



# MOVE WEEK

THE EUROPEAN WEEK OF SPORT AND PHYSICAL ACTIVITY

## TJEDAN KRETANJA

JOIN THE MOVE WEEK

1 TO 7 OCTOBER  
2012

### ABOUT THE MOVE WEEK

**WHAT:** The European week of sport and physical activity – MOVE WEEK

**WHY:** To promote a wider participation in sport and physical activity

**WHERE:** Across Europe

**WHEN:** First week of October

**WHO:** Sport organisations, cities, communities, clubs and institutions

**HOW:** Through community events that further the participation in sport and physical activity

## EUROPSKI TJEDAN SPORTA I TJELESNE AKTIVNOSTI

## GRAD PRELOG I TURISTI KA ZAJEDNICA GRADA PRELOGA

### ORGANIZIRAJU

SRIJEDA 03.10.2012.

16:00 OKUPLJANJE NA TRGU SLOBODE U  
PRELOGU

16:15 ZUMBA ZA SVE (trening na otvorenom)

16:30 PJEŠA ENJE ULICAMA GRADA  
PRELOGA

NEDJELJA 07.10.2012.

8:00 BICIKLIJADA, TRG SLOBODE 1

Suorganizatori: Planinarsko društvo Prelog, Udruga "Laganini"  
Prelog, Udruga umirovljenika Grada Preloga

**NOWWEMOVE.COM**

In association with:



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KADA:

01.-05.10.2012. od 10,30-10,45 i od 12,30-12,45

ORGANIZATOR:

ZAVOD ZA JAVNO ZDRAVSTVO MEĐIMURSKE  
ŽUPANIJE

AKTIVNOSTI:

SVAKI DAN JEDNA DODATNA PAUZA  
OD 15 MINUTA ZA TJELESNO VJEŽBANJE SVIH  
ZAPOSLENIKA

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**KADA:**  
06.10.2012. u 13h

**ORGANIZATORI:**  
UDRUGA GRAĐANA "GARDRUŽA" GARDINOVEC  
KLUB MLADIH GARDINOVEC

**AKTIVNOSTI:**  
ŠETNJA DO STARE CIGLANE  
NORDIJSKO HODANJE  
AEROBIK  
ODBOJKA NA PIJESKU  
RAZNE IGRE

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KADA:

06.10.2012. u 10,30h

ORGANIZATOR:

OPĆINA PRIBISLAVEC

AKTIVNOSTI:

ŠETNJA NOVOM ŠETNICOM PRIBISLAVCA

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KADA:  
01.-07.10.2012.

ORGANIZATOR:  
DJEČJI VRTIĆ  
"IVANE BRILIĆ MAŽURANIĆ" ZAGREB

AKTIVNOSTI:  
JUTARNJA TJELOVJEŽBA NA ZRAKU  
MOTORIČKI POLIGON PREPREKA (RAZNE IGRE)  
VESELE SPORTSKE IGRE DJECE I RODITELJA,  
ŠETNJA (djece i roditelja)

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**KADA:**  
03.10.2012. u 10h

**ORGANIZATORI:**  
KLUB LARINGEKTOMIRANIH ŽUPANIJSKE LIGE  
PROTIV RAKA ČAKOVEC  
ZAVOD ZA JAVNO ZDRAVSTVO MEĐIMURSKE  
ŽUPANIJE

**AKTIVNOSTI:**  
Akcija pod nazivom „Zajedno smo jači i glasniji“:  
TJELESNO VJEŽBANJE NA OTVORENOM  
NATJECATELJSKE IGRE

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EUROPSKI TJEDAN SPORTA I TJELESNE AKTIVNOSTI

KADA:

02.i 04.10.2012. u 18,30

ORGANIZATOR:

UDRUGA ŽENA GORNJI HRAŠČAN

AKTIVNOSTI:

ZUMBA FITNESS

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**KADA:**  
06.10.2012. u 8h

**ORGANIZATOR:**  
GRAD MURSKO SREDIŠĆE

**AKTIVNOSTI:**  
ŠETNJA RUDARSKO – MURSKIM PUTEM

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KADA:  
05.10.2012.

ORGANIZATORI:  
DJEČJI VRTIĆ "RIBICA" ŽABNIK  
SVETI MARTIN NA MURI

AKTIVNOSTI:  
TRČANJE I NOGOMET (na dječjem igralištu)  
HODANJE (do mlina na rijeci Muri)

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**KADA:**  
02.10.2012. u 10h

**ORGANIZATORI:**  
ZAVOD ZA JAVNO ZDRAVSTVO MEĐIMURSKE  
ŽUPANIJE  
KNJIŽNICA "NIKOLA ZRINSKI" ČAKOVEC

**AKTIVNOSTI:**  
RADIONICA U KNJIŽNICI NIKOLA ZRINSKI U  
ČAKOVCU

"Fizičkom aktivnošću do snage i  
energije u trećoj životnoj dobi"

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KADA:  
02. ,04. ,06.10.2012.

ORGANIZATORI:  
DJEČJI VRTIĆ "POTOČNICA" MALA SUBOTICA  
UDRUGA SPORTSKE REKREACIJE "SPORT ZA SVE"  
MALA SUBOTICA

AKTIVNOSTI:  
NATJECATELJSKE IGRE  
PJEŠAČENJE  
VOŽNJA BICIKLIMA

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KADA:

01.,03.,04 i 05.10. 2012.

ORGANIZATOR:

CENTAR ZA ODGOJ I OBRAZOVANJE ČAKOVEC

AKTIVNOSTI:

AEROBIK NA OTVORENOM (učenici, djelatnici)

ŠETNJA ZNAMENITOSTIMA ČAKOVCA (učenici)

ZDRAVIJE NA POSAO (djelatnici)

PLIVANJEM DO ZDRAVLJA (učenici, djelatnici, roditelji)

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01.-07.10.2012.

ORGANIZATOR:  
DJEČJI VRTIĆ KOTORIBA

AKTIVNOSTI:  
JUTARNJA GIMNASTIKA  
KROS  
MLATIĆ PUTUJE (pokretna igra)  
GRANIČARI  
ŠTAFETNE IGRE

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