

## **Exercise for Children**

Sports clubs are well-organized in Minden. They offer a number of sports and activities ranging from parent-child-exercises, pre-school activities to specific sports offers such as handball, football, judo, rock-climbing, gymnastics, track-and-field, table tennis, and swimming. All groups offer children the opportunity to plan sports and share experiences with others in society.

Exercise and sports are basic needs of children and play a fundamental role for a stable, happy, and healthy child development process. Sports contribute significantly to the development of the child-personality and promotion of health. Endurance, strength, speed and flexibility are practiced through physical activities and training.

This brochure contains over 120 different sports and activities offerings for children up to age 10, who are or are not handicapped. Trainers, club representatives and employees of the sports office, *Sportbüro*, in the Stadt Minden are happy to advise and help you find the right offer for your children.

This brochure is promoted by the NRW project, "KommSport – strengthening the youth and children". An initiative of the *Staatskanzlei NRW* and the *Landessportbundes NRW*.