RATES BY  
30%**

THE REGULAR PRACTISE OF  
**PHYSICAL  
ACTIVITY  
CAN REDUCE  
THE PROBABILITY OF  
CANCER  
BY 30%**

A MODERATE 30 MINUTES  
**PHYSICAL ACTIVITY**  
(LIKE SWIMMING OR WALKING)  
**CAN RAISE**  
GOOD CHOLESTEROL LEVEL UP TO

**20%**  
(HDL)

IF YOU PRACTISE IT  
**2 TO 3 TIMES A WEEK**

**WALKING 1H  
EACH WEEK  
REDUCES**

BY **6%**  
THE CHANCES OF  
**BREAKING**  
THE FEMORAL NECK

**WALKING 4H  
EACH WEEK  
REDUCES**

BY **40%**  
THE CHANCES OF  
**BREAKING**  
THE FEMORAL NECK  
FOR A SEDENTARY PERSON

## **SPORT IS THE BEST WAY TO FIGHT VIRUSES**

If we are active our immune system is stimulated." Sport increases the white corpuscles and antibodies's level in our body". Many scientific researches show the benefits of sport in fighting viruses.

The more we are active, the less we get sick. According to a research from Doc du sport<sup>(2)</sup>, people who practise sport 5 times a week "lower the numbers of days with a cold". The research explains that antibodies are numerous two days after a non-exhausting workout.

In addition, germs are not very active when temperature is high. Also, practising sport rises our body temperature. And a physical activity like cycling, with a home trainer, helps to get less cold and to reduce nose, throat and ears infections.<sup>(3)</sup>



# 19 (VERY GOOD) REASONS TO PRACTISE SPORT

EVERYWHERE, STARTING AT HOME... SPORT

— 1 —

## **STRENGTHENS OUR IMMUNE SYSTEM**

This information has been confirmed by several INSERM researches (National Health Institute for medical research) <sup>(4)</sup>

— 2 —

## **HELPS OUR GENERAL PSYCHOLOGICAL WELLNESS AND GUIDES OUR ENERGY**

Because it liberates our mind and "clears out our brain", sport gives us some confidence and helps contain our energy... according to the "Department of health and sports" <sup>(5)</sup>

— 3 —

## **IMPROVES BREATHING**

Having stamina is essential to maintain physical effort over the long term and increases respiratory capacities

— 4 —

## **RELIEVES STRESS**

During a physical exercise, the body creates hormones called endorphin that offer a feeling of wellness. Practising sport at home, like yoga, is a natural anti stress instrument <sup>(7)</sup>

— 5 —

## **STRENGTHENS THE HEART AND REGULATES BLOOD PRESSURE**

After exercising, the heart beats slower when you rest and gets less tired. Practising regularly a physical activity improves your cardiovascular system. The arterial blood pressure will become less important, because during blood flow resistances will decrease, and cycling on an exercise bike is particularly recommended <sup>(8)</sup>

— 6 —

## **IMPROVES FLEXIBILITY AND SUPPLENESS**

Suppleness is important in sport performance, it helps prevent wounds and illnesses. Yoga, for example, practised on a random rug in your room or living room helps to keep a good posture everyday <sup>(9)</sup>

— 7 —

## **REINFORCES BONE STRUCTURE**

Contracting your muscles on bones helps to strengthen them. Bones get stronger when they get some impacts due to sport practise <sup>(10)</sup>

— 8 —

## **DEVELOPS AND MAINTAINS MUSCLES**

Any effort put a strain on muscles. Muscles become more tonic thanks to any kind of effort we put on them in the everyday life

— 9 —

## **IMPROVES SKIN QUALITY**

Sport improves skin quality and firmness as well as blood flow. Sport also brings more oxygen into the body. Blood vessels vitality and tissues has a positive impact on skin quality <sup>(11)</sup>

— 10 —

**IMPROVES  
CONCENTRATION**

Sport helps our brain to think calmly and to find solutions and strategies to solve problems <sup>(12)</sup>

— 11 —

**DEVELOPS  
SELF CONFIDENCE**

Surpassing yourself, self respect, self control are improved by effort. A physical activity helps improve self confidence <sup>(13)</sup>

— 12 —

**IMPROVES  
THE QUALITY OF SLEEP**

Sport helps to get a better sleep. Endorphin's secretion produced after a physical exercise offers a sensation of wellness and relaxation that leads to a restful sleep <sup>(14)</sup>

— 13 —

**STIMULATES DIGESTION**

Sport and any physical activity improves digestion, lowers constipation and colopathy's risks <sup>(15)</sup>

— 14 —

**REGULATES  
BLOOD SUGAR**

Sport reduces non insuline dependent diabetes and insulin resistance

— 15 —

**FIGHTS STOUTNESS**

Sport increases calories consumption and burns fat

— 16 —

**CULTIVATES SPIRIT OF SPORT**

Sport develops sociability wherever, among a sport's team or in a fitness club <sup>(17)</sup>

— 17 —

**INCREASES LIFE EXPECTANCY**

Practising sport an hour two or three times a week increases of few years life expectancy

