

## PART 3

*You should spend about 20 minutes in this part.*

Read the text below and complete the following chart with **no more than three words and/or a number** from the text for each answer.

### Plogging

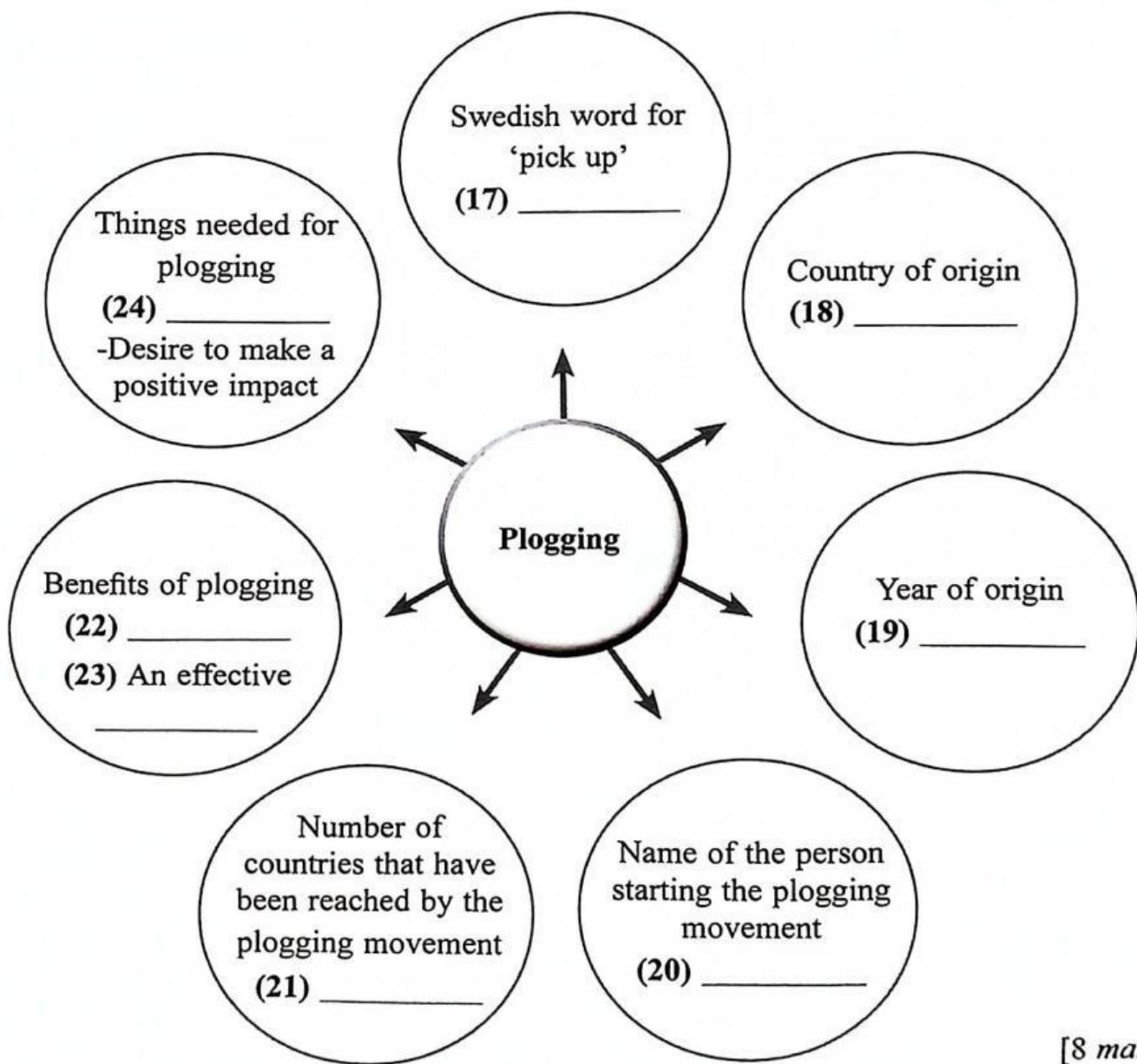
A new fitness trend called plogging is taking the world by storm, and it's not just about getting fit – it's also about saving the planet! The term 'plogging' originated from a combination of 'jogging' and the Swedish word for 'pick up' which is 'plocka up'. Plogging originated in Sweden in 2016. It has become a global movement that attracts both fitness lovers and environmentalists.

It all started with Erik Ahlström. He initiated the plogging movement when he moved to Stockholm and noticed the amount of litter during his daily bike rides. Shocked by the amount

of litter, he began picking up trash during his runs. This soon turned into a habit as he also felt good after cleaning up. Soon, other people started to join Ahlström's effort and plogging became an official event in Sweden.

Social media played a significant role in the global spread of plogging. With posts and hashtags, the movement reached over 40 countries, hosting major events from Europe to Ecuador and Thailand. Plogging not only combats plastic pollution but is also an effective form of exercise. Ahlström notes that 30 minutes of plogging burns 288 calories compared to the 235 calories burned during regular jogging.

The beauty of plogging lies in its simplicity – no need for classes or expensive gear. All you need is a trash bag and the desire to make a positive impact. "Everyone is allowed to do it how they want to," says Ahlström. "The most important thing is that waste is being removed nature." So, the next time you go for a run, why not join the plogging movement and make your workout beneficial for both you and the planet?



[8 marks]