

# Groupe Sportif Pour Adolescents en Surpoids

## What is the Groupe Sportif Pour Personnes en Surpoids?

Created in 2015, the Groupe Sportif Pour Adolescents 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 teenagers.

## Offer in the way of physical activity

The Groupe Sportif Pour Adolescents 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.

## Where and when are the sessions held?



General  
physical  
training

Monday  
4.45 to 6.00 pm

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



## Information & registration

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## What are the costs?

The mentioned activities are free of charge.

The group receives subsidies from the Oeuvre Nationale Grande-Duchesse Charlotte