

Press Release 016/2009
Moving More and Eating Better

Kids' Gymnastics Congress at Karlsruhe from March 26 to 28



Exercise strengthens the body awareness of children – a congress at KIT will present ways of how it can be enhanced.

(Photo by: www.pixelio.de)

From March 26 to 28, Universität Karlsruhe will host the Kids' Gymnastics Congress "Kinder bewegen" (Moving Kids) for the third time after 2004 and 2007. The congress will focus on improving the health of children and teenagers. It will emphasize the significance of exercise, games, and sports in a sedentary world. "They enhance body awareness and contribute to a healthy development", says Professor Klaus Bös from the Institute of Sports and Sports Science at Universität Karlsruhe.

The congress will be organized by Universität Karlsruhe, the Max Rubner Institute (MRI) Karlsruhe, the Research Center for School Sports and Sports of Children and Young People, (FoSS) Karlsruhe, the Universität Konstanz, and the AOK Baden-Württemberg. The event will be funded by the Kids' Gymnastics Foundation of Baden-Württemberg. It supports the aims of the congress: "Promotion of kids' gymnastics as a basic experience of exercise is in the focus of our work", says Thomas Renner, chairman of the Executive Board of the Kids' Gymnastics Foundation of the Badischer and Schwäbischer Turnerbund (Baden and Swabian Gymnastics Association). The congress will take place under the auspices of Dr. Ursula von der Leyen (Federal Minister of Family Affairs, Senior Citizens, Women, and Youth) and Ilse Aigner (Federal Minister of Food, Agriculture, and Consumer Protection). The main sponsor of the congress is the foundation RUFZEICHEN GESUNDHEIT! (CALL SIGN HEALTH).

The congress above all addresses teachers, educators, students of pedagogics, trainers, scientists, experts in the health care sector, staff of social, school, and sports administrations as well as representatives of kids, youth, and sports organizations. It shall serve as a platform for the exchange of information and a place of advanced training. Registrations are welcome.

Up to 1000 participants in the congress will have the opportunity to listen to 15 main presentations of renowned speakers. In addition, they may choose among more than 100 working groups and practical workshops. They will be familiarized with intervention programs and provided with background information, practical recommendations, and suggestions for gymnastics courses. The program will be accompanied by an exhibition relating to the fields of exercise, games, sports, and nutrition. Moreover, a running competition will take place for the first time on Friday, March 27, 10:30 hrs. About 1000 children from schools in Karlsruhe will take part.

The Karlsruhe Institute of Technology (KIT) is the merger of the Forschungszentrum Karlsruhe, member of the Helmholtz Association, and the Universität Karlsruhe. This merger will give rise to an institution of internationally excellent research and teaching in natural and engineering sciences. In total, the KIT has 8000 employees and an annual budget of 700 million Euros. The KIT focuses on the knowledge triangle of research – teaching – innovation.

The Karlsruhe institution is a leading European energy research center and plays a visible role in nanosciences worldwide. KIT sets new standards in teaching and promotion of young scientists and attracts top scientists from all over the world. Moreover, KIT is a leading innovation partner of industry.

ele, February 23, 2009

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