

13. September 2023

Social

Fit through the autumn with "Sport in the Neighbourhood"

Free open sports offer for everyone // Every Friday 9-10 a.m. in the small park "In der Hardt".

Health and fitness for everyone: With the beginning of autumn, there is once again an open, free sports programme in which citizens can participate. The meeting point is Fridays from 9-10 a.m. in the small park "In der Hardt", directly in front of the Clemens Dülmer School at the sculpture with the three bears.

Registrations and enquiries are accepted by the city of Bocholt at 02871 25131712 or by e-mail [marina.neumann\(at\)caritas-bocholt\(dot\)de](mailto:marina.neumann@caritas-bocholt.de).

Participants can expect a light workout that trains the muscles in the body and strengthens health. Exercises that are close to everyday life are performed with the participants' own body weight and with small equipment. The training is led by physiotherapist Kerstin Groos.

"Sport im Quartier" is a free health and fitness training programme, suitable for the untrained as well as for active people of all ages. It is not about performance, but about doing something for one's immune system and thus for one's health by exercising and having fun outdoors. Just put on comfortable clothes, pack a towel and something to drink - and you're ready to go.

The offer runs until 10 November 2023. All residents of the Nord-Ost and "Giethorst" neighbourhoods, but also all other interested citizens of Bocholt are invited to take part in the course, according to the organisers.

Organiser

The offer is implemented in cooperation between the neighbourhood work of Caritas, TuB Bocholt and the health programme "teamw()rk for health and work" of the Jobcenter Bocholt.

More information on neighbourhood work in Bocholt at www.bocholt.de/quartiere.





*"Sport im Quartier" is a free fitness programme for everyone.
© Stadt Bocholt (Archivfoto)*