

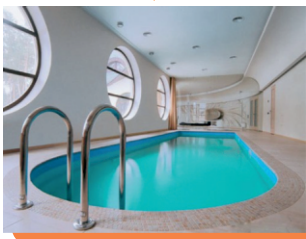
PHYSICAL TRAINING AND SPORT

*Physical exercise can substitute many medicaments,
but no medicament in the world can substitute
physical exercise.*

Angelo Mosso
(Italian physiologist, 1846-1910)

Active living is one of the most important components of human health.

As of the end of 2013, as many as 23.2 thousand physical training and sports facilities were operating in Belarus.



In 2013 such sports and recreation facilities as swimming and fitness centre in the city of Dokshitsy, stadiums in the city of Baranovichi and village of Goran of Minsk district, and a multifunctional game sports hall in the city of Gomel were commissioned.

A tendency for a rapid growth of the sports services market has been observed in the country in recent years. Favourable conditions are created for sports development and new Olympic victories.

PHYSICAL TRAINING AND SPORTS FACILITIES in 2013 (number of facilities; by region)

	Total facilities	Of which by type				
		stadiums	indoor arenas	shootng ranges	sports halls	swimming pools
Belarus	23 171	177	43	706	4 734	312
Region:						
Brest	3 599	26	4	130	814	64
Vitebsk	4 158	29	3	78	724	30
Gomel	1 662	27	6	38	759	44
Grodno	3 385	20	6	108	529	32
Minsk city	3 796	23	7	120	719	58
Minsk	2 632	25	10	98	636	51
Mogilev	3 939	27	7	134	553	33

The number of big international sports events hosted by our country – World and Europe Championships – has been growing every year.

As part of the preparation for the 2014 Ice Hockey World Championship the cultural and entertainment sports complex “Chizhovka-Arena” was built in Minsk.



Chizhovka-Arena Sports Complex (seating capacity — **9 280** people)
From May 9 through May 25, 2014 Minsk hosted the 78th **Ice Hockey World Championship**.

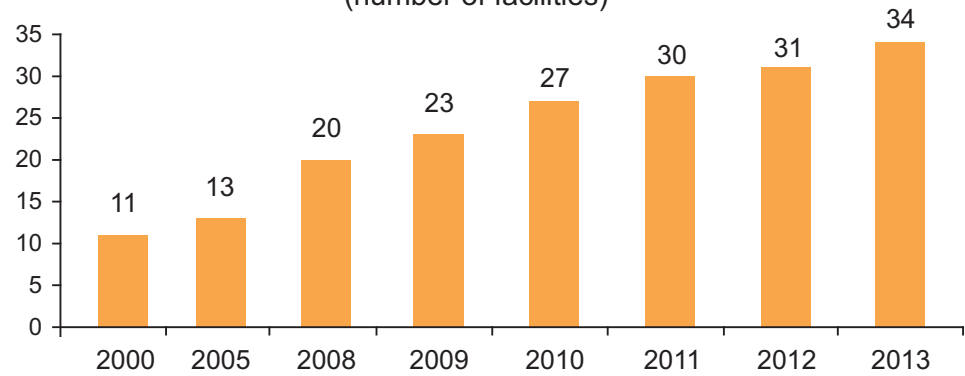
Sixteen national ice hockey teams took part in the Championship.

In view of the importance of the development of sports and fitness infrastructure, the number of sports facilities with artificial ice has been growing.

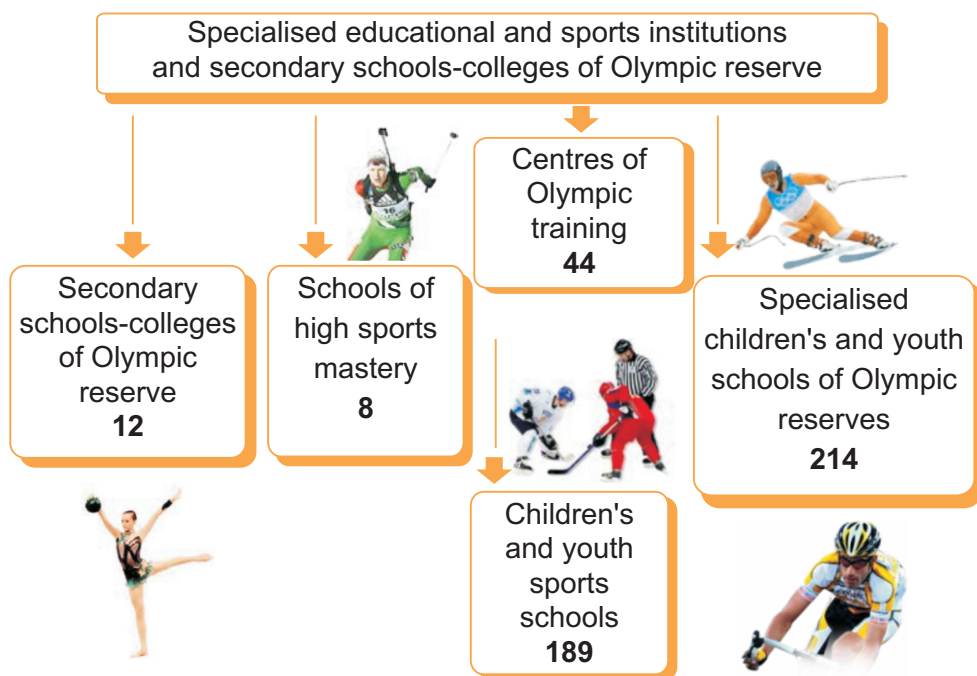


Minsk-Arena Sports Complex (seating capacity — **15 086** people)

**NUMBER OF SPORTS FACILITIES
WITH ARTIFICIAL ICE IN BELARUS**
(number of facilities)



To train top-class sportsmen, specialised educational and sports institutions and secondary schools-colleges of Olympic reserve has been successfully functioning in our country, with 177.4 thousand enrolled students improving their sports mastery.



Since 1994, Belarus took part in eleven Olympic games – six Winter and five Summer Olympics.


































The most medals were added to the Belarusian collection of Olympic awards by Ekaterina Karsten with 2 gold, 1 silver, 1 bronze (rowing); Roman Petrushenko with 1 gold, 1 silver, 2 bronze (kayak); and Vitaly Shcherbo with 4 bronze (artistic gymnastics).

The most medals were won by Belarusian sportsmen in athletics – 19 (4 gold, 6 silver, 9 bronze). Next is weightlifting with 10 medals (1 gold, 3 silver, 6 bronze).

At the Sochi Winter Olympic Games 2014 Belarusian Darya Domracheva became a three-time Olympic champion and first woman in biathlon who won 3 gold medals in individual events at one Olympiad.

PARTICIPATION OF BELARUS IN OLYMPIC GAMES

(since 1994)

Olympiad	Number of participants	Number of sports	Medals
Lillehammer 1994 (winter)	33	7	  
Atlanta 1996 (summer)	144	21	  
Nagano 1998 (winter)	59	9	  
Sydney 2000 (summer)	134	21	  
Salt Lake City 2002 (winter)	64	9	  
Athens 2004 (summer)	151	23	  
Turin 2006 (winter)	28	7	  
Beijing 2008 (summer)	181	26	  
Vancouver 2010 (winter)	49	6	  
London 2012 (summer)	173	25	  
Sochi 2014 (winter)	26	7	  

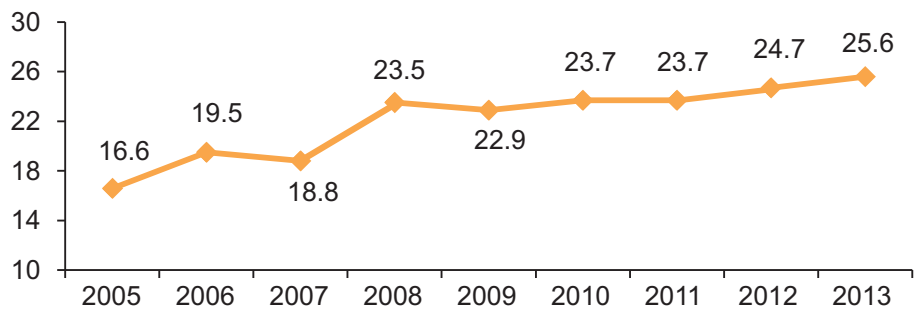
If you don't run when in good health, you will run when sick.

Horace
(Roman poet, 65-8 BC)

In recent decade the number of the population practicing physical exercise and sports has increased. The share of the population aged 16 and over practicing physical exercise and sports grew from 17.2% in 2001 to 25.6% in 2013.

SHARE OF POPULATION AGED 16 AND OVER PRACTICING PHYSICAL EXERCISE AND SPORTS

(based on the household sample survey data; percent)



POPULATION PRACTICING PHYSICAL EXERCISE AND SPORTS BY TYPE OF ACTIVITY in 2013

(based on the household sample survey data; percent)

Population category	Population aged 16 and over	Of which	
		men	women
Share of population practicing physical exercise and sports,	25.6	26.8	24.7
of which:			
attend organized activities (clubs, fitness facilities, etc.)	32.8	37.1	29.5
do exercise and sports by themselves	67.2	62.9	70.5

Urban residents practice physical exercise and sports more actively compared with rural residents, their proportions being 29.3% for urban population and 14.9% for rural population.