



## #53 DER FAMILIENSPO-RT-GUIDE

Developed by: German Olympic Committee

Year and country: 2011, Germany

Type of project: Toolkit

<http://www.familie-sport.de/de/familie-und-sport/familiensport-guide/>

### Synthesis of the case study

The Family Sports Guide makes it easy for everyone to find answers - regardless of what "sports" means in their case. Whether it is games for a family day, a common club sport for daughter and son or a movement offer for parents with toddlers: you will find enough stimulation from different activities like swimming, bowling, handball and many more.

### Context and approach

Provide solutions and ideas for physical activity for families regardless of seasons and weathers. It helps users to find right activities considering their tastes, fitness capacity and family structure.

### Objectives / Challenges

To find the right activity for each user and their family, to encourage them to be physically active more regularly and provide tips on how to include physical activities into everyday life.

### Target

Families regardless of their composition and interests in sports activities.

### The deliverable (What did they do specifically?)

Database with access to information for more than 41 activities and the possibility of finding the right one by filtering age, weather and season of the year.

### Key learnings

- Sports and physical activity can be a family activity;
- sports can be included in everyday life, no matter the weather, the season or the interest of each family member.

#### Contact information

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