



# ***LITTER PICK YOUR WAY FIT!***

Pick-Fit Guide



**Improve physical fitness**



**Boost mental health and wellbeing**



**Help keep your local environment clean**



**Benefits local wildlife**



**Meet others in your community**

# WHAT IS PICK-FIT?

Pick-Fit is our way to help get you active while you keep your local environment clean.

Staying active not only improves your physical fitness but it has a huge positive impact on your mental health.

Whether you're looking to lose weight, or just try something new to start being active, Pick-Fit can help you burn calories and get steps in while you help keep your area clean.

You can even earn a free week at your local leisure centre where you'll be able to use their gym and swimming facilities, helping you stay active after taking part in Pick-Fit!



Sign up to Pick-Fit, send up proof of your litter picks and we will send a voucher for a free week at the gym!

# WHY PICK-FIT?

We have a dedicated crew of street cleaners who help keep the environment clean, but people are still dropping litter.

Pick-Fit offers you the chance to get fit while helping clean and protect your local environment.

Litter has a huge impact on the environment. It not only tarnishes local parks and beauty spots, but wildlife will often suffer injuries or illness due to the things people litter.



## How can Pick-Fit help you?

- Feel a sense of pride by helping your local community
  - Walking can reduce the risk of heart disease
  - Regular exercise offers plenty of mental health benefits
- Earn yourself a free week at your local leisure centre
- Improve the environment to help local wildlife thrive



# How to Pick-Fit

1

Sign up online:  
[www.staffsmoorlands.gov.uk/Pick-Fit](http://www.staffsmoorlands.gov.uk/Pick-Fit)



2

Your Pick-Fit pack will be delivered



3

Pick-Fit! Chose where you want to litter-pick or follow one of our set routes!



4

Let us know where to collect the waste: Send us a photo and location of where you've left the litter so our team can collect



5

We'll send you a voucher for a free week trial at the local leisure centre



6

Stay active! Book a slot on the leisure centre website and show your voucher when you arrive



7

Continue picking! You keep the pack for three months to continue litter-picking when you fancy!



8

Finished with your litter-pick pack? We'll be in touch to collect the equipment!



Find out more: [www.staffsmoorlands.gov.uk/Pick-Fit](http://www.staffsmoorlands.gov.uk/Pick-Fit)



# LITTER PICK TIPS



It doesn't matter if you're a seasoned litter-picking pro or a complete beginner, Pick-Fit is for anyone willing to get involved to help get fit and clean their environment.

Here's some tips on how to Pick-Fit safely!



**Know your pick!** Plan your pick in advance so you know where you're walking. We have provided some example walks to help you get started!



**Stay hygienic!** Only pick things up with your litter pick - wear gloves and don't pick up litter with your hands



**Don't over-pick!** Only fill the bag to three-quarters full so it isn't too heavy to carry!



**Tell us where to collect!** After you've completed your litter pick, take a photo of your bag next to a public bin - let us know the location and we will collect

# EXERCISE YOUR MIND

Did you know regular exercise can help improve your mental health?

By getting outdoors and walking with Pick-Fit, you could help improve:

## **Manage stress and anxiety:**

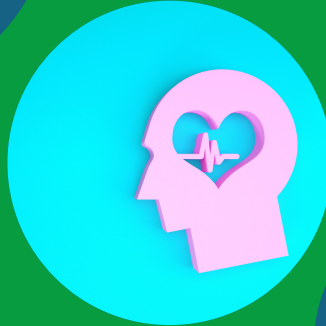
Being physically active gives your brain something to focus on. It can be a positive strategy for difficult times

## **Mood:**

By releasing 'feel-good' hormones which give you more energy

## **Self - esteem:**

Being active can make you feel better about yourself as you meet your goals



## **Sleep:**

By making you feel more tired at the end of the day

Feeling like you're struggling? Talking can help.

Or, find resources online:

[www.mind.org.uk](http://www.mind.org.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



# LOVE FOOD:

Getting fit isn't just about exercise, a balanced, healthy diet is an important part of maintaining good health.

A balanced diet means you should eat a variety of foods such as: carbohydrates, fruits and vegetables, protein, dairy and healthy fats, to maintain a healthy body weight

If you need help maintaining a healthy diet, try using the NHS eat well guide:

[www.nhs.uk/live-well/eat-well/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide)



# HATE WASTE:

In the UK, over 6.7 million tonnes of food is wasted each year. Try to keep food waste to a minimum when cooking and planning meals.

Help reduce your food waste:

- Plan your meals so you only buy what you need
- Make use of the freezer: Freeze leftovers or bulk cooked meals so you can eat them a different day
- Check dates: Buy what you can use before it expires

Remember, food scraps can be put into your brown bin to be recycled into a compost.



# REPORT FLY TIPPING



Fly-tipping is the illegal dumping of waste.

Please do not attempt to clear fly-tipping.

If you find or witness fly-tipping in action, record as many details about the incident and the waste as you can to report to the council.



Report fly-tipping online at:  
[www.staffsmoorlands.gov.uk/Report\\_It](http://www.staffsmoorlands.gov.uk/Report_It)



## PUT SAFETY FIRST!

Please remember to stay safe when out litter-picking:

- Use the equipment provided (hi-vis vest, litterpicker)
- Wash your hands before and after you pick
- Don't touch litter with your hands
- Use litterpickers to pick up sharp litter
- Thoroughly wash any cuts or abrasions as soon as possible, however minor
- Do not handle or remove syringes/needles or other suspicious items - report these to the council for removal
- Stay off private property
- Do not touch dog faeces - report to the council