

03. January 2022

Seniors

Start the new year fit: Walking tour through the city center

Open free offer for older semesters on Thursday, January 6, 2022, at 10 a.m. from "Future Office" North Street.

Next Thursday, January 6, the first walking tour through Bocholt's city center in 2022 will take place. Participation in this fitness offer under the motto "Fit in old age - experience Bocholt differently" is free of charge and is aimed at the more mature generation. The one-hour tour will start at 10 a.m. at the "Zukunftsbüro" in Nordstraße 49.

"You don't have to go straight to the Aasee, the city forest or the sports hall to be active. There is plenty to discover in the city center to do something for your health," explains Sascha Terörde, project manager of Zukunftsstadt Bocholt. Moderate fast walking is the order of the day on the guided round, with or without poles, supplemented by movement exercises at familiar and less familiar inner-city locations and green spaces. Registrations and information under Tel. 02871 2048 429 or E-Mail [zukunftsstadt\(at\)bocholt\(dot\)de](mailto:zukunftsstadt(at)bocholt(dot)de). The organizer is the "Future City" project in cooperation with the "Leben-im-Alter" association.

Background "Future City Bocholt"

The framework is provided by the project "Future City Bocholt - Breathing Bocholt 2030+", which, among other things, aims to create innovative sports and exercise opportunities for citizens. The Future City project is funded by the German Federal Ministry of Education and Research. Participants include the city of Bocholt, the Entwicklungs- und Betriebsgesellschaft der Stadt Bocholt (EWIBO), the Deutsche Sporthochschule Köln, the Bergische Universität Wuppertal and the Deutsches Institut für Urbanistik. More at www.zukunftsstadt-bocholt.de ↗





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