— 18 —

**CAN HELP SENIORS  
AND HAS NO AGE LIMIT**

A moderate and regular physical activity takes good care of your body while ageing. It stimulates body cells, respiratory tract and cardio activity. Sport reduces rheumatic damages <sup>(18)</sup>

— 19 —

**PREVENTS SOME CANCERS  
AND BALANCES CHRONIC ILLNESSES**

Sport helps stabilise a lot of chronic pathologies. A healthy body is less ill and less subject to cancer, like colon cancer. Colon cancers are twice less frequent among people who practice sport in moderation <sup>(16)</sup>

# EVERYWHERE IN THE WORLD

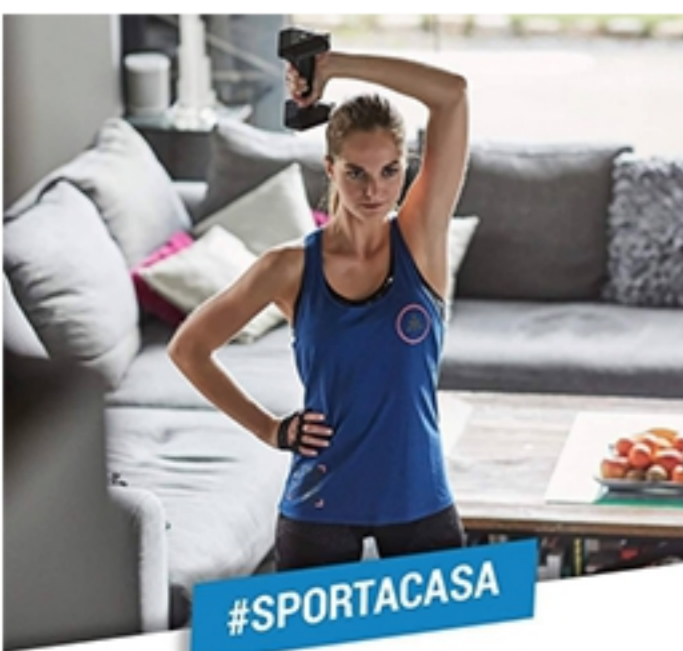
*Amazing and innovative local initiatives...*

## **IN ITALY**

### **SPORTACASA: A GROUNDWELL EVENT**

Italian sportswomen and sportsmen are amazing! [Decathlon Italy](#) has launched [#sportacasa](#) (that means sport at home) a nice opportunity to share good ideas with other sportspeople through social networks, to exercise and help each other with an extremely committed community.

[Stories Instagram Decathlon Italia](#)



