

ACTIVYOU



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ACTIVYOU



Plogging: Jogging for a Cleaner Planet

Combining fitness and environmentalism, one step at a time.

PA



What is Plogging?

Origin

Swedish trend, "plocka upp" (pick up)

Activity

Jogging + litter collection

Impact

Clean environment, fit body

Plogging Benefits

1 Physical Health

Cardio workout with squats

2 Environmental Impact

Reduces litter, cleans ecosystems

3 Community Engagement

Group plogging events





Essential Plogging Gear



Gloves

Protect your hands



Trash Bag

For collecting litter



Running Shoes

Comfortable support

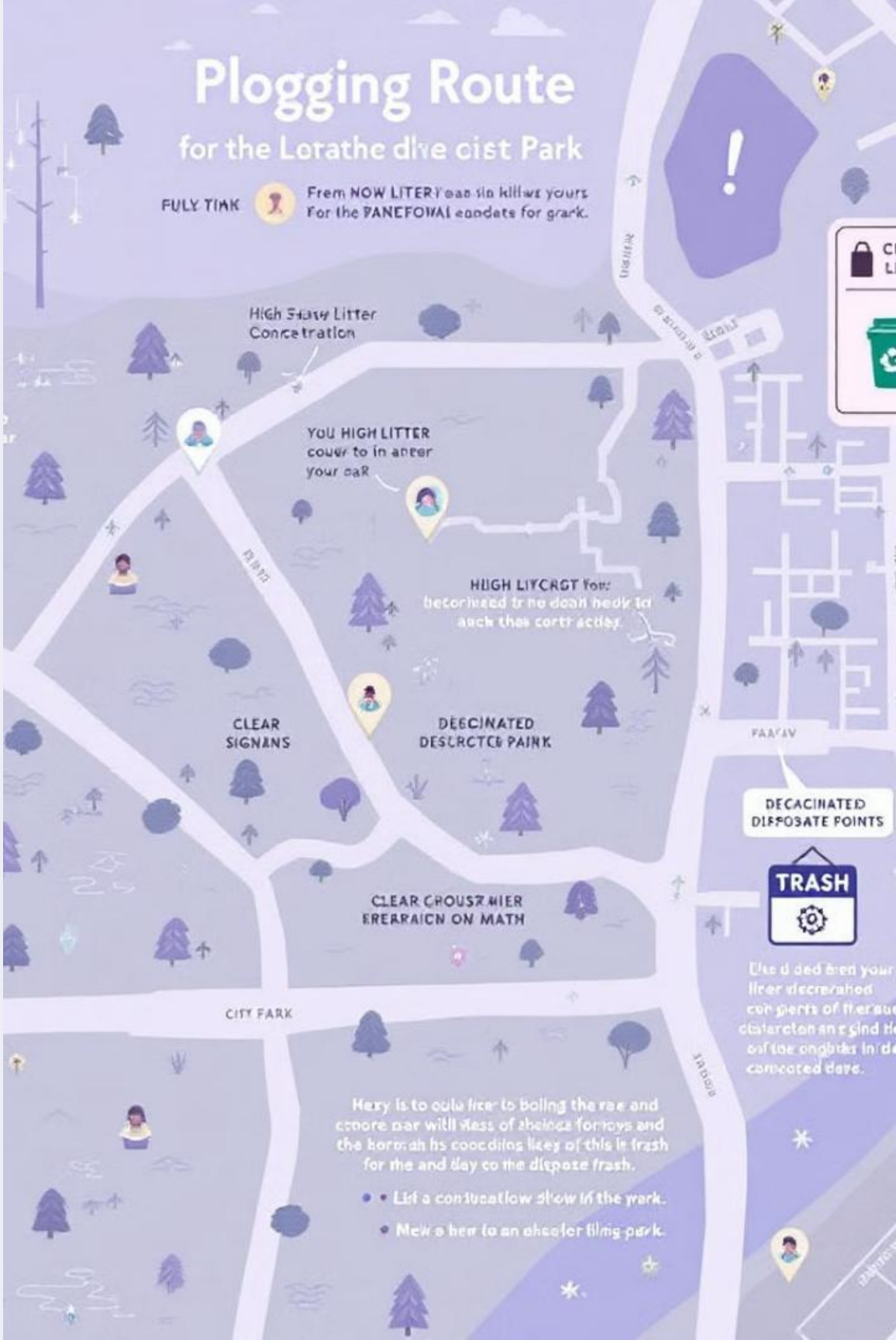


Grabber Tool

Reduces strain

How to Plog

- 1 Plan Your Route
- 2 Grab Your Gear
- 3 Start Plogging
- 4 Dispose Responsibly



Plogging Challenges

Sharp Objects

Use gloves, be cautious

Heavy Lifting

Pace yourself, use grabber

Weather

Dress appropriately

Good your winlde.!

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Plogging Impact

100+

Countries

5M+

Participants

Tons

Trash Collected

Join the Plogging Movement

Make a difference, one plog at a time!

#Plogging #EcoFitness #CleanPlanet



Photos of the Plooging event At Riazor-Coruña beach
Click the photos to watch our messages of taking care of environment



PLOGGING

SPORT + ECOLOGY

SPAIN
CZECHIA



WHAT IS PLOGGING

