



Harry – gefangen in der Zeit

Culture and society

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Harry urgently needs to get in shape – just like many people in Germany, incidentally. According to a study by the World Health Organization, more than 40% of people in the country do not exercise enough – even though there are so many ways to work out. Fitness studios, for example, offer weight training, indoor cycling and courses like Pilates, yoga or strength exercises. The reasons why people go to a gym vary. Some want to improve their figure or build up muscles. Others simply want to stay fit and healthy.

Traditionally, however, people in Germany tend to work out in sports clubs, motivated by a German adage that says sports are best in a club. There are over 88,000 sports clubs, with a total of more than 24 million members. The oldest club was founded in 1814. In these clubs, you can play sports with others for a small membership fee. The clubs also organize competitions and festive events. Financial gain is not a priority, as the clubs are non-profit organizations. The members finance the sports club themselves and are involved in organizational matters and administration. After his traumatic experience at the gym, this might be a real option for Harry!