



Press release

Sports and Meditation: Urban Sports Club partners with the mindfulness app Headspace

Berlin, 22 August 2019 - From 22 August 2019 **Urban Sports Club** members will be able to use the entire catalogue of **Headspace mindfulness and meditation content for free** for three months. In a constantly accelerating society, in which information floods are part of everyday life and constant availability is demanded - at work as well as in private life - the need for (mental) self-determination and deceleration increases. In addition to sport, meditation has also become increasingly popular in recent years as a method of counteracting stressful everyday life with all its challenges. With this in mind, the two digital providers **Urban Sports Club** and **Headspace, the world's leading meditation brand**, are joining forces to expand the offer for Urban Sports Club members.

[Studies](#), with athletes who confirm that mindfulness-based practices such as meditation can lead to a better handling of emotions and thus have a positive effect on the results, especially in competition, have shown that the two disciplines, sport and meditation, not only have things in common, but also strengthen each other. In addition to the physical condition, the mind has

been proven to play a decisive role in sporting success. However, being physically in the right form is not enough if the mental condition is a hindrance.

In addition to controlling one's own emotions, meditation also has other positive effects that enhance sporting routine: better sleep leads to faster recovery after training, and stress reduction leads to more focus during sessions. Regular meditation practice in connection with sport can also have a positive effect on endurance and considerably improve the connection between mind and body, making it easier to analyse and correct weak points. Ultimately, the practice requires meditation, as it does any sport, exercise and endurance. Discipline in the form of daily practice is central in both disciplines.

"Health means not only physical, but also mental well-being. It can be the first step to achieve general well-being through physical health. But it is just as important to sharpen your awareness and to have a clear mind to overlook your current state and to act accordingly. Only through the synergy of a healthy body and mind we can live a holistic, healthy and happy life".

- Roland Guggemos, M.Sc. Health Sciences, Project Manager Health at Urban Sports Club

While **Headspace** with its wide range of digital mindfulness sessions offers people the opportunity to deepen their meditation practice anytime and anywhere, **Urban Sports Club** offers meditation courses and sessions in selected studios, in smaller or larger groups. Through the cooperation, **Urban Sports Club** members no longer have to decide in which form they want to pursue their practice: Whether online and for themselves or in the company of others - both are possible for the next three months!

This is how it works: The individual access code was sent by e-mail to all members who subscribed to the Urban Sports Club newsletter. If the code has not arrived, you can contact support at hello@urbansportsclub.com and request a new one. The codes are limited and the 3-month free subscription ends automatically without a separate notice.

About Urban Sports Club

Urban Sports Club offers a flexible flat-rate sports membership. The mission is to help people lead a healthy and active lifestyle. Club members can choose from 50+ activities - ranging from classic gym workout, swimming, yoga, or bouldering, to team sports and lots more - and more than 6000 partner venues in Germany, France, Italy, Spain & Portugal. Variety, flexible conditions as well as team sports and wellness are offered both for private customers and companies.

About Headspace

Headspace was created with one mission in mind: to improve the health and happiness of the world. To help them achieve this goal, they aim to inspire, guide and support their members on every step of their meditation and mindfulness journey. Reaching more than 54 million users in 190 countries, Headspace is a leader in the mindfulness and sleep categories and is committed to advancing the field of mindfulness meditation through clinically-validated research. The company also operates “Headspace for Work,” a B2B offering that brings its meditation products and services to more than 350 companies, such as LinkedIn, to help them build healthier, more productive cultures and higher performing organizations. For more information please visit [Headspace](#).

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