



URBAN SPORTS CLUB

Press release

## **Plogging, outdoor training and climbing: the sports that connect sustainability and nature**

**Berlin, 13.04.2022** – It's Earth Day on April 22nd so communities, governments and companies in nearly 200 countries are encouraging conscious connection with nature and its resources. Earth Day was created to strengthen our appreciation for the natural environment, which is why Urban Sports Club is shining a spotlight on plogging, outdoor exercise and the benefits of exercising in water and green spaces. Boost your fitness regime, improve your health, get closer to the beauty of nature and take care of the environment with these activities.



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### **Connect to nature with outdoor exercise**

Outdoor exercise improves overall well-being and provides the body with an extra immune kick. According to a study by UC Berkeley's psychology department, a reverence for nature and its wonders has a positive impact on mental health<sup>1</sup>. As society spends increasing amounts of time indoors thanks to desk-jobs and other obligations, trips in nature are especially crucial to maintaining a healthy mind. Exercise in the fresh air sharpens perceptions and makes us more mindful and focussed on the world around us.

**Benefit: Outdoor sports strengthens the cardiovascular system, activates the immune system and releases hormones that stimulate the immune system. Regular and moderate exercise outdoors improves lung capacity because of an abundance of fresh oxygen<sup>2</sup>.**



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### **Harness the power of the elements**

Outdoor training is as versatile as nature itself, and athletes who love nature can integrate the elements of earth, air, water and fire into their training plan to create a versatile, varied and challenging sports routine. See the world from a different perspective and breathe fresh air with climbing and bouldering. Urban Sports Club members can boulder at [der steinbock Zirndorf](#) in Nuremberg and [Südbloc](#) in Berlin, as well as many other partners.

Stand-up paddling trains inner and outer balance using the element of water. Members can feel the calming effect of drifting on the water in Cologne's [Wasserski Bleibtreusee wake & ski](#) or on the Alster with [SUP Club Hamburg](#). Those who like to swim against the current and experience the power of water should try wakeboarding at [Wasserskipark-Zossen](#).

You can be at one with nature and feel the warm earth under your feet by practicing Tai Chi outdoors. The Chinese art of movement combines meditation, self-defense and physical training, and you can try it out at [Effective Beach Fitness](#) in Dresden.

You'll feel like you're on fire after an outdoor HIIT workout. The mixture of cardio and strength training makes the muscles burn and the body works up a sweat. Try a class at [BEAT81](#) in Munich or [Bootbox Outdoor Bootcamp Area](#) in Cologne to test your limits.

### **Plogging: A view over the wayside**

If you want to do something good for your body and the environment, try plogging, a Swedish trend-sport that combines outdoor running with picking up trash. The combination is deeply satisfying, and you can do it any time and any place – even when you're out for a walk or on your way to the gym. The only equipment needed is a pair of gloves and an empty trash bag.

Urban Sports Club members can enjoy community events like the [Urban Runners Plogging Event](#) in Berlin on April 20th. So get your trash bags ready, plogging fans!

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Whether training with other sports enthusiasts or alone – outdoor fitness has a lot more to offer than just an extra dose of fresh air. In addition to health benefits for the body and mind, sports helps us connect with nature and protect the environment to make fitness even more fulfilling.

<sup>1</sup>2020, Berkeley Scientific Journal, at: (<https://bsj.berkeley.edu/awe-in-nature-and-its-therapeutic-effects/>); on 12.04.2022.

<sup>2</sup>Eigenschenk, B., Thomann, A., McClure, M., Davies, L., Gregory, M., Dettweiler, U., & Inglés, E. (2019). Benefits of outdoor sports for society. A systematic literature review and reflections on evidence. *International journal of environmental research and public health*, 16(6), 937.

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## **ABOUT URBAN SPORTS CLUB**

Urban Sports Club, Europe's leading platform for sports and wellness, is dedicated to inspiring people to live healthy and active lives through the largest and most diverse offer in Europe. From fitness, yoga, swimming and climbing to team sports and wellness offers, members can create 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 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. [www.urbansportsclub.com](http://www.urbansportsclub.com), Press material about Urban Sports Club: [here](#).

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