



PLOGGING AT UA



WHAT IS PLOGGING?

The combined activity of picking up trash and jogging. It is an environmental and fitness movement that has spread across the world!

WHY PLOG?

Plogging attempts to combat litter and creates a new purpose for running.

BENEFITS OF PLOGGING

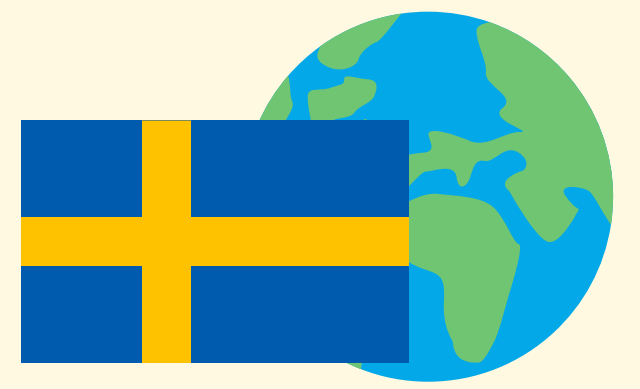
Plogging incorporates more varied movements than traditional jogging, leading to a more balanced workout.



ORIGINS OF PLOGGING

The word "plogging" is a mix of Swedish words.

The Swedish phrase "Plocka och jogga" translates to "picking and jogging".



Scan for more info on plogging!

EVENT DETAILS

February 11th @ 9:00 AM

Meeting point: End of the Mall at Campbell and University
Runners of all levels welcome! Distances ranging from 100m to 5k

For more details contact: asua-sfwaste@arizona.edu or john@jcmint.com

