

28. April 2022

Social

## Fit into spring: Walking tour through Bocholt city center

**Thursday, May 5, 2022, at 10 a.m. from "Future Office" North Street**

Exercise, sunshine and fresh air are the best tips for preventing the typical spring fatigue and shaking the winter out of your limbs as quickly as possible. On Thursday, May 5, 2022, the next walking tour through downtown Bocholt will take place. The offer is free and open to anyone who enjoys exercise and fitness. The one-hour tour will start at 10 a.m. at the "Zukunftsbüro" on Nordstraße.

Moderate, brisk walking or walking is announced, with sticks or without, supplemented by movement exercises at different inner-city places and places. For registration and information, call 02871 2048 429 or e-mail [zukunftsstadt\(at\)bocholt\(dot\)de](mailto:zukunftsstadt(at)bocholt(dot)de).

The movement offer is organized by the project "future city Bocholt" promoted by the Federal Ministry for education and research in co-operation with the association "life in the age". Participation is free of charge and is aimed primarily at the more mature generation. In recent months, a small group has already established itself that regularly takes part in the offer and is happy to welcome new members.

The focus of the walking tour is on joint exercise. But the focus is also on looking at the urban development of Bocholt's city center - and how this can be perceived as a space for exercise opportunities.

The walking round takes place every first Thursday of the month.

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

The framework is provided by the "Future City Bocholt - Breathing Bocholt 2030+" project, one of the aims of which is 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](http://www.zukunftsstadt-bocholt.de) ↗





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