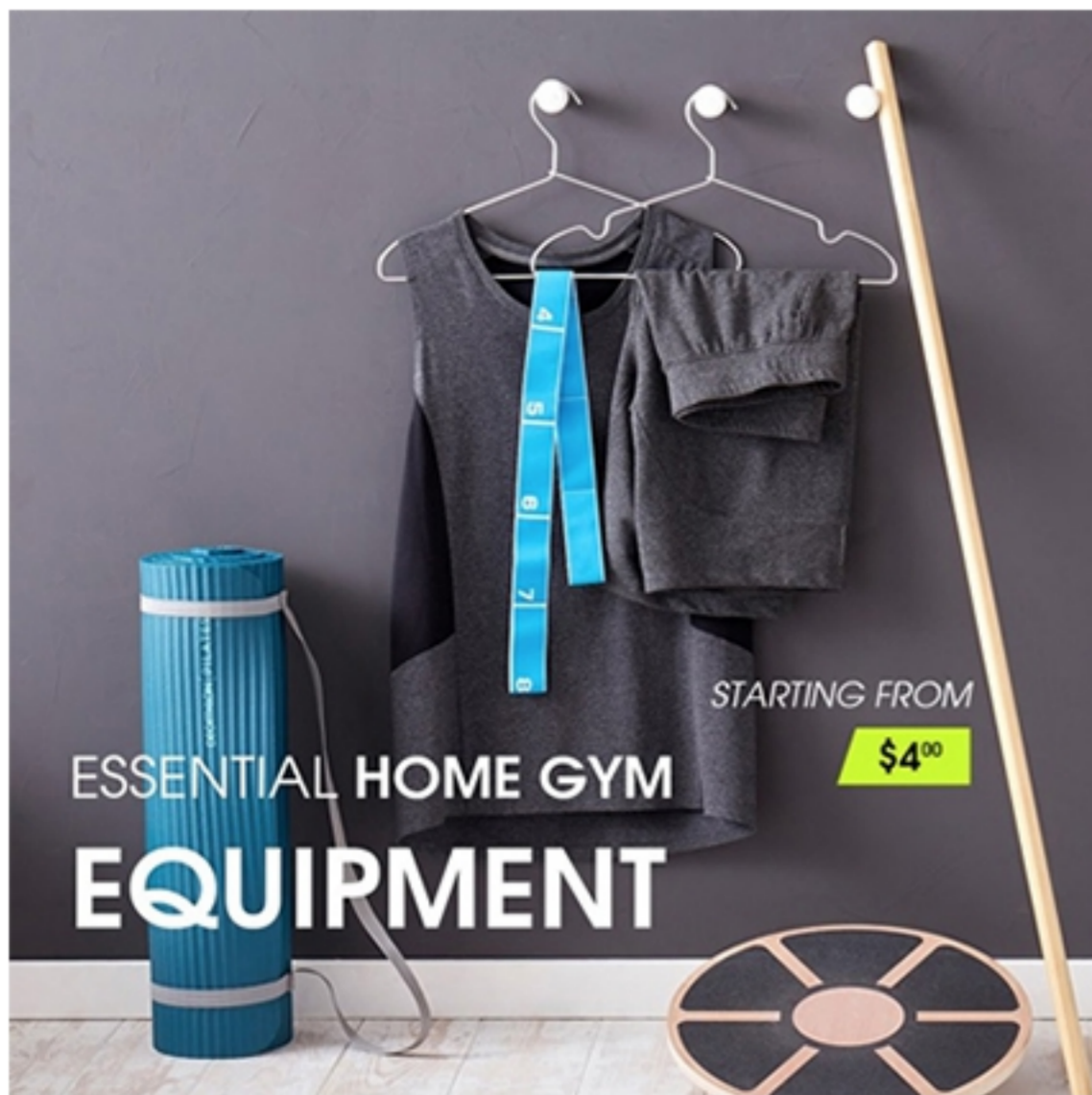
## **IN SPAIN**

### **YOMEQUEDOENCASA, A CONCRETE INITIATIVE**

[#Yomequedoencasa](#): Spanish people carry on practising sports, from their home, but a fun, convenient and lively way. New stickers have been created, with appealing facts for all spanish sportspeople. Have fun and add them to your stories: "sport mood", "body positive", "gym time" or "modo fit on"!

[Post Facebook Decathlon Spain](#)

# FEW USEFUL ADVISES TO BETTER FIGHT VIRUSES



## IN AUSTRALIA SPORT IS AN ESSENTIAL PART OF LIFE

Decathlon Australia invites people to sweat at home with some easy to follow advises and well targeted products: We Have The Essentials!

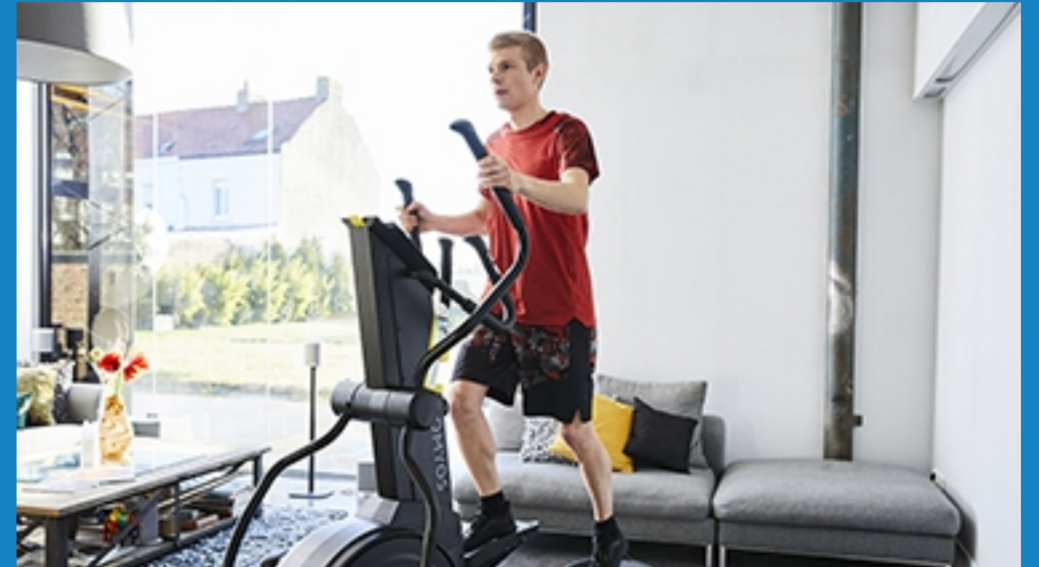
[Post Facebook Decathlon Australia](#)



## IN EGYPT FROM THE DINING ROOM TO THE LIVING ROOM

Passionate egyptian sportspeople can't get to their fitness club? Decathlon Egypt has a solution and tell them: Don't change your sport routine!

[Post Instagram Decathlon Egypt](#)



Practise sport 3 times a week, 30 minutes to an hour, medium pace. More is ok but don't end up being worn out.



At Home, consider practising rowing and working out to clean up your lungs.



End up your training session with some relaxation or meditation time.



End up your training session with a hot 20min. bath.