PLOGGING IS AN ECO-FRIENDLY FITNESS ACTIVITY THAT COMBINES JOGGING WITH PICKING UP LITTER. IT ORIGINATED IN SWEDEN AND HAS QUICKLY SPREAD WORLDWIDE AS A WAY TO PROMOTE BOTH HEALTH AND ENVIRONMENTAL AWARENESS. PARTICIPANTS CARRY BAGS AND WEAR GLOVES WHILE RUNNING OR WALKING, COLLECTING TRASH ALONG THEIR ROUTE. THE ACTIVITY IS SUITABLE FOR INDIVIDUALS OR GROUPS AND CAN BE DONE IN URBAN AREAS, PARKS, OR NATURE TRAILS. PLOGGING NOT ONLY IMPROVES PHYSICAL FITNESS BUT ALSO HELPS KEEP COMMUNITIES CLEANER AND ENCOURAGES RESPONSIBLE BEHAVIOR TOWARD THE ENVIRONMENT.



PLOGGING AS PART OF ACTIVYOU PROJECT

DURING OUR ACTIVYOU ERASMUS+ PROJECT, WE ORGANIZED PLOGGING EVENTS IN BOTH CZECHIA AND SPAIN TO MOTIVATE YOUNG PEOPLE NOT ONLY TO ENGAGE IN PHYSICAL ACTIVITY BUT ALSO TO CARE FOR THE ENVIRONMENT. BY COMBINING JOGGING WITH LITTER COLLECTION, PARTICIPANTS WERE ENCOURAGED TO TAKE AN ACTIVE ROLE IN PROTECTING THEIR LOCAL SURROUNDINGS. THE EVENTS HELPED RAISE AWARENESS ABOUT ENVIRONMENTAL RESPONSIBILITY IN A FUN AND INCLUSIVE WAY. THROUGH THIS INITIATIVE, WE SHOWED THAT SMALL ACTIONS—LIKE PICKING UP WASTE WHILE EXERCISING—CAN HAVE A MEANINGFUL IMPACT.





Erasmus+



Building a healthy active life
project for our young people

PLOGGING IN SPAIN





Erasmus+

ACTIVYOU



Building a healthy active life
project for our young people

PLOGGING IN CZECHIA



MOTTOS OF YOUNGSTERS

*TAKE PHYSICAL ACTIVITY AND PROTECT THE ENVIRONMENT
FROM LITTER*

VOTE FOR THE ENVIRONMENT!

