

5 great benefits of running and 'plogging'



IT RAISES SELF-ESTEEM

It gives you the chance to get over yourself and **feel better** while taking care of nature and reinforcing your **environmental awareness**.

IT'S GOOD FOR THE HEART

It lowers the risk of heart problems, increases **lung capacity** and improves digestion.



IT IMPROVES PERFORMANCE

It increases energy and physical ability by improving the body's **oxygenation**.

IT STRENGTHENS BONES

It increases **bone density** and reduces the risk of arthritis and osteoporosis.

IT REDUCES WEIGHT

When we run, we **burn calories**, but we also do so when we finish exercising.

Source: Freeletics