# SPORT AND ITS BENEFITS

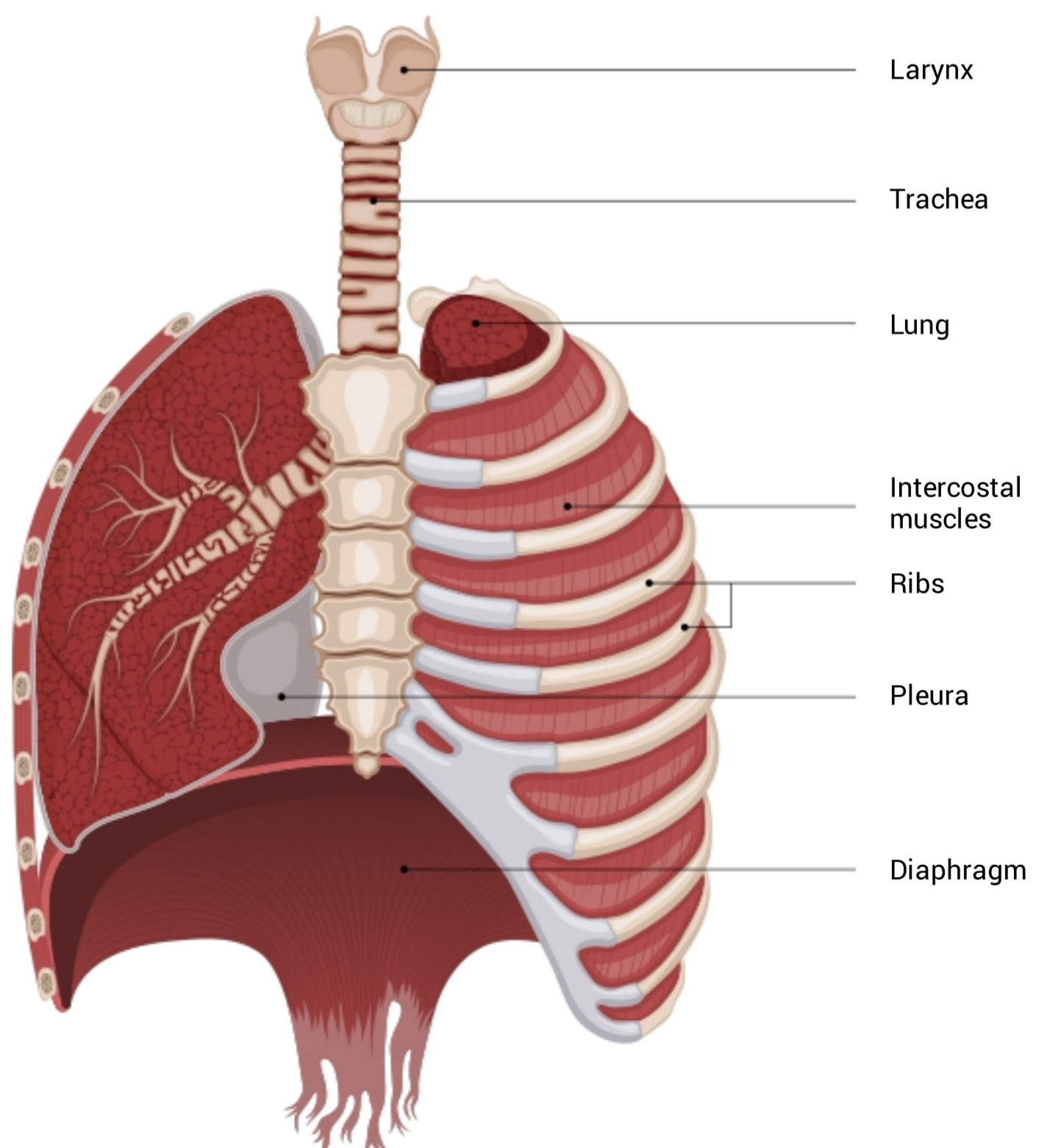
## *on lungs*

### **HOW DO LUNGS WORK?**

Contrary to what people think, the rib cage helps to fill the lungs with air. The lungs are tied up to the rib cage by two membranes: the pleura.

When you inhale, the intercostal muscles tighten and the rib cage raises, the diaphragm (the muscle between lungs and the abdomen) goes down and flattens, the internal pressure goes down, some air goes to the lungs.

When you exhale, it is the opposite situation: the rib cage goes down, the diaphragm goes up. As the rib cage is linked to the lungs by pleura, you exhale the air.





## ***THE RESPIRATORY SYSTEM'S ADAPTATION TO EFFORT***

When you exercise the oxygen's needs are more important. There are two factors that can help to bring more oxygen into the body and exhale carbon dioxide.

Either you raise the frequency of the respiratory cycle or you raise the respiratory capacity or the volume of the air breathed.

To take off more oxygen and eliminate more carbon dioxide, it is better to raise the air volume breathed than the frequency of the breathing.

