#### **Press release**

**Safety during fitness training**

**Danger in the gym: what you should definitely watch out for**

|  |  |
| --- | --- |
| **Over half a liter of fluid and important electrolytes can be lost per hour during physical exertion. The German Sports Academy therefore recommends drinking mineralized water or juice spritzers. Preferably from unbreakable bottles - they prevent the risk of injury, which is why it cannot be forbidden to take them into the gym.**  Fitness centers usually offer in-house drinks to quench your thirst during training. However, if you don't want to buy refreshments at the gym, you can also bring your own to hydrate yourself. However, not every drinks packaging is suitable - and permitted.  **Own drinks yes, but not from glass bottles**  Owners of sports studios are not allowed to completely ban people from bringing their own drinks, “as hydration is essential for sports enthusiasts”, according to JuraForum, an online legal portal. However, it goes on to say: “A ban regulated in the contract may, however, be directed at certain containers if they could pose a risk of injury. This can usually be assumed for glass bottles[[1]](#footnote-1).” The statements are based on various court rulings.  For good reason. “When glass bottles break, there is a risk of cuts from the resulting shards,” confirms David Klinkhammer, tutor and lecturer at the German Sports Academy. And emphasizes: “Especially in areas where barefoot walking or floor exercises are carried out, this can pose a considerable danger.” This risk does not exist with unbreakable plastic flaps.  **Sturdy plastic bottles as a safe alternative**  David Klinkhammer also believes that thirst quenchers in plastic bottles are a reliable choice: “Yes, definitely. From a sustainability perspective, a leak-proof, recyclable plastic bottle would be the best solution.” And he advises: “For safety reasons, don't leave the bottle on the training area during training. Instead use the built-in storage trays on equipment or tables.”  Commercially available PET plastic bottles, for example, are suitable for carrying your own drinks - they are robust and can be easily recycled after use. They also require less energy to produce and transport than glass bottles due to their low melting point and low weight.  **Ideal for the gym**  The plastic bottles are best “filled with sufficient mineralized water or juice spritzers - at least 0.5 liters per hour”, says the lecturer at the German Sports Academy. Fluid deficits of just 2 to 4 percent of body weight impair endurance, strength and cognitive performance, reports the German Nutrition Society (DGE) in its position paper “Fluid management in sport”.  “It is therefore crucial to compensate for the loss of fluids through continuous intake,” says Klinkhammer. In addition to water, valuable electrolytes are also lost. They are essential and must therefore be provided separately. Klinkhammer adds: “In addition, the intake of carbohydrates in liquid form can serve as an energy source.” So, if you want to stay fit, make sure you drink plenty of fluids when working out in the gym, preferably from safe plastic bottles.  **Image**    *Hydration for fitness: The intake of water and electrolytes is essential during training. Ideally from plastic bottles - they are light and won't break, which is why they can also be used in the gym.*  (ALPLA, own image) | **Contact**  Claudia Wörner  yes or no Media GmbH  Vor dem Lauch 4  70567 Stuttgart  Germany  [www.yes-or-no.de](http://www.yes-or-no.de)  Tel + 49 711 7585 8900  presse@yes-or-no.de  Characters: 3.172 |

**About "Plastic is fantastic"**

“Plastic is fantastic" is about the relationship between humans and one of the most elementary building blocks of civilization: plastic. The initiative aims to achieve the appreciation that this versatile material deserves through factual contributions.

Alpla, the Austrian specialist for plastic packaging, has launched the campaign "Plastic is fantastic*",* duetoitsfirmbeliefinthe potential of recyclablematerial. Alpla is now in its third generation of commitment to sustainable recycling solutions and is also a pioneer in the development of new bioplastics.

The new website ["Plastic is fantastic"](file:///\\192.168.178.113\yon\Projekte%20in%20Arbeit\Alpla\2861_1%20ALPLA%20pif%20Landingpage%20Umsetzung\Inhalte%20Landingpage\Beiträge\Ein%20Material%20in%20neuem%20Licht\3141_1%20Alpla%20pif%20Eierkarton%20Text%20final%20250303.docx) also shows what makes plastic so fantastic.

1. https://www.juraforum.de/news/eigene-getraenke-im-fitnessstudio-kann-es-verboten-werden\_247305 [↑](#footnote-ref-1)