*CLEAN ENVIRONMENT EQUALS BETTER FUTURE FOR ALL OF
US*

WE HAVE ONLY ONE NATURE, WE HAVE TO PROTECT IT

*PLASTIC DOESN'T BELONG IN THE FOREST — IT BELONGS
IN THE RECYCLING BIN.*



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Healthy active lifestyle project, Annual plan

Title of the module:	Plogging: Running for Health and Sustainability
Objectives: <i>General and Specific Objectives</i>	<p>General Objective: Promote a healthy and active lifestyle while fostering environmental awareness through the practice of plogging.</p> <p>Specific Objectives:</p> <p>Encourage participants to engage in regular physical activity by combining jogging with waste collection.</p> <p>Raise awareness about environmental issues and promote responsible waste disposal practices.</p> <p>Strengthen community engagement and teamwork through collective environmental action.</p> <p>Improve cardiovascular health and overall well-being among participants.</p> <p>Reduce pollution and contribute to cleaner urban and natural spaces.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	<p>Local municipalities and environmental organizations</p> <p>Sports clubs and running groups</p> <p>Schools and universities</p> <p>Volunteer organizations and NGOs</p> <p>Local businesses and sponsors</p> <p>Community members and residents</p>
Beneficiaries: <i>Which target group was involved</i>	<p>Joggers and fitness enthusiasts</p> <p>Students and educators</p> <p>Environmental activists and volunteers</p> <p>Local communities impacted by litter and pollution</p> <p>Municipal waste management services</p>
Content: <i>Describe the contents of the modules</i>	<p>Introduction to Plogging: Definition and Importance</p> <p>Physical and Mental Health Benefits of Plogging</p>

	<p>Environmental Impact of Littering and Waste Collection</p> <p>Techniques and Safety Tips for Effective Plogging</p> <p>Organizing Community Plogging Events</p> <p>Monitoring and Reporting Collected Waste Data</p>
<p>Activities: <i>Describe the activities of the module</i></p>	<p>Educational Workshops – Sessions on environmental awareness, the impact of pollution, and the benefits of plogging.</p> <p>Community Plogging Events – Regular scheduled jogging sessions combined with trash collection in different locations.</p> <p>Plogging Challenges – Individual and group competitions to collect the most waste while running a designated distance.</p> <p>Data Collection & Analysis – Participants record the type and amount of waste collected to measure impact and raise awareness.</p> <p>Social Media Campaigns – Sharing success stories, before-and-after pictures, and inspiring community engagement online.</p> <p>Collaboration with Schools & Organizations – Engaging young people and institutions in sustainable fitness activities.</p>
<p>Results: <i>Describe the expected results from the activities</i></p>	<p>Increased participation in outdoor physical activities.</p> <p>Reduction of litter in urban and natural environments.</p> <p>Greater awareness of environmental responsibility among participants.</p> <p>Strengthened sense of community and teamwork.</p> <p>Data-driven insights on pollution patterns in local areas.</p>
<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<p>Integration of fitness and environmental action into a single sustainable activity.</p> <p>Use of digital tracking apps to monitor progress and environmental impact.</p> <p>Partnerships with local businesses to provide incentives and rewards for participants.</p> <p>Engagement of youth and social media influencers to expand awareness and participation.</p>
<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<p>Improved physical and mental well-being among participants.</p> <p>Cleaner and healthier urban spaces.</p> <p>Strengthened collaboration between local communities, businesses, and environmental groups.</p> <p>Long-term behavioral changes towards responsible waste management</p>
<p>Evaluation:</p>	<p>Surveys and feedback from participants on their experience and awareness.</p>

	<p>Measurement of total waste collected per event and its impact.</p> <p>Monitoring the frequency and retention of participants in plogging activities.</p> <p>Assessment of social media engagement and outreach effectiveness.</p>
<p>Bank of resources: <i>additional materials</i></p>	<p>Plogging route maps</p> <p>Safety guidelines and checklists</p> <p>Educational materials on waste reduction and recycling</p> <p>Workout plans integrating plogging</p>
<p>Resources/references: <i>(if available)</i></p>	<p>Official Plogging Movement Guidelines</p> <p>Environmental Reports on Waste Management</p> <p>Articles and Research on Plogging Benefits</p>
<p>Photos: <i>(if available)</i></p>	<p>https://www.youtube.com/watch?v=Ej3af8pD450</p>