

# Nordic walking

## What is Gesond Diddeleng?

In the frame of the concept of health promotion from the working group « Gesond Diddeleng », the city of Dudelange offers weekly physical activity training sessions. The program aims to create the condition to move and having fun in groups and so to promote the well-being of the citizens.

## Offer in the way of physical activity

In the frame of the concept “Gesond Diddeleng”, a Nordic Walking course has been created in 2011 especially for overweight and obese adults or adults with orthopedic disorders.

## Types of exercises offered

The intensity of the Nordic walking and the level of difficulty are adapted to each participant's capacity. All of these activities are animated and supervised by sport monitors with appropriate diploma.

## Who can participate?

Anyone who is overweight or obese can participate. People with orthopedic disorders can also participate.



## Information & registration

Gesond Diddeleng

Service santé scolaire

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[www.dudelage.lu](http://www.dudelage.lu)



[www.facebook.com/gesondiddeleng](https://www.facebook.com/gesondiddeleng)

## Quand et où se tiennent les séances ?



Nordic walking

Once a week  
To be determined  
according to the trimestral  
schedule

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## What are the costs?

The costs are 50 € per year and a registration by the Service Santé Scolaire of Dudelange is necessary.