



JUST MOVE!

by Kirsten Esch



SYNOPSIS

In 2016, 4 million people worldwide died as a result of lack of "motion": We are becoming "couch potatoes" and Corona has dramatically amplified this effect. The health of the poorest is particularly affected. What needs to change in the health care system and in politics in order to counteract the lack of exercise globally? Because we prove in our film that "movement" can even heal.

CAST AND CREW

DIRECTOR Kirsten Esch

2023

90 min

ORIGINAL TITLE

DIE BEWEGUNGSKRISE

FORMAL CATEGORIES

Social issues, Sports

ORIGINAL LANGUAGES

German, English

PREMIERE

Germany (2023)

WORLD SALES

[MAGNETFILM GmbH](#)

Torstraße 154

10115 Berlin

Germany

georg.gruber@magnetfilm.de

<http://www.magnetfilm.de>

PRODUCTION COMPANY

[Südkino Filmproduktion GmbH](#)

Jahnstr. 13

80469 München

Germany

mail@suedkino.de

<http://www.suedkino.de>