

27. January 2022

Social

Fit through the winter: Walking tour through the city center of Bocholt

Thursday, February 3, 2022, at 10 a.m. from "Future Office" North Street

"Moving Bocholt" is the slogan under which the open sporting offer of guided walking rounds through the city center will be continued in 2022 as part of the "City of the Future" project. On the first Thursday of each month, moderate brisk walking or walking is the order of the day, with or without poles, supplemented by physical exercises at various inner-city locations and squares.

The next walking round will take place on Thursday, February 3, 2022. The meeting and starting point is the Zukunftsbüro (Nordstraße 49) from 10 a.m. onwards. Participation in this open fitness offer is free of charge and is primarily aimed at the more mature generation.

The offer is intended to change the perspective on the urban structures of Bocholt's city center and its perception in order to focus more on it as a living space with suitable opportunities for exercise. The city center is just not only shopping and gastronomy area, but offers many opportunities to do something for their own health. "You just have to perceive and recognize them," explains Marie-Luise Klein, who designs the sporting offer.

Registrations and information under Tel. 02871 2048 429 or e-mail [zukunftsstadt\(at\)bocholt\(dot\)de](mailto:zukunftsstadt(at)bocholt(dot)de).

Organizer is the project future city in co-operation with the association life in the age.

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. ↗





© *Stadt Bocholt*