

26. October 2023

Social

## A sports box for the neighbourhood at the cemetery

### Project as part of the campaign "ReStart - Sport bewegt Deutschland" // Offer for citizens

In Bocholt's cemetery district there is now a new exercise offer for citizens: the Sportbox. It contains sports equipment that can be rented via app.

The idea to apply for the sports box came from the Bocholt Health Guides, who were trained in cooperation between the city of Bocholt and DSPN GmbH from Coesfeld together with IKK classic in order to further develop health promotion in Bocholt's urban society.

The project was implemented in cooperation with the VfL 45 Bocholt, the Leben im Alter association and Bocholter Heimbau. In the future, citizens will be able to use the app "sportbox - app and move" to unlock and open the box themselves and use the sports equipment and outdoor games inside.

In addition to kettlebells in various sizes, the box also contains balls, skipping ropes and a sling trainer. There is also a first aid kit for emergencies. A Viking chess set and a badminton and spikeball set are also available for rent.

#### About the sports boxes

According to the manufacturer, there are now more than 100 sports boxes in four countries. More than 60 cities are participating in the campaign. The box is equipped with a solar cell and can be operated without an external power supply.





*Inaugurating the new sports box together: Gudrun Zieren (volunteer from the Friedhofsviertel neighbourhood), Lukas Heydemeyer (City of Bocholt project dovetailing work and health promotion), Britta Winkeler (board advisor Bocholter Heimbau), Carsten Bilke (board member VfL 45 Bocholt), Andrea Unland (managing director Leben im Alter e.V.), Waltraut Willing (Neighbourhood Manager Leben im Alter e.V.), Max Benda (Head of the Department of Social Affairs), Jeremias Rothhäuser (DSPN GmbH & Co. KG), Lars Hübers (City of Bocholt), Ursula Löken (Health Helper), Agnes Wellkamp (Neighbourhood Manager Leben im Alter e.V.), Rosi Tuente (Health Helper) and Friederike Schwersmann (IKK classic).*

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