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(SoveLi)

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*Enhancing Health and Wellbeing
by Physical Activity*



SOVELTAVA LIIKUNTA
SOVELI RY

*The Finnish
Federation of
Adapted
Physical
Activity
(SoveLi)*



What is SoveLi?

- A national cooperation, expert and service organization.
- Offers services in education, professional expertise and communication.
- Promotes physical activity which enhances health and helps to maintain the functional ability.
- The aim is to offer people with disabilities and chronic illnesses better possibilities for active lifestyle and taking part in health-enhancing physical activities.

Member organizations of SoveLi

Member organizations of SoveLi are national public health, disability and sports organizations. In the member organizations, physical activity plays an important part in the promotion of health and in the treatment and rehabilitation of different diseases and symptoms. Each organization has a person whose task is to promote physical activity. In 2016 member organizations are:

- Brain Association
- Allergy and Asthma Federation
- Finnish Epilepsy Association
- Breathing Association
- Muscular Disease Association
- Finnish Central Association for Mental Health
- The Finnish Psoriasis Association
- The Finnish CP Association
- The Finnish Diabetes Association
- The Finnish Osteoporosis Association
- The Finnish Association for Mental Health
- Finnish Neuro Society
- The Finnish Arthritis Association
- The Finnish Kidney and Liver Association
- Finnish Parkinson Association
- The Finnish Rheumatism Association
- The Finnish Back Association
- Finnish Heart Association

Active local level

Member organizations of SoveLi have in total 1 100 local associations and over 322 000 individual members. At the local level physical action is planned and arranged by 750 sports coordinators and contact persons. Physical activity is implemented in local organizations by over 1 000 physical education instructors. Half of instructors are professionals and other half is working as hobbyist.

