

31. October 2022

Children and youth

## **"fit & cool": How to promote exercise and health among children and young people**

**Open event on Wednesday, November 9, starting at 6 p.m. in the Mensa at Benölkenplatz // Register now**

Lack of exercise, sluggishness and unhealthy eating are problems that can occur as early as childhood and adolescence. What can be done about it? How can parents in particular promote exercise and health among children and young people? In Bocholt, a series of projects entitled "fit & cool" has taken place in recent years. This is now coming to an end. On Wednesday, November 9, a review and outlook will be held in the refectory at Benölkenplatz. The event will begin at 6 p.m.

Interested citizens and institutions are invited to this public event. Registrations are possible under the link

<https://beteiligung.nrw.de/portal/bocholt/beteiligung/themen/1001688>.

### **Impulse lecture on the influence parents can exert**

Prof. Dr. Harald Michels, scientific director of the "fit and cool"-measure, will give an impulse on the "Possibilities of parents to influence the health behavior of children and adolescents" and present the results of the survey "Zukunftsstadt Bocholt - Bocholt Bewegt seine Kinder und Jugendliche". Afterwards, perspectives for further work in this important topic area will be discussed in working groups focused on different fields of action.

### **Background "Future City Bocholt"**

Over the past three years, the city of Bocholt has received funding from the German Federal Ministry of Education and Research as part of the third phase of the "City of the Future" competition. In December of this year 2022, the overall project "Future City 2030+ - Breathing Bocholt - Moving Bocholt" ends and thus also the sub-project or package of measures "fit & cool". Within the framework of this sub-project, the promotion of movement and health of children and adolescents was addressed.

### **Program schedule**

**18:00** - Come together & welcome address

**18:15** - The Future City project with the "fit & cool" package of measures

**18:30** - "Possibilities of parents to influence the health behavior of children and adolescents" - impulse Prof. Dr. Harald Michels & discussion

**19:00** - Results of the survey "Bocholt bewegt seine Kinder und Jugendliche" (Bocholt moves its children and youths) of the actors of child and youth work in Bocholt on offers and perspectives of different institutions

**19:15** - Working groups on the different actors / fields of action of health promotion and prevention

**20:15** - Discussion of the results

Afterwards relaxed conclusion





*Bewegungsarmut ist ein Phänomen schon unter Jugendlichen.  
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