

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