

## FFWPU UK: Get Active And Join Germany's Summer Of Running

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German BC's are hosting a sports challenge to promote a healthy and moving life style from July to September, called Summer of Running.

Hi fellow professional and hobby athletes!

There's a group on the adidas running app in which you can see all the people participating and their sportive activities. We tried out this challenge over the past few years with german members, which enjoyed to get into a new healthy routine for their body and health, to compete in special weekly challenges and to connect through doing sports. We thought that it would be amazing to see people from all over the EUME region participating in this event to spread the sportive spirit a bit further and to connect on a wider scale.

Spread the word in your communities so that we can gather a nice international bunch of people! People of any age are invited to join, you can also track your daily walks if more exhaustive types of sports are too strenuous. Every step helps to stay in a better and healthier shape.