



#BEACTIVE

European Week of Sport Ambassador



Clarence Seedorf

BIOGRAPHY

Clarence Clyde Seedorf started his football career at AFC Ajax, winning the first of four UEFA Champions League titles before moving abroad, to UC Sampdoria, while still a teenager. After a season with the Blucerchiati he joined Real Madrid CF, where he won Europe's top club competition again in 1998; he also played in the early stages of the Merengues' victorious 1999/2000 campaign before transferring mid-season to Inter.

Seedorf signed for AC Milan in 2002, winning Serie A in 2004, adding to previous domestic titles in the Netherlands and Spain. He became the first player to win the UEFA Champions League with three different clubs in 2003 and lifted the trophy for a fourth time in 2007, before helping Milan claim the FIFA Club World Cup the following December.

The Surinam-born player ended a near ten year association with the Diavolo when he penned a two year contract with Brazilian club Botafogo FR in June 2012.

"Physical activity is a sign of wanting the best for yourself in terms of your health and your well-being. Both have a huge impact on how you will feel when you wake up. Body and mind go hand in hand so people need to make the first step with their minds to be active... to take the stairs more instead of the lift, to ride a bike instead of taking the car, to go to the gym or a park where you can join others to be fit and to stay healthy. Every physical activity done is an investment in a better and happier life."

MEET THE AMBASSADORS

European Week of Sport ambassadors support one main goal: increase levels of sport and physical activity across Europe by inspiring people to #BeActive. To learn more about the ambassadors team and the European Week of Sport, please visit:

Sport

http://ec.europa.eu/sport/week/meet-team/ambassadors_en.htm