

# Movin' Kids

## What is "Movin'Kids"?

In 2010, the Medical Service of the Schools of Luxembourg City in collaboration with the Luxembourg City Sports Service has established a group of physical activity for overweight children. The project has been launched at the start of the academic year 2010-2011. The aim is to provide children the love of moving and feeling of success without being involved in competition. This is done in an atmosphere of well-being whilst creating team spirit. Furthermore, specific workshops on eating habits and self-esteem are organized. A dietary monitoring is offered to families.

## Offer for physical activity

Games and various sports activities are offered to the children. These activities are organized outside as well as inside in the gym; multi-sport and gymnastics are proposed, and, in addition, swimming is offered alternately. The intensity of the exercises and the level of difficulty are adapted to each participant's abilities. All of these activities are animated and supervised by sport monitors from the Sports Service who have the appropriate qualifications.

## Offer for health promotion

Physical activity is important but a balanced and healthy diet is also necessary for the well-being of children. In this context, workshops on healthy eating and self-esteem are offered by the Medical Service as well as a dietetic follow.

## Who can participate?

The registration is open to all children from Luxembourg-City with overweight trouble at the age of 8 to 12 years. The recruitment is done after the screening of the children during their medical examination as part of the school medicine. A registration at the initiative of their parents is also possible after the control if the file by the medical team. The upper limit of participants is 20.



## Information & registration

Service médical des écoles de la Ville de Luxembourg  
20 rue du Commerce  
L-1351 Luxembourg



+352 4796-2505



cremesch@vdl.lu (Mme Carole Remesch)



www.vdl.lu

Service des sports de la Ville de Luxembourg  
5 rue de l'Abattoir  
L-1111 Luxembourg



+352 4796-4401



mklein@vdl.lu (M. Michel Klein)



www.vdl.lu

## Where and when are the sessions held?



**Multi-sports  
Gymnastics**

Tuesday  
3.00 to 4.00 pm

Sports Center Gare  
Rue de Strasbourg  
Luxembourg



**Health  
workshops**

Tuesday  
2.00 to 3.00 pm

Sports Center Gare  
Rue de Strasbourg  
Luxembourg



**Swimming**

Tuesday  
3.00 to 4.00 pm

Sports Center Gare  
Rue de Strasbourg  
Luxembourg



**Dietary  
consultations**

Tuesday  
on request

Sports Center Gare  
Rue de Strasbourg  
Luxembourg