



URBAN SPORTS CLUB

Press release

Hot and cold: Stay fit in winter with extreme temperatures and Urban Sports Club

Berlin, Feb. 15, 2022 – The shopping cart can never have enough fresh fruit, ginger shots and vitamin D supplements, especially in the winter months. Strengthening the immune system is at the top of everyone's to-do list at the start of the year, but it's not just diet that helps us to achieve this goal. To get through winter in shape and with a healthy immune system, it's important to combine high and low temperatures with physical fitness. Urban Sports Club has asked experts for tips, tricks and activities that expose the body to extreme temperatures – from ice bathing to hot yoga.



Ice Bathing and Cryotherapy: Out of the comfort zone and into the cold

Extreme athlete Wim Hof has won over hundreds of thousands of people with his cold breathing techniques. But did you know soccer star Cristiano Ronaldo also swears by cold therapy and even has his own cryochamber in his house? Here's why some might choose to bathe in an ice-cold pool rather than a warm bubble bath: "Exposure to extreme cold relieves pain, minor injuries, strengthens

Franka Schuster
Public Relations Lead
E-Mail: franka.schuster@urbansportsclub.com
Telephone: +49 (0) 171 298 8941

Franziska Müller
PR & Communication Specialist
E-Mail: franziska.mueller@urbansportsclub.com
Telephone: + 49 (0) 1719729837



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the immune system and increases physical performance,” says physician and sports medicine specialist Dr. Paul Schmidt-Hellinger. “The body also releases stress hormones like adrenaline and cortisol, an anti-inflammatory hormone. These stress hormones release white blood cells from the spleen into the blood, which is crucial for a strong immune system.”

It's important to ease the body slowly into the cold to prepare for ice bathing. Cold showers that last from 30 seconds to one minute are the perfect way to get used to ice baths. Nadja Raoufi and Sebastian Habersetzer from Urban Sports Club's partner [OpenGymMunich](#) suggest the following:

- Always go ice bathing with a partner or in a group, not alone. It's more fun together anyway.
- Get into the water slowly – do not jump directly in.
- Stay calm and concentrate fully on your breathing.
- Beginners shouldn't stay in the water too long and should increase the time they spend in the water slowly.
- Change into warm clothes immediately after bathing.
- Remember to keep your head dry and wear a cap while bathing.
- Enjoy the warm, tingling feeling afterwards.

If you're keen to try something unusual, freeze yourself in an ice chamber for two minutes at -110 °C at our partner studio [Cryopoint](#) in Berlin. The extreme cold has numerous advantages – it accelerates acute muscle recovery after strenuous workouts, boosts performance, helps with weight loss through exercise and improves overall health and well-being. No wonder Cristiano Ronaldo transported a cold chamber from Italy to his home in England.



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Sauna and hot yoga: sweat for better immunity

The body longs for warmth in the winter months, and when it's bitterly cold outside we put the heating on full blast. But sitting in front of the fireplace with a hot chocolate isn't enough to boost the immune system, unfortunately. It's only when the body really starts to sweat that we experience the positive effects of extreme heat, such as a boosted immune system and better skin. Hot yoga is a great yoga variant when it's really cold outside. Temperatures of 38 °C with 50% humidity create tropical conditions to make strength, breathing and balance exercises even more challenging and make you drip with sweat. Other benefits include detoxification of the body, fasciae stimulation, relaxed muscles and a peaceful mind. If you want to experience it yourself, you can do so at Urban Sports Club's partners [Bikram Hot Yoga im Tal](#) in Munich or [Hot Yoga Norderstedt](#) in Hamburg.

Franka Schuster
Public Relations Lead
E-Mail: franka.schuster@urbansportsclub.com
Telephone: +49 (0) 171 298 8941

Franziska Müller
PR & Communication Specialist
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Telephone: + 49 (0) 1719729837



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For ultimate heat exposure, visit a sauna. "Steam saunas reach 60 °C and Finnish saunas up to 100 °C – although sports should not be done at these temperatures, as the extreme heat will exhaust the body," says Dr. Schmidt-Hellinger. "A sauna session can trick the body into thinking it has a fever, which triggers an immune response which strengthens the immune system. So when the body battles a real virus, its defenses will be strengthened." A sauna session is great for the whole body, because it stimulates the metabolism and sets essential processes in motion, plus the change from warm to cold positively impacts the heart cycle system. Urban Sports Club members can experience extreme heat and extreme cold at partners such as [Hof Hahn GmbH](#) in Cologne and [Garden Eden Wellness](#) in Frankfurt.

Franka Schuster
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E-Mail: franka.schuster@urbansportsclub.com
Telephone: +49 (0) 171 298 8941

Franziska Müller
PR & Communication Specialist
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Telephone: + 49 (0) 1719729837



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It's important that members ease themselves into these activities to maximize the benefit to their mental and physical health. When done correctly, exposure to extreme temperatures helps boost the immune system, detoxifies the body, improves the skin and optimizes the cardiovascular system.

ABOUT URBAN SPORTS CLUB

Urban Sports Club, Europe's leading platform for sports and wellness, aims to inspire people to live healthy and active lives through the largest and most diverse sports offering in Europe. From fitness, yoga, swimming and climbing to team sports and wellness offerings, members can create their own unique training plan from over 50 sports across Europe and check-in via smartphone app. Together with its members and partners, Urban Sports Club creates a diverse community that follows a collective vision: to be active in a world where the joy of sport is at the forefront for everyone – at any time and in any place. Urban Sports Club describes this as a world of inclusive and sustainable sports. Visit www.urbansportsclub.com, and find press material about Urban Sports Club [here](#).

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