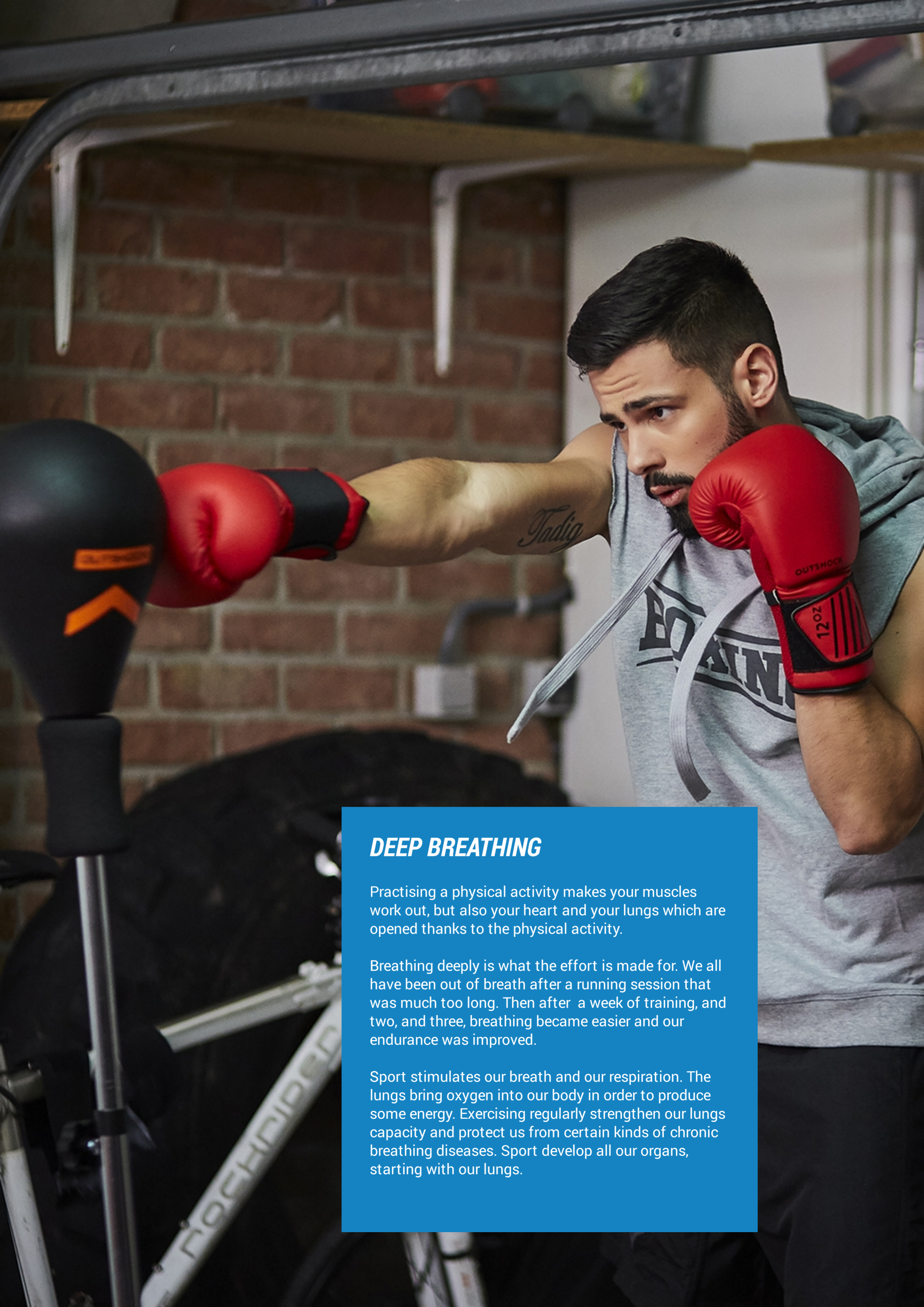
Often beginners make the opposite mistake. They breath too fast, this doesn't improve the way they breath in order to adapt to the effort. Then they hyperventilate, which means they exhale more than they inhale.

6 to 8 liters per minute is the air volume breathed by lungs when resting. When making an effort this rate can raise 80 to 150 liters per minute, according to the intensity of the exercise. Simultaneously, numerous lungs capillaries expand and accelerate the blood flow in the lungs. This adaptation helps to take and stabilise more oxygen on the haemoglobin of the red blood cell.

At the end of the exercise, the air volume breathed reduces quickly within few seconds, but the calm breathing rhythm is found again only after few minutes.

Learning how to breath helps performance. Training helps slow down the respiratory system while keeping a deep and large breath: respiratory exercises help to learn how to breath better during an effort.





## **DEEP BREATHING**

Practising a physical activity makes your muscles work out, but also your heart and your lungs which are opened thanks to the physical activity.

Breathing deeply is what the effort is made for. We all have been out of breath after a running session that was much too long. Then after a week of training, and two, and three, breathing became easier and our endurance was improved.

Sport stimulates our breath and our respiration. The lungs bring oxygen into our body in order to produce some energy. Exercising regularly strengthen our lungs capacity and protect us from certain kinds of chronic breathing diseases. Sport develop all our organs, starting with our lungs.

*The closest fitness club?*

# YOUR HOME!



***YOUNG ATHLETE, THIS SECTION IS YOURS, PAY GOOD ATTENTION ;)***

**Between 1 and 6 years: [\(Baby gym\)](#)**

Create easily your own motor skills trails and become a superhero. Great sport moments to share, for parents and children: [Baby gym trampoline](#)

**Between 7 and 14 years:**

Two-way jump, three-way jump... Jump the highest and the hardest way you can with [Jumping rope](#), and work out safely! Outdoor fan? Choose [trampoline](#). Work your top spin or your lift with full autonomy: [small table indoor](#) - If you are eager to challenge your parents at table tennis: [Free table](#) is made for you.



