frenzi.

THE WELCOME GUIDE

Movement, community, city: the therapy you didn't know about.

Why moving together, in Palermo, can change your days: whether you're studying, working, or just passing through.

BEFORE YOU START

The enemy here is the chaos of your week, not laziness.

You're not lazy. Your days are full, schedules overlap, and the city sometimes seems to work against you. That's why Frenzi exists: a movement and wellness club where consistency doesn't depend on willpower alone, but on a community that waits for you.

In this guide you'll find the why, explained simply and with sources at the end: what research says about moving regularly, doing it in a group, and doing it outdoors, in the city. We split it into three paths: pick yours, or read them all.

How to read it

- 🎓 **If you study** → page 3
- 🚴 **If you work all day** → page 4
- 🧳 **If you're passing through Palermo** → page 5

And at the end, the first concrete step: our events calendar.

Honesty first: every scientific claim in this guide has its source on the last page. Where the research is solid, we say so; where it's our experience as a club, we say that just as clearly.

🎓 IF YOU STUDY

Academic stress is not a life sentence.

Thirty minutes of movement isn't time stolen from studying: it's the investment with the highest return on your mind.

The mind follows the body

People who exercise regularly report on average **43% fewer days of poor mental health** than sedentary people: that's the finding of a study of 1.2 million people published in The Lancet Psychiatry. And among all forms of movement, **group sports ranked among the most effective**.

Source 1 · The Lancet Psychiatry, 2018

Urban green, lighter mind

Moving outdoors in the city's green spaces (parks, tree-lined streets, the seafront) gives mental health an extra boost compared to indoors: a 2025 meta-analysis points that way. And according to a synthesis of 78 studies, **even 15 minutes in urban greenery** is enough for a measurable effect on mood and anxiety.

Sources 2 and 3 · 2025 meta-analysis; Harvard T.H. Chan, 2025

The group is your consistency

Social support is a decisive factor in **starting and, above all, keeping up** physical activity over time: when someone is waiting for you, you don't quit on the hard days.

Source 4 · American Journal of Epidemiology, 2011

With Frenzi: sessions early in the morning too, before studying, and a community of people who know your kind of stress well.

🏃 IF YOU WORK ALL DAY

The desk doesn't have to be a life sentence.

Eight hours of sitting is the silent enemy of your energy, back and heart. The good news: you don't need to turn your life upside down to change course.

Sitting weighs more than you think

According to the World Health Organization, **almost one in three adults worldwide** doesn't reach the recommended levels of physical activity, and inactivity is among the leading risk factors for health. In Italy, PASSI surveillance data show that sedentary behavior affects **48% of people with diabetes versus 33%** of those without.

Sources 5 and 6 · WHO via EpiCentro/ISS; ISS-PASSI 2023-2024

Breaking up the day works

You don't need hours at the gym: short active breaks during work (standing up, walking, loosening neck and back) help interrupt the effects of long sitting, and a regular movement routine does the rest for energy and clarity.

Public-health recommendations on active breaks; see sources

Group movement holds where willpower gives in

It applies here too: social support is the factor that most helps keep the habit over time. A fixed appointment with other people beats a thousand promises made to yourself.

Source 4 · American Journal of Epidemiology, 2011

With Frenzi: a ready-made routine, morning or evening, that also draws a clean line between work and life. You show up, you run, you truly switch off.

🎒 IF YOU'RE PASSING THROUGH PALERMO

Move while you discover: the city becomes your playground.

Running in a new city isn't a break from the trip: it's the truest way to live it.

Movement plus discovery, in one go

Outdoor exercise in the city combines physical benefit with exploration: urban green spaces amplify the positive effect on mood, and even **a few minutes a day** leave their mark. In Palermo, between the sea and historic villas, there are plenty of places like that: we know where.

Sources 2 and 3 · 2025 meta-analysis; Harvard T.H. Chan, 2025

From tourist to local, in one session

Social support keeps the habit alive even when you change cities. And there's more, and this we tell you from direct club experience: running with people who truly live the city makes you feel at home faster than any guidebook.

Source 4 for the scientific part · the rest is Frenzi experience, declared as such

With Frenzi: you arrive alone, you run accompanied. One event is enough to meet the community; the rest comes naturally.

WHAT NOW?

The first step is simpler than you think.

No subscriptions to sign today, no promises. It works like this:

- **1.** Open the calendar at **frenziclub.com**
- **2.** Pick the event that calls to you: a free-pace Social Run is the perfect way in
- **3.** Show up. We'll take care of the rest: no one gets left behind, ever

And if Palermo and Frenzi get under your skin, there's membership: the door into the club, the trainings and everything we're building. But the first step is free and commitment-free: come meet us.

See you on the road. 1, 2, 3… FRENZI!

THE SOURCES, AS PROMISED

Where the numbers in this guide come from

1. **[1]** Chekroud S.R. et al., "Association between physical exercise and mental health in 1.2 million individuals in the USA between 2011 and 2015: a cross-sectional study", *The Lancet Psychiatry*, 2018. Il dato: –43,2% di giorni di cattiva salute mentale in chi fa esercizio regolare; sport di gruppo tra le attività più associate al beneficio. (Articolo ad accesso a pagamento; sintesi pubbliche disponibili su EurekAlert e ScienceDaily.)
2. **[2]** "Effects of urban green exercise on mental health: a systematic review and meta-analysis", 2025, PubMed Central (PMC12507887). Beneficio moderato e statisticamente significativo dell'esercizio nel verde urbano rispetto al chiuso.
3. **[3]** Harvard T.H. Chan School of Public Health, "For city dwellers, even 15 minutes in nature can improve mental health", 2025 (su meta-analisi in *Nature Cities*, 78 studi, ~5.900 partecipanti).
4. **[4]** Oliveira A.J. et al., "Social support and leisure-time physical activity: longitudinal evidence from the Brazilian Pró-Saúde cohort study", *American Journal of Epidemiology*, 2011 (PMC3199735).
5. **[5]** Organizzazione Mondiale della Sanità, raccomandazioni sull'attività fisica, via ISS/EpiCentro (epicentro.iss.it/attivita_fisica).
6. **[6]** Istituto Superiore di Sanità, sorveglianza PASSI 2023-2024, dati sedentarietà e diabete (iss.it).
7. **Nota di metodo:** dove un'affermazione nasce dalla nostra esperienza di club e non dalla letteratura, nella guida è dichiarato esplicitamente. Le raccomandazioni sulle pause attive al lavoro derivano da indicazioni istituzionali di sanità pubblica; abbiamo scelto di non citare numeri puntuali dove non abbiamo potuto verificare direttamente la fonte primaria.

This guide is informational material by Frenzi Club and doesn't replace medical advice. Before starting a sport, a check-up with your doctor is always a good idea (and to become a tesserato you'll need a medical certificate: it's the law, and it's good sense too).

frenzi.

Frenzi Club · Palermo · frenziclub.com · hello@frenziclub.com