



URBAN SPORTS CLUB

Press release

One year of home office: rest your eyes and breathe with Urban Sports Club

Berlin, 13.04.2021 - April 28th is the World Day for Safety and Health at Work. This year, the focus is on pandemic working conditions. It's a good opportunity to look closely at the negative side effects of working from home which are affecting more and more people. Currently, people spend most of their time writing emails, joining video meetings and watching TV series. The eyes barely get a break. We take in about 80% of information through the eyes, which means they need a lot of care, attention, rest and training.* Urban Sports Club offers classes that rest the eyes and train the body at the same time, such as yoga, tai chi, fitness and surfing. Every minute of movement compensates for one minute of sitting in front of the screen, and helps prevent negative side effects from excessive screen time.



Franka Schuster
Public Relations Lead
Email: franka.schuster@urbansportsclub.com
Tel: +49 (0) 171 298 8941

Cristina Krenzer
PR Manager
Email: cristina.krenzer@urbansportsclub.com
Tel: +49 (0) 170 220 9310



Tai chi, yoga and meditation: look inward

Every year millions of people seek medical help for digital eye strain (computer vision syndrome), as well as neck pain, headaches, dizziness, difficulty focusing, double vision, nearsightedness and more. Those who struggle with these symptoms can find relief in everyday activities. [Yoga](#) and [meditation](#), for example, consciously activate the eyes and help focus the breath. Yoga teachings also speak of the third eye, which is the energy center in the middle of the forehead. Conscious, deep breathing and focus on this chakra helps activate the pineal gland. Exercise in daylight - such as [Tai Chi](#) in the park - and restful sleep in complete darkness can also help with eye strain. But meditation is most effective and helps relieve headaches and improves concentration and vision.



Fitness, dance, and water sports: look into the distance

The eyes need variety, which is why adjusting to different distances and loosening the jaw muscles helps exercise the nervous system and the muscles surrounding the visual organ. This helps relax the eyes and provides them with sufficient oxygen. In some sports, balance is maintained by focussing on a specific point, for example when standing on the board during [surfing](#) or pirouette during [dance](#).

Franka Schuster
Public Relations Lead
Email: franka.schuster@urbansportsclub.com
Tel: +49 (0) 171 298 8941

Cristina Krenzer
PR Manager
Email: cristina.krenzer@urbansportsclub.com
Tel: +49 (0) 170 220 9310



URBAN SPORTS CLUB

Find work-life balance with Urban Sports Club

Ultimately, any kind of sport and relaxation course helps counteract symptoms caused by excessive screen-time. Urban Sports Club's [live online courses](#) offer a wide range of exercise options which can be enjoyed with colleagues or friends. [Fitness courses](#), [HIIT workouts](#) and [functional training](#) help prevent injury thanks to their holistic focus.

Now more than ever, companies understand they have a responsibility to promote the mental and physical health of their employees. A balanced sports and relaxation program helps prevent exhaustion as well as the negative effects of home office. With Urban Sports Club's flexible sports and fitness offer for companies and private members, techniques can be learned to offset the effects of excessive digital consumption while discovering something new.

*Käsmann-Kellner, B. (2005): Childhood visual impairment and blindness- then and now. Consequences and changes in the last 25 years using the example of the Louis Braille School for the Blind and Visually Impaired of the Saarland, Lebach. In: blind-visually impaired 2/2005, 67-79.

About Urban Sports Club

Urban Sports Club offers a flexible sports flat rate. The aim is to encourage people to lead a healthier and more active lifestyle through the largest and most varied range of sports offers. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can choose from over 50 sports to create their own unique training plan and discover new activities to feel passionate about. With over 10,000 partner locations in six countries in Europe (Germany, France, Spain, Italy, Belgium, Portugal), members can check-in for sports via the Urban Sports Club app. Since merged with OneFit, the Urban Sports Club network has more than 12,000 partners to choose from. Private and corporate customers can choose to train in studios, outdoors or online via livestream. Urban Sports Club employs over 40 different nationalities in locations across Europe.

Franka Schuster
Public Relations Lead
Email: franka.schuster@urbansportsclub.com
Tel: +49 (0) 171 298 8941

Cristina Krenzer
PR Manager
Email: cristina.krenzer@urbansportsclub.com
Tel: +49 (0) 170 220 9310