## **SPORTY TEENAGER, THIS PART IS FOR YOU:**

**Between 15 and 25 years:**

Strengthen your body and become a working out master with the [Dip Bar training station](#) and [Training band](#) (resistance levels: 5, 15, 25, 35, 45 et 60kg).

Prepare your summer body now!

## **OLDER ONES, THESE ACTIVITIES ARE MADE FOR YOU:**

**Between 26 and 35 years:**

To unwind, nothing better than [rowing machine 100](#) An easily foldable rowing machine to start and progress quickly. Become boxing champions with the [free-standing punch bags](#)! Decathlon is always there to coach you: [Punching bag](#) To relax, [dynamic yoga](#)! Some free yoga classes: [YOGA YouTube Channel](#).

**Between 36 and 45 years:**

Feeling like finishing off a 10 km race or even becoming a semi-marathon runner [Treadmill Run 100](#) will become your best partner to achieve your goals! Free your respiratory tract without altering interior design: the first invisible running mat from DOMYOS. It is your interior design coach ! After cardio effort, consider using [Kettlebell](#): smart cast iron weight to work out all parts of your body.

**Between 45 and 60 years:**

Practising sport gently is possible! Follow the exemple of the "Tour de France", strengthen your heart with [Domyos EL100 Cross trainer](#). After your cardio session, just invigorate with [softbell](#).

**Between 60 and 70 years:**

Maintain your shape and your heart with [Training bike 500](#): the exercise bike self supplied. It is your best sport partner with its motorised resistance, its programs and compatibility with Domyos E-connected and Kinomap. After exercising, relax your body: practise sport gently or meditate to destress [YOGA cushion](#).

**More than 70 years:**

Practise sport ok, but with comfort! Improve the balance of your body while exercising with 10 mm wide [Pilates floor mat](#). Finish off strengthening with some stretching: easy with the [pilates rubber](#).



## INTERVIEW

# SUPER SPORT SENIOR

*Thibault Deschamps, technical sport councillor at the french Ministry of sports*

"Never too old to take care of yourself, never too old to stay young". I decided to grow old nicely, thanks to sport and some physical activity says Thibault Deschamps, technical sport councillor at the French "Department of health and sports". Sport and seniors are closely linked. While listing to Thibault, specialist of "health and sport", you won't be scared growing old as you can stay very active: "On the contrary, finding again its independence or staying independent thanks to sport or physical activities, allows you to grow old nicely!"

### **COULD YOU PLEASE, GIVE US A DEFINITION OF THE WORD: SENIOR?**

Nowadays, there are three categories of seniors: Active seniors: 45–65 years old ; independent retired seniors: 65-80 years old ; dependent seniors: over 80 years old. To my opinion, it is never too late to take good care of yourself, you are never too old to tell yourself: "I decided to grow old nicely" and especially thanks to sport or a physical activity.

### **WHAT ARE YOUR ADVISES AND CONCRETE SOLUTIONS FOR SENIORS?**

I recommend to "learn how to move", like doing small actions every day. Here are few examples of concrete solutions: walk to practise some active mobility, get off the subway or the bus one or two stations before destination, increase active mobility while going to work places. Widely, you can take the stairs instead of the lift, and then go from emergency stairs to the emergency lift. Walking 8 stairs a day leads to 20% less cardiovascular risks.

For senior employees, at work, they can replace their usual chair by a gymball to work the posture, prevent lower back pain and reinforce core strength.

### **IS IT AN OPTION FOR OLD PEOPLE TO PRACTISE SPORT AT HOME?**

Before practising sport, you need to be active, even in the actual situation! For example, walking to run errands in the neighbourhood. By other means, i distinguish two cornerstones:


1. Activities to increase your endurance, people could practise them after the actual quarantine: they increase our cardio-respiratory capacity. Those activities must last 20 minutes or more, if possible, in order for our metabolism to operate at its maximum.
2. Activities to reinforce our muscles, you can easily practise them at home, inside: stairs, core strength, working out, ergo cycle trainer, elliptic cycle trainer, etc.

## **COULD YOU TELL US WHY THOSE TWO CORNERSTONES ARE IMPORTANT?**

A gradual loss of muscles is an ageing sign. This leads to a movements coordination weakness, therefore a loss of independence, which could lead to falling regularly. The idea is to always be active everyday to maintain the muscle mass and to keep breathing properly. This will offer a good sleep and will prevent tiredness. It is important not to sit more than 2 hours in a row, and no more than 7 hours in the whole day. I stand up while working, as much as i can.

## **WHAT SHOULD WE REMEMBER ABOUT THIS INTERVIEW?**

To be healthy and keep staying in good health, i would recommend to increase any mobile activity everyday, like getting up the stairs. It is much better, if possible, and eventually (beyond the quarantine period noticed in many countries nowadays) to practise sport more intensively, supervised by a well-organised and comforting structure. Making the most of this second kind of youth is therefore reachable!

