

Groupe Sportif Pour Personnes en Surpoids

What is the Groupe Sportif Pour Personnes en Surpoids?

Created in 2012, the Groupe Sportif Pour Personnes en Surpoids relies on Medizinische Sport Gruppen für Personen mit Orthopädischen & Metabolischen Störungen (MSGOM) which is a non-profit organization. Physical activity is proposed for overweight and obese people.

Offer in the way of physical activity

The Groupe Sportif Pour Personnes en Surpoids proposes physical activities which are adapted to the fitness and the body composition of the participants. This group aims to change participants' behavior by being more active, which could also help to lose weight.

Types of exercises offered

The exercises include aerobic training, strength training, (ball) games and relaxing exercises. The intensity of the exercises and the conditions of their completion are adapted to each person's capacity (e.g. adapted movements to avoid joint pain). The sessions are supervised by experienced physiotherapists or athletic trainers.

Who can participate?

Anyone who is overweight or obese can participate. Beforehand, patients must undergo a medical consultation at the Clinique du Sport, consisting of an anamnesis and a stress test to evaluate their fitness level. A medical doctor can then clear the patient for physical activity based on the results.

Where and when are the sessions held?



General
physical
training

Monday
6 to 7.30 pm

Sports Hall
Lycée Technique Ecole de
Commerce et Gestion
Geesseknäppchen - Luxembourg



Aquaerobics

Thursday
7 to 8 pm

Complexe Sportif Belair
Luxembourg



Information & registration

Dr. Thomas Thünenkötter



+352 4411-7333



thuenenkoetter.thomas@chl.lu



www.chl.lu/clinique-du-sport

Patrick Meneguz



+352 691 165 956



patrick.meneguz@education.lu

What are the costs?

The costs are 120 € per semester.