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– FOR IMMEDIATE RELEASE –

**Keep the Earth and your body healthy!**  
**Plogging in FDR Park**  
**Saturday, August 21<sup>st</sup> 10:00 am**



**Philadelphia, PA-** Join us for this new program, Plogging in FDR Park! We are excited to partner with the FDR Park staff to help keep our park beautiful. Plogging is a Swedish craze in which you pick up trash while exercising. Come along to help us clean up FDR Park and get in a jog, all ages welcome! This event is free to attend but please register.

Plogging began as an organized activity in Sweden in 2016 and has now spread across the world. The word Plog comes from the Swedish verbs plocka (pick up) and jogga (jog) which made the new verb plogga. As a workout, it provides variation in body movements by adding bending, squatting and stretching to the main action of running, hiking, or walking which improves mobility. An estimated 2,000,000 people Plog daily in 100 countries and some plogging events have attracted over 3,000,000 participants. Join in the movement today right here in Philly!

Participants will meet in front of ASHM front gate inside FDR Park. FDR Park staff will be providing grabbers and bags to collect trash in. Please dress appropriately for the weather and in athletic gear in order to jog or walk during the event. Close toed, comfortable shoes are suggested. Bring water and snacks to keep hydrated and energized. Jog track will be approximately 30 mins.

To register for the event head to our website:  
<https://www.americanswedish.org/events/plogging-fdr-park>

The American Swedish Historical Museum is located in scenic FDR Park at 1900 Pattison Avenue in South Philadelphia near the Sports Complex. Plenty of free parking is available. For those taking public transportation, the Broad Street Subway's AT&T/Pattison Avenue stop is within walking distance or SEPTA's Route 17 (Naval Base) can bring you right to the Museum.

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