

Have you heard of **PLOGGING?**

It comes from the Swedish words for pick up "plocka upp" and jogging "jogga." While helping the environment, you promote fitness through jogging (or walking) combined with stretching by bending and squatting from picking up litter.



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How to Plog

Prepare for Success

- Consider the terrain of where you want to run, along with the anticipated weather conditions whenever you want to go.
- Wear comfortable, weather appropriate running clothes. Close-toe shoes are a must! Bring a water bottle and be sure to stay hydrated throughout.
- Gloves are recommended. Thick, disposable gloves are great for picking up any potentially hazardous litter items such as glass.
- Litter claws may be bulkier but are easy to use for pick-up!
- Use an appropriate collection bag. Ranging from a reusable shopping

bag to a heavy-duty trash bag, be sure it is easy to carry, puncture resistant, and large enough for the job.

Get a Group Together

- If you are in a jogging or walking group already, great! See if they would like to change it up and try plogging with you.
- Create ways to advertise! Social media outlets, community bulletin boards, group meetup apps or even store windows are all great ways to get the word out.
- Local environmental groups are always great points of contact when planning a cleanup.
- Take part in an existing plogging group!



One hour of plogging burns 288 calories versus 235 calories burned from normal jogging!*

*Washington Post, 2018

The trend first started in 2016 and has gained some serious traction in the running community.

Plogging is a form of aerobic exercise that can help boost your heart health, improve endurance, enhance bone and muscle health and overall well-being.**

**Eat This, Not That 2022

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Getting the Plogging Started

TIPS AND TRICKS



Think About the How

You can carry your collection of litter all the way! Or you may want to create a pile to return to with full loads of litter then collecting these piles when done.

You may also consider warming up and cooling down while plogging, and committing to a full-effort run in between.

If you see something too large to carry with you, consider contacting the appropriate authorities with its location for pick-up.

What to Do With the Litter Afterwards

- Record what kind of litter you picked up on the Texas Litter Database.
- Recycle whenever possible. Any items that are plastic, metal, or paper should be considered for recycling.
- Dispose of any non-recyclables at a landfill, in trash bins along your route, or through your curbside trash bin.
- Be sure to dispose of items appropriately! If in doubt, check your city's regulations.
- Take pictures, selfies, and fun group pictures! Let everyone know how important and fun the activity of plogging can be. If posting pictures on social media, use hastags such as #Plogging and #TrashFreeTexas.

TRASH FREE TEXAS

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01 Be mindful of what time of day you schedule the clean up.

Go at comfortable times during the season, i.e. avoid the middle of the day during summer. Make sure you can see well when you go.

02 Litter is everywhere, so plogging should be too!

Be sure the location is suitable and safe for running or walking. Forests, neighborhoods, or city sidewalks are all great options. Pay attention to traffic if near roadways, and wear safety vests if it is getting dark! Think of places you may have seen a lot of litter.

03 Any litter you can pick up makes a difference!

Litter ranges from small pieces of plastic to large boxes, just be sure it can be carried. Examples of litter to pick up are plastic bottles, zip ties, glass bottles (if safe), aluminum cans, cardboard, clothing pieces, etc.

04 Only pick up safe items!

Avoid broken glass or anything sharp. Only use your hands in places you can entirely see. You never know what can be under a pile of leaves or in a hole.

05 Hygiene is important!

Keep your hands away from your face during plogging, and be sure to wash and sanitize your hands whenever possible.