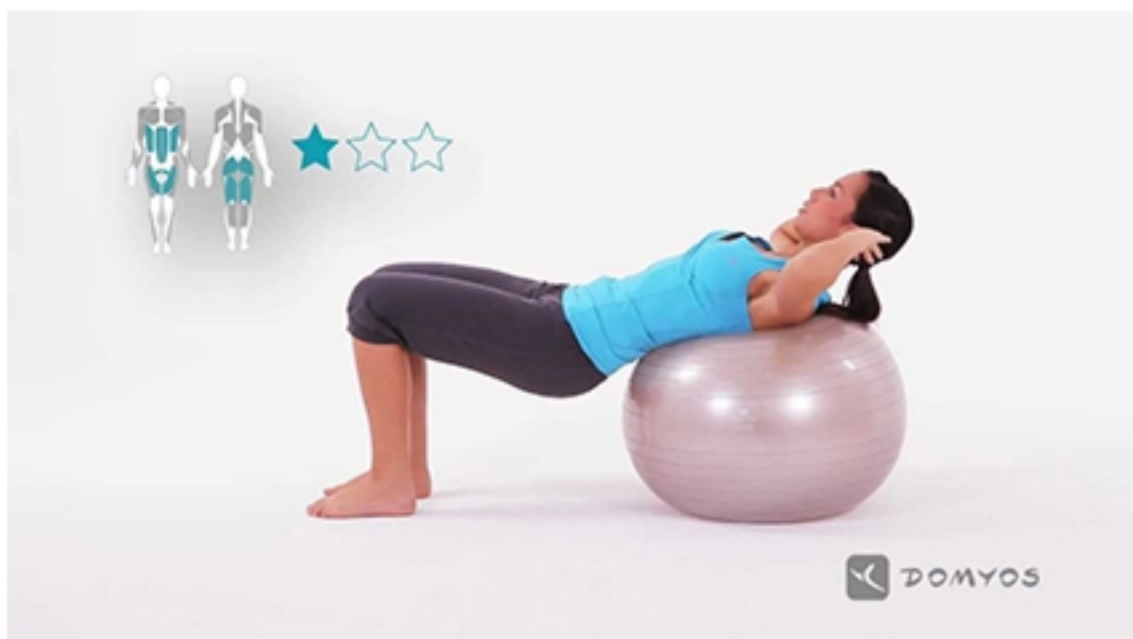


*“Never too old  
to stay young”*

# GET IN SHAPE

# LET'S PRACTISE!

*Sport session by Domyos, 7-77 years old and more!*



## WARM-UP

### **ABS EXERCISES, BUTTOCK MUSCLES, ROLLING ROUND THE BACKBONE**

**Breathing:** During the abs exercises, inhale while you start and exhale while you pull up the chest.

**Repeating the exercise:** 2 or 3 series of 15 depending on your level, rest 30 seconds between each serie.



## EXERCISE 1

### **ABS**

**Breathing:** Exhale when you get your thighs up and inhale when you get your thighs down on the mat.

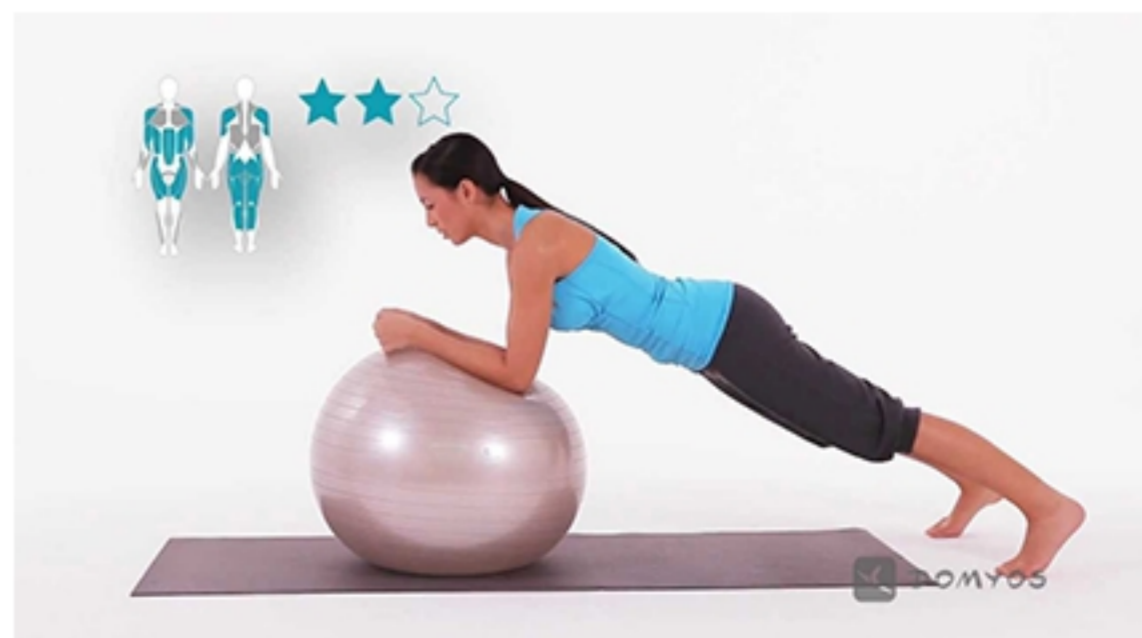
**Repeating the exercise:** 2 à 3 séries de 15 répétitions selon votre niveau, avec 30 secondes de repos entre chaque série.

