

## Congress: Holistic Promotion of Health of Children and Adolescents

On March 13 and 14, 2015, the Congress Will Take Place for the 6<sup>th</sup> Time at KIT and Provide Suggestions for All, Who Work with Children on the Professional or Private Level



*Exercise is a central element of health promotion of children. (Photo: Christian Schwier/Fotolia)*

For children having deficiencies in motor skills, it is very difficult to catch up. Differences in fitness substantiate with time. This is the result of a large-scale long-term study of the Institute of Sports and Sports Science (IfSS) of KIT. According to the study, it is important to focus on exercise in early infancy already. The congress will deal with the question: “Wie bringen wir Kinder und Jugendliche in Bewegung?” (How do we put children and adolescents in motion?). The congress (in the German language) will take place on March 13 and 14, 2015 on KIT Campus South.

[...]

Karlsruhe Institute of Technology (KIT) is a public corporation pursuing the tasks of a state university of Baden-Württemberg and of a national research center of the Helmholtz Association. The KIT mission combines the three strategic lines of activity of research, higher education, and innovation. With about 9,400 employees and 24,500 students, KIT is one of the big institu-

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