



grassroots  
young entrepreneurs in eco-health tourism

## Minimising Community & Local Economy Impact Sports & Adventure

Includes Digital Tools!



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# Sports & Adventure Ideas



## Idea 1

### Eco-Friendly Sports Events

Organise eco-friendly community sports events or days like beach clean-up runs, charity bike rides, or nature hikes with a twist—participants bring their water bottles and help clean up the environment while exercising. Not only does this promote a healthy lifestyle, but it also encourages environmental consciousness and community involvement.

## Idea 2

### Youth Sports Clinics

Set up sports clinics or leagues for young people in your community, focusing on sports like soccer, basketball, or skateboarding. These clinics can be free or low-cost, allowing everyone to learn new skills. This boosts your reputation, gets you in touch with your audiences, shows you support important social inclusion, gets kids off their screens, and creates potential for local coaches or businesses to benefit.

## Idea 3

### Host Eco-Friendly Low Impact Outdoor Fitness Classes

Encourage physical activity in your community in an eco-conscious way that promotes health and well-being while preserving the local natural environment. For example, invite your community to outdoor fitness classes that suit the whole community, like eco-yoga or low-impact hiking. Use tools like Meetup and Eventbrite. Promote your event with Instagram. Design event collateral, create fitness resources or eco-friendly workout guides, and edit videos with Canva to upload to YouTube.

## Idea 4

### Sustainable Running or Hiking Clubs

Set up local running or hiking clubs using Strava to track progress. Engage members in a Facebook Group, manage events with Trello, and design eco-friendly challenge badges with Canva.

# Sports & Adventure Tools Make it Easier!



## Idea 5

### Online Fitness Challenges Focused on Nature

Launch fitness challenges on Instagram to encourage activities like hiking, walking, or cycling. Track progress in Trello and use Canva for daily prompts. Gather feedback with SurveyMonkey to improve future challenges.

## Idea 6

### Mind-Body Nature Classes (e.g., Tai Chi in the Park)

Host mind-body classes in nature, e.g., meditation, foraging, or forest bathing. Use Eventbrite and Meetup to organise registrations and communication. Coordinate with attendees on WhatsApp and create class takeaways (like stretching guides) in Canva to distribute afterwards.

<b>Strava</b>	<b>Strava</b> is a popular fitness app that allows users to log and track physical activities such as running, cycling, and hiking. An excellent tool for promoting, organising, and monitoring eco-friendly sports events like beach clean-up runs, charity bike rides, or nature hikes. GRASSROOTS entrepreneurs can leverage Strava to promote community-wide events and increase visibility and awareness for eco-health community initiatives. Using Strava, entrepreneurs and event organisers can enhance community wellbeing, support local businesses, and strengthen the local economy while promoting eco-friendly, health-conscious activities. <a href="http://www.strava.com">www.strava.com</a>
<b>Canva</b>	<b>Canva</b> is great for creating promotional materials for community workshops, events, tours, or exhibitions. You can edit videos, make brochures, flyers, or social media graphics that promote your eco-health business and highlight its benefits, features and positive impact. <a href="https://www.canva.com/">https://www.canva.com/</a>





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## Well Done!

Great job exploring these ideas! Now it's time to dive in, investigate the tools, and start putting them into action. Take the next step toward transforming your vision into a reality by making these tools work for you.

» See our **Community & Local Economy Tools** [here](#)

Don't Forget to Connect with Us...



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