



URBAN SPORTS CLUB

Press release

Find physical balance and inner peace with Urban Sports Club

Berlin, 14.03.2022 – Physical and mental health are closely linked and need to be kept in balance. However, this realization often only occurs when everyday life becomes so stressful it's clear something's out of balance. But what does balance mean? How is it achieved and why is it so important for our well-being? One thing's for certain: happiness and contentment come from inner balance. There are numerous ways to achieve this, one of them being a combination of sports and mindfulness exercises to calm the mind and body in equal measure. Urban Sports Club provides some inspiration to experience inner balance with varied courses and training ideas.



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Where does happiness come from?

We're all familiar with that light, care-free feeling after an energy-sapping workout or a meditative yoga session, so it's no wonder fitness is considered a great stress-balancer. But where does this feeling of happiness and satisfaction come from? It comes from the connection between body and mind because moods and emotions relate to how fit and functional the body is in certain situations. When the body tells the brain that we're passively lying on the couch it signals weakness, which can cause subliminal feelings of depression, anxiety or insecurity. "Regular exercise can counteract this by boosting the release of happiness hormones such as serotonin and by curbing the release of stress hormones such as cortisol," says physician and sports medicine specialist Dr. Paul Schmidt-Hellinger. "In addition, sports activate endocannabinoids and endogenous opioids. These are endogenous substances that trigger a natural high, while lowering pain sensitivity which reduces anxiety. Exercise can build strength, which brings about positive change in the body. This change is transmitted to the brain and signals a subtle feeling of happiness, confidence and positivity." So that's the science behind happiness – now let's explore how this applies to individuals.

He who seeks, finds

Many paths lead to happiness, and everyone must find their own way because every body and mind is different. After analyzing training behavior from the Urban Sports Club community in 2021, we observed that wellness is becoming increasingly popular as a way to relax and add balance to a workout regime. We also found that variety, mixed and multi-sports are more in demand than ever. "With a mix of different sports and relaxation methods, it's easy to get motivated and adapt a training programme to personal needs, which adds balance," says Dr. Paul Schmidt-Hellinger.

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Balance is therefore not just about achieving a goal, but the journey to achieving it. A mixture of endurance and strength training combined with relaxation exercises can have a positive effect on mental health, and yoga is a great example of the interplay between body and mind. Here, the key is to listen to your body and pursue your own goals. The philosophy of yoga is based on self-awareness, acceptance and appreciation – even when a headstand doesn't work out. With yoga, physical exercise enhances inner balance, and those who want to try for themselves can do so at [Green Yoga](#) located in Berlin's Kreuzberg and Prenzlauer Berg, or via live online and on-demand classes from home. If you'd like to try fitness, check out CrossFit which is a combination of weightlifting, sprinting and deadlift exercises amongst other things. The goal is to progress in a balanced and sustainable way in various fitness disciplines such as endurance, power, agility and speed. There's no time to get lost in thought during one of these sessions, meaning inner balance goes beyond simple endorphins here. Exhausted but happy, Urban Sports Club members can fall into bed satisfied after a workout at [Crossfit Mitte](#) in Berlin or at cross-training at [ParkDeckGym](#) in Nuremberg.

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Synchronized movements in groups creates a sense of connection, both with yourself and with others. Moving to music can also create a sense of connectedness and allows people to get lost in the rhythm rather than negative thoughts. [Holmes Place](#) Bahrenfeld in Hamburg offers a variety of dance classes from hip-hop to body jam.

These activities just scratch the surface of what Urban Sports Club has to offer. With Urban Sports Club, everyone will find their ideal activity with over 50 sports and a range of on-site, live online and on-demand courses to choose from.

Whether dancing, rowing, fitness, swimming or meditation, the focus is on well-being and having fun rather than competition or pressure. So incorporate regular exercise and activities into everyday life to achieve a more conscious body and mind – because physical balance creates inner balance.

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ABOUT URBAN SPORTS CLUB

Urban Sports Club, Europe's leading platform for sports and wellness, aims to inspire people to lead healthy and active lives through the largest and most diverse sports offers. From fitness, yoga, swimming and climbing to team sports and wellness, members can design their own unique training plan from over 50 sports across Europe and check-in for sports via smartphone app. Together with its members and partners, Urban Sports Club creates a diverse community that collectively follows a 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. www.urbansportsclub.com, Press material about Urban Sports Club: [here](#).

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