

WELCOME TO THE WOMEN-SPORTWEEKS 2009!

Regular exercise, interesting encounters and fun doing sports together – that is what our club offers. Once again, the German Olympic Sports Confederation and the Federal Ministry of Health will be jointly launching the WomenSportWeeks. With this nationwide action programme, we want to invite even more mothers, daughters, colleagues, friends and neighbours to discover how much fun it is to practise sport and to exercise in a club setting. We are looking forward to welcoming all women and girls who want to do something for themselves and their health!

ADDRESSES



Ulla Schmidt
Federal Minister of Health

Sports and exercise boost both our self-confidence and our health. You do not need to become a top athlete to enjoy these benefits. Even something as pedestrian as a 3,000 step walk, about half an hour of exercise, has positive health effects. Therefore, the motto of our “Physical Activity and Health” campaign is “3,000 extra steps every day”. Of course, sport and exercise are a lot more fun in a club. So, I would like to encourage you to participate in the

WomenSportWeeks, make new friends and discover your personal health programme.



Ilse Ridder-Melchers
Vice President of the DOSB (German Olympic Sport Confederation)

WOMEN WIN! is the motto chosen by the German Olympic Sport Confederation for 2009. Together with our associations and clubs, we are reaching out to many “non-sporty” women and girls to engage them in sports and exercise. This is not only about fitness and health, it is also about the personal experience that community sport is enjoyable and fosters social relations. I am glad that, in 2009, the Federal Ministry of Health is once again the partner of the German Olympic Sport Confederation and hope that many

women and girls will test the services offered by our clubs and will stay with them.

YOU CAN ENTER YOUR CONTACT DATA HERE:

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Information on the WomenSportWeeks is also available at:
www.die-praevention.de or www.dosb.de



Bundesministerium
für Gesundheit



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