## EXERCISE 2

### **THIGHS AND BUTTOCK MUSCLES**

**Breathing:** Inhale while you fold thighs and exhale when you get back to the starting point.

**Repeating the exercise:** 2 or 3 series of 15 depending on your level, rest 30 seconds between each serie.



## EXERCISE 3

### **PUSH-UPS WHEN BALANCED**

**Breathing:** Inhale while getting down, exhale while getting up.

**Repeating the exercise:** 2 or 3 series of 15, depending on your level, rest 30 seconds between each serie.

## FINAL EXERCISE

### **CORE STRENGTH**

**Breathing:** Don't forget to breathe regularly and smoothly during the whole exercise.

**Repeating the exercise:** 2 or 3 series of 30 seconds, depending on your level, rest 15 seconds between each serie.



## **RELAXATION AND SELF CONFIDENCE**

New sport practises, developed at home with apps and/or smart, innovative products help everyone to practise sport from 12 months to 70 years old. Sport is the best way to stay healthy, this is a proven fact. Sport benefits and positive actions are physical and psychological. They are also numerous, and nearly infinite.

Professor Camus concludes: "Sport calms down and relaxes" . It helps to maintain optimism and a "positive attitude" ; it gets the body into the condition to sleep better, and to get a flexible, agile, mobile body. The immune defences become humanitarian forces... Sport is a real vitamine because it is a wellness accelerator.

**Yes, sport means confidence and balance.  
It makes us all stronger!**



## SOURCES AND ADDITIONAL INFORMATION

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- (2). Docdusport article ([docdusport.com/quel-sport-contre-les-virus](https://docdusport.com/quel-sport-contre-les-virus))
- (3). Pedersen quote - Docdusport ([www.docdusport.com/quel-sport-contre-les-virus](https://www.docdusport.com/quel-sport-contre-les-virus))
- (4). "Individual moderated strength exercises episodes have been used to efficiently increase vaccine therapy for «high-risk» patients. The exercise is a powerful behavioral intervention that can improve immune results and health for elderly people, obese persons and people with cancer or chronic viral infections" according to the US National Library of Medicine.
- (5). "Physical activity and sport are fully-fledged decisive elements, for health and wellness, for everyone lifelong." ([www.sports.gouv.fr/pratiques-sportives/sante-bien-etre/](https://www.sports.gouv.fr/pratiques-sportives/sante-bien-etre/) - [www.sportanddev.org/en/learn-more/health/health-sport-and-wellbeing](https://www.sportanddev.org/en/learn-more/health/health-sport-and-wellbeing))  
"Sport reduces negative emotions, gives energy as much as it needs some, it is a source of motivation, satisfying and fulfilling because of efforts made", according to Boris Pourreau, founder and general manager of Sport Heroes (<https://usbeketrica.com/article/nous-ne-sommes-pas-faits-pour-rester-assis-derriere-un-bureau>)
- (6). Domyos Coach advise ([domyos.fr/conseils/comment-ameliorer-souffle-a\\_352494](https://domyos.fr/conseils/comment-ameliorer-souffle-a_352494))
- (7). Yoga exercises ([eclub.decathlon.fr/sport/YOGA/](https://eclub.decathlon.fr/sport/YOGA/)) - Cross-training exercises ([domyos.fr/crosstraining-bp\\_259214](https://domyos.fr/crosstraining-bp_259214))  
Sport enables us to face life challenges. With physiological effects, sport is a natural performance enhancer - especially to fight stress!" according to Boris Pourreau (<https://usbeketrica.com/article/nous-ne-sommes-pas-faits-pour-rester-assis-derriere-un-bureau>)
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- (9). Yoga exercices ([eclub.decathlon.fr/sport/YOGA/](https://eclub.decathlon.fr/sport/YOGA/))
- (10). Running advises ([conseilssport.decathlon.fr/conseils/nos-conseils-running-al\\_411](https://conseilssport.decathlon.fr/conseils/nos-conseils-running-al_411))
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- (14). "Sport and Sleep" article ([conseilssport.decathlon.fr/conseils/sport-et-sommeil-mieux-dormir-grace-au-sport-tp\\_14703](https://conseilssport.decathlon.fr/conseils/sport-et-sommeil-mieux-dormir-grace-au-sport-tp_14703))  
"The impact of physical activity and sleep" ([blog.withings.com/2014/11/12/impacts-of-physical-activity-on-sleep/](https://blog.withings.com/2014/11/12/impacts-of-physical-activity-on-sleep/))  
"Physical tiredness helps sleep very well" according to Stéphane Diagana (Usbek & Rica article)
- (15). Aptonia gastric advises ([aptonia.fr/conseils/sport-et-problemes-gastriques-tp\\_2967](https://aptonia.fr/conseils/sport-et-problemes-gastriques-tp_2967))
- (16). "Sport and chronic illnesses" article ([leparticulier.lefigaro.fr/article/faire-du-sport-aide-a-soigner-la-maladie-chronique/](https://leparticulier.lefigaro.fr/article/faire-du-sport-aide-a-soigner-la-maladie-chronique/))
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