



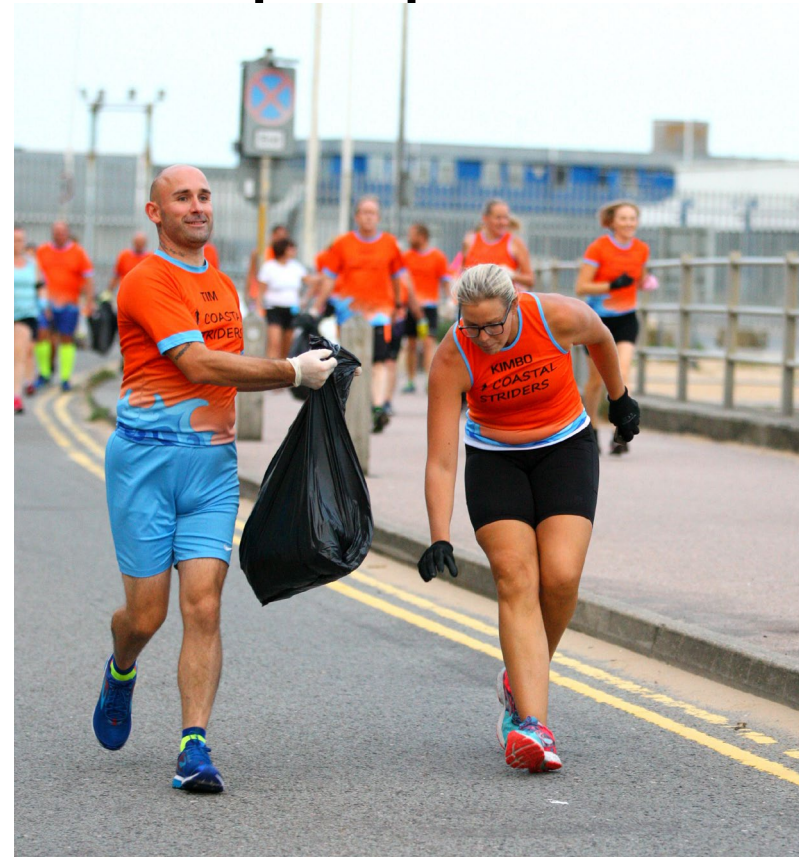
## Plogging!

### What Is Plogging?

- ✓ Plogging is a Swedish fitness trend that involves picking up rubbish as you jog
- ✓ You could plog on your own or with your bubble and make a big difference to litter levels in your local area this lockdown!



Already out running?  
Why not give Plogging a go? You'll feel great  
and help the planet too!



Recommended by: *Mrs Ford*



Don't forget to share your progress on Teams 😊