PRESSEMITTEILUNG

**Top Athletes Help Düsseldorf Primary School Kids Get Fit**

**The children participating in the initiative “SMS. Be smart. Join in. Be fit.” of the German Diabetes Center gain insight into the lives of top athletes.**

(Düsseldorf, June 23, 2017) Inka Grings, two-time European champion in football, Ralf Jaros, multiple German champion in the triple jump, Felix Otto, world champion in rowing, and Hendrik Beyer, multiple German champion and Olympic participant in the high jump visit the primary schools participating in the initiative “SMS. Be smart. Join in. Be fit.”of the German Diabetes Center. The school children have the opportunity to get acquainted with the star athletes, ask them questions about their sport, the competitions and the training and what life is like as a top athlete. Then there is time for a joint exercise session. Through selected exercises, the athletes introduce the kids to their particular sport and show them how much fun exercise can be.

“Unfortunately, nutrition and exercise are given too little attention in this day and age. I believe that through the SMS initiative these topics can be interesting and exciting for the kids, and it is only natural for me, especially as a native of Düsseldorf, to support this initiative," said Inka Grings, explaining her commitment. “Who could convey the importance of regular exercise and a balanced diet more convincingly than successful athletes?" said project leader Professor Karsten Müssig, stressing the importance of the mentors in the SMS initiative.

The initiative “SMS. Be smart. Join in. Be fit." led by Professor Karsten Müssig at Düsseldorf primary schools seeks to counteract overweight/obesity and other lifestyle-related diseases in childhood and adolescence. The children earn their “aid” nutrition pilot license in cooperation with the Educational Center for Dietary Assistants of the Kaiserswerther Diakonie and take part in the exercise program for primary schools “Fitness for Kids” developed by sports scientist Professor Kerstin Ketelhut.
In addition, the pupils experience the perception of their own body in the sensory classroom of the Präha Weber School in a motor skills training course. They are also taught relaxation exercises in cooperation with the initiative “Physical Activity during School Recess” of the Dietrich Grönemeyer Foundation and the Deichmann company. The two health insurance companies IKK classic and KKH, the organization diabetesDE - German Diabetes Aid, the Sports Department of Düsseldorf and other renowned partners and prominent people support the project and provide the participating school children with additional attractive venues for learning outside of school. The patron of the initiative is Thomas Geisel, mayor of the state capital Düsseldorf. In 2015 the SMS initiative was awarded the support logo of IN FORM – Germany’s initiative for a healthy diet and more exercise, and in 2016 was awarded the GUT DRAUF label of the German Center for Health Education (BZgA).

Dates:

Inka Grings, June 26,2017, 10:00 am – 11:30 am

KGS Mettmanner Straße, Hubbelrather Straße 13, 40233 Düsseldorf

Ralf Jaros, June 26, 2017, 12:00 noon – 1:30 pm

GGS Flurstraße, Flurstraße 59, 40235 Düsseldorf

Felix Otto, June 26,.2017, 1:30 pm – 3:00 pm

Paul-Klee-Schule, Gerresheimer Straße 34, 40211 Düsseldorf

Hendrik Beyer, June 27, 2017, 10:30 am – 12:00 noon

Mosaikschule, Am Massenberger Kamp 45, 40589 Düsseldorf

Further information about the initiative is available at: [www.sms-mach-mit.de](http://www.sms-mach-mit.de)

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**Contact DDZ**

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The German Diabetes Center (DDZ) understands itself as the German reference center for diabetes. It aims to contribute to the improvement of prevention, early detection, diagnosis and therapy of diabetes mellitus. At the same time, the epidemiological data situation in Germany shall be improved. The DDZ is responsible for the multi-center German Diabetes Study. It is a point of contact for players in the health sector, prepares scientific information on diabetes mellitus, and makes it available to the public. The DDZ is a member of the Leibniz Association (WGL) and is a partner in the German Center for Diabetes Research (DZD e.V.).