

# Non-Fiction Proofreading – Capital Letters

**Be the editor:** there are 12 errors to be corrected in the news article below.

**Reminder:** capital letters are needed in titles, on proper nouns, and at the start of sentences.

**Extension:** identify what you think is the most ambitious example of vocabulary. Why do you think the writer chose this particular word?

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## New Fitness Trend Cleanses Spirit and Street

The previous craze to be imported from scandinavia told workers to relax, take a break. Fans of “fika”, which basically translates as ‘to have coffee’ (Best accompanied by pastries), are now being served their just deserts for indulgent intermissions – the latest Swedish innovation to make inroads into the british cultural consciousness is “plogging”, which combines litter-picking with jogging.

This philanthropic fitness fad addresses two very twenty-first Century concerns: the need to keep in shape and the need to take care of the environment. The idea first surfaced on social media in late 2016 and has slowly gained in popularity as more and more runners have discovered the connection between waste and waistline. Jane Duxfield, a health coach who is a recent convert to plogging, extols the benefits to the knees and thighs as well as the milieu: “Squatting to lift rubbish really adds to the workout on your leg muscles. Interspersed with bursts of running, it has the same impact as high-intensity interval training. It’s extra important to warm up thoroughly and to be conscious of your posture. Making your surroundings nicer at the same time is simply a lovely bonus!”

Organised Plogging clubs have already become commonplace in its native Sweden. The increased awareness of the dangers discarded plastic holds to our coastlines could be one of the reasons why it has spread to our isle, as well as to thailand and other tropical shores. but it is not just a pastime for the beach - a dedicated bunch of enthusiasts in metropolitan Paris have begun blogging about their plogging.

Sigrid Linnaeus, a Swedish immigrant who regularly plogs along the dorset sands, neatly sums up its appeal: “It makes you feel good about yourself in so many ways. It’s time to ditch the gym membership and take out the trash.”

### made in Scandinavia

#### IKEA

Flat-pack superstore which specialises in timeless design and economically-friendly home storage solutions.

#### Lagom

lifestyle trend for frugality, seemingly inspired by goldilocks: not too much, not too little, just right.

#### Scandi Noir

The Nordic genre of bleak police procedurals such as ‘The Killing’ and ‘The Bridge’ contrived to make cosy knitwear the epitome of middle-class cool at the start of this decade.

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