HEALTHY BODY FACTS
“OLYMPIC TRADITIONS”

OLYMPISM???

Olympism is the philosophy of the Olympic Movement. The concept was promoted by Baron Pierre de Coubertin, the Father of the Modern Olympic Games who really borrowed it from the ancient Greeks.

Simply stated, “They are the values that enhance the physical, intellectual, and spiritual growth of participants through sport, art and music, while promoting friendship and understanding in the world.”

The Values of Olympism are not just about sport, but a philosophy for life:

- **Respect for Self** (body, mind and spirit)
- **Respect for Others** (sportsmanship, friendship and fair play)
- **Respect for the Environment** (taking care of the places we play)
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IS WINNING EVERYTHING?

Of course everyone wants to win. Everyone wants to be liked, admired and respected for their achievements. It is perfectly normal to want to win, and winning is a worthwhile goal.

But what happens when winning becomes the all-consuming goal? That is, when the desire to win is so great that it causes one to consider dishonest and excessive methods.

At the ancient Greek games, athletes caught cheating were forced to pay for statues of themselves. These “ZANES” were lined up at the entrance to the stadium and all athletes, who were to compete, had to pass by them as they entered the stadium. How would you like to be remembered by your family, friends and fellow competitors for cheating?

When athletes lose their self-control and attack their opponents or heatedly protest the decisions of referees or judges, they are violating the “the letter of the rules or the spirit of the rules.”

The Olympic Ideal, is based upon two basic premises:

• Athletes abide by the rules and not seek unfair advantage; and

• Athletes treat each other not as enemies but as co-players who, while competing against each other, still afford each other the respect due to comrades in the same sport.
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“OLYMPIC TRADITIONS”

OLYMPIC CREED

“The most important thing in the Olympic Games is not to win, but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”

Written by Baron Pierre de Coubertin in 1894

OLYMPIC MOTTO

“Citius, Altius, Fortius” – Latin for faster, higher, braver but universally accepted meanings is – “swifter, higher, stronger”
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OLYMPIC OATH

“In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams.”

*First introduced at the 1920 Olympic Games
**A similar oath is taken by all officials
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“OLYMPIC IDEAL #1”

VISION

Begin with the end result in mind. Decide what you would like to accomplish by the end of the day, end of the week, end of the month, end of the year, or greater. Hold a picture in your mind of what you think you will look like, feel like, sound like, when you have achieved your goal. Come back to this vision regularly to keep you motivated when things get tough.
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“OLYMPIC IDEAL #2”

COMMITMENT

Don’t let yourself be distracted by things that are less important than you and accomplishing your goals by fulfilling your vision of success. Invest your time and energy in what you want MOST, not what you want at the moment.
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“OLYMPIC IDEAL #3”

DISCIPLINE

Paying attention to what you need and doing whatever is necessary to give your very best takes discipline. Take responsibility for everything you do. Keep your promises to yourself and to others. No excuses!
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“OLYMPIC IDEAL #4”

FOCUS
Vision in action—this is your personal path to feeling well. Translate your vision for yourself into a reasonable plan for the things you must do to achieve success. Write your plan down and look at it often. Pay attention to the details!
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“OLYMPIC IDEAL #5”

PERSISTENCE
When things get tough try your best and stick to your plan. Think of the vision you have for yourself. Persistence is good old stick-to-it-iveness! Just get out there, follow your plans the best you can, and you will succeed. You can count on it!