

# Mission and Vision EFAD ESDN Sports and Physical Activity

## Vision

Our vision is to demonstrate the contribution of nutrition in physical activity and sports performance and the importance of exercise in promoting quality of life and health. The goal of the ESDN is to be the voice of European sports dietitians, to support dietitians in establishing their knowledge and in recognition for their role in sports and physical activity.

## Mission

Our mission is to create a network of specialists in the field of nutrition in sports and physical activity. To develop evidence-based guidelines and research connecting physical activity, nutrition and health. To share the knowledge about the role of nutrition in sports and the role of physical activity in health. We achieve it by educating dietitians, athletes and community through webinars, lectures, articles, fact